

OCTOBER | 2023

ANNOUNCEMENTS

Artisans, Makers and Bakers Wanted!

What: This holiday season we are throwing our first annual **Makers and Bakers holiday market Fundraiser** benefiting Family Service Agency's Senior Services! We are looking for vendors and sponsorships to help us with this event! If you are a vendor and would like to participate in the event please contact 815.758.8616 x1201 or visit info@fsadekalbcounty.org for booth rental information and how to register. If you would like to know how you can sponsor the event please contact 815.758.8616 x1201 for information on sponsorship levels and how you can help.

Event date/time: Saturday, December 2nd from 10am-2pm. **Where:** The Dekalb Senior Center 1915 N. First St. Dekalb, IL 60115.

Senior Giving Tree

What: Every year Family Service Agency's Senior Services program organizes a **Senior Giving Tree** as a way for members in the community to support some of our less-fortunate older adults during the holiday season. We put up Senior Giving Trees throughout the community with ornaments for seniors in need who would like to receive a gift. If you would like to receive an ornament, need giving tree location information, or need information on how you can sponsor a senior please contact 815.758.8616 x1201.

Genoa Senior Site Closing

The Genoa Senior center will be officially closed as of September 29th 2023. Family Service Agency and Club 55 will continue to support the senior citizens of Genoa by offering additional programming at our Dekalb, Sycamore, and Malta senior centers. We thank The Genoa Public Library for the wonderful partnership throughout the years! If you are a Genoa resident and need information on our other Club 55 senior centers or need assistance please contact our Senior Services program at 815.758.8616 x 1201.

TRIPS , EVENTS, AND PROGRAMS

Halloween Party with Home Instead

What: Join Club 55 and Home Instead for an afternoon of Festive Fun! We will be serving a mix of spooky treats and ghoulish meats for lunch while enjoying a performance from the Cardinal Quartet. Prizes for the best Costume! **When:** Wednesday, 10/11 Lunch at 12pm. Bingo at 1pm. **Where:** The Dekalb Senior Center 1915 N. First St. Dekalb, IL 60115. Please RSVP to reserve a seat for lunch at 815.758.8616 x1201.

Trip to Jonomac Orchard

What: Join us for apple cider and donuts at the Orchard! **When:** Thursday, October 19th from 10:30am- 1:30 pm. **Where:** Jonomac Orchard 19412 Shabbona Rd. Malta, IL 60150. **Transportation:** Bus leaves the Dekalb Senior Center 1915 N. First St. Dekalb, IL 60115 at 10:30 and will return at 1:30pm. **Price:** Apple Cider and Donuts will be provided anything else will be at your own cost. Bus fee is \$5. Please RSVP to reserve a seat on the bus at 815.758.8616 x1201.

Potluck Party in Dekalb

What: Join us for our monthly potluck and bring a dish to share! **Theme:** Spooky Soiree - Make your dish Halloween-themed! **When:** Wednesday, 10/18 at 12pm. Bingo to follow at 1pm. **Where:** The Dekalb Senior Center 1915 N. First St. Dekalb, IL 60115.

Autumn Nature Walk

What: Join us for a relaxing walk around the Generation link trail in County Farm Woods to take in the smells, sites, and sounds of nature in the fall! **When:** Thursday, 10/26 at 10-11am. **Where:** Meet at the Dekalb Senior Center 1915 N. First St. Dekalb for busing to the Generation link trail - County Farm Woods.

Senior Grocery Market

What: Northern Illinois Food Bank in partnership with Family Service Agency Club 55 hosts a food distribution for seniors ages 55 years and older and who are residents of Dekalb County. This is a drive up food pantry with deliveries upon request. **When:** The fourth Tuesday of the month, Tuesday, 10/24. Volunteers please arrive at 9am. Deliveries are scheduled from 10-11am and pickups are scheduled from 11-12:30pm. **Where: NEW LOCATION! 1915 N. First St. Dekalb, IL 60115.** Please pull into the Southern parking lot and exit out of the Northern parking lot. **R.S.V.P.** for deliveries (815)758-8616 ext. #1201.

Donuts with the Director

What: Join Rylie, our Director of Community Programing and Outreach for donuts and community conversations. **When:** Friday, 10/20 at 11am. **Where:** The Sycamore Senior Center 480 Airport Rd. Sycamore, IL 60178.

Cooking With Kristie

What: Learn how to make seasonal eats and treats with our volunteer chef Kate who will be stepping in for Kristie this month and will guide us in a step by step cooking class where we make and enjoy our recipes! **When:** Tuesday, 10/17 at 11am. **Where:** Dekalb Senior Center. **Menu:** Pumpkin Pie Parfait

Koffee Klutch

What: Start your Monday mornings with Club 55 for coffee, breakfast pastries, and good conversation! Meet up with friendly faces and make new ones along the way! **When:** Mondays at 10am. **Where:** Dekalb Senior Center.

BINGO

When: Wednesdays at 1:30pm. **Where:** Dekalb and Malta Senior Centers.

Senior Arts and Chats

What: Join our art group for community connections, emotional wellness, and increased coordination! **When:** Tuesdays at 11am. All art supplies will be provided. **Where:** The Dekalb Senior Center.

Needlework Corner

What: Gather with our group to work on your crochet or needlework project. **When:** Thursdays at 10am. **Where:** Dekalb Senior Center Living room. We have plenty of yarn available for your projects!

Creative Writing

Join Martha Brunell as she guides us in creative expression through writing. **When:** Monday, 10/9 at 1pm **Where:** Via Zoom. RSVP for zoom link.

Movie Day

What: Join us for a viewing of *Murder on the Orient Express*. A lavish trip through Europe quickly unfolds into a race against time to solve a murder aboard a train. When an avalanche stops the Orient Express dead in its tracks, the world's greatest detective arrives to interrogate all passengers and search for clues before the killer can strike again. **When:** Thursday, 10/12 at 1pm **Where:** Dekalb Senior Center. Popcorn is provided!

Classic Film Fridays

What: Join us for a Classic black and white film on Fridays at 1pm. **Schedule: 10/6** Double Indemnity, **10/13** Postman always rings twice, **10/20** From here to eternity, **10/27** Cat Ballou. Popcorn and refreshments provided!

PARTNERSHIP EVENTS

Universal Yums Tasting and Trivia with Heritage Woods

Play trivia, learn snack history, and enjoy interactive games with Lindsay Oas from Heritage Woods. **When:** Wednesday, 10/4 at 11am. **Where:** The Malta Senior Center 315 S. 3rd St. Malta, IL 60150.

Medicare Open Enrollment with Eldercare Services

Join Leah from Elder Care Services to discuss Medicare and Open Enrollment. **When:** Friday, 10/13 at 12pm. **Where:** The Dekalb Senior Center 1915 N. First St. Dekalb, IL 60115.

Apple Nacho Bar in Dekalb with Heritage Woods

What: Lindsey Oas from Heritage Woods of Dekalb will host an Apple Nacho bar at the Dekalb Senior Center. Come with an appetite! **When:** Thursday, 10/26 at 11am. **Where:** The Dekalb Senior Center.

COMMUNITY RESOURCES

Community Action Program: Through the Family Service Agency, CAP is providing financial assistance to those experiencing hardship caused by COVID-19. The assistance includes utility bills, rental or mortgage assistance, grocery assistance, and information for all assistance available in the community. For any of our neighbors in the community experiencing this hardship please reach out to the Community Action Program at the Family Service Agency (815)758-8616. For more information visit: <https://fsadecalbcounty.org/>

Essentials Pantry: Family Service Agency's Club 55 Dekalb Senior Center has a household and health essentials pantry available that can assist in supporting our community seniors maintain independence and self-sufficiency. If anyone is in need of assistance, or would like to make a donation towards the pantry, please reach out to the Senior Services Program at the Family Service Agency (815)758-8616. For more information visit: <https://fsadecalbcounty.org/>

DeKalb County Community Gardens (DCCG): Family Service Agency is partnered with DCCG to assist in preventing food insecurity. DCCG provides grocery delivery and pop-up food pantries throughout DeKalb County. If anyone is in need of food please reach out to DCCG at 779-212-9543 or the Family Service Agency at 815-758-8616 for assistance. DCCG Genoa Community Food Hub is open to Genoa and Kingston residents. Call (815)761-7313 for dates and times. The DCCG Grow Mobile will be distributing food at various locations throughout the County. For more information visit: www.dekalbgardens.org/food needs or call Club 55 at 815-758-8616 #1201

Dial 2-1-1: for FREE, confidential, 24-hour information and referral assistance for: Housing • Shelter • Food • Legal Aid • Clothing • Education • Counseling • Utility Assistance • Health Care • Volunteer • Opportunities • Transportation • Employment Programs • Disaster Response. 2-1-1 is an easy-to-remember number that helps connect individuals and families to community-based organizations. All calls are free, anonymous and confidential.

PARTNERSHIP EVENTS

Herritage Woods Presentation

What: Join Lindsey Oas for an Oktoberfest celebration while she presents information of Heritage Woods facility and services. **When:** Monday, 10/16 at 11am **Where:** The Sycamore Senior Center.

Prairie State Legal Services

What: A Prairie State Legal attorney will be available at Dekalb senior center to advise on civil legal issues such as housing matters, public benefits, issues affecting your safety, power of attorney and much more. **When:** Tuesday, 10/24 at 1:00-4:30 **Where:** The Dekalb Senior Center.

HEALTH AND FITNESS

Walkers and Talkers

Join us for fitness and fun conversation at the Sycamore Walking Tack. **When:** Mondays and Fridays at 10-11am. **Where:** The Sycamore Park District indoor walking track.

Tai Chi, Meditation, and Yoga with Kim

Join our fitness instructor Kim as she guides us through gentle exercises that will help improve with balance, strength as well as help with stress and pain management. **Dekalb 55 - Tai Chi:** 10/2 at 10am.

Meditation: 10/9 at 10am. **Chair Yoga:** 10/23 at 10am. **Where:** The Dekalb Senior Center Fitness Room. **Sycamore 55 - Tai Chi:** 10/6 at 9:30am. **Chair Yoga:** 10/20 and 10/27 at 9:30am. **Where:** The Sycamore Park District Fitness Studio 480 S. Airport Rd. Sycamore, IL.

Gentle Mat Stretch and Relax with Linda

Join Linda for a gentle mat stretch and relax class that incorporates mindful movements and therapeutic gentle stretching that will help improve balance, flexibility and mood. This class requires the ability to move independently up and down on a yoga mat. **When:** Fridays at 11:30-12:30pm. **Where:** The Sycamore Park District Fitness Studio 480 S. Airport Rd. Sycamore, IL.

Vinyasa Yoga with Linda

Join Linda for Vinyasa (flow) yoga that strings poses together in a flow linking breath to movement. A wide variety of poses are held for a short time and relaxation is offered at the end of class. This is a more active class, yoga experience is helpful. **When:** Mondays at 11:30-12:30pm. **No class on 10/2.** **Where:** The Dekalb Senior Center Fitness Room. **Arms, Abs and Legs Fitness** will be offered immediately after Vinyasa class from 12:30-1pm. This class will focus on strengthen and toning.

DVD/ Group Exercise

DVD/Group Exercise: Join us for fitness, fun, and companionship while exercising to a DVD/group exercise. **Dekalb 55 - When:** Wednesdays and Fridays at 10am. **Where:** Dekalb Senior Center 1915 N. First St. Dekalb, IL.

Family Service Agency of DeKalb County (FSA) is providing information in the Senior Moments Newsletter as a public service. By receiving Senior Services Newsletter and your participation in any activity, you understand that you are doing so at your own risk and acknowledge yourself and on behalf of your heirs, assigns, personal representatives and next of kin hereby release and hold harmless FSA, their officers, officials, agents and/or employees, from any and all liability for injury, disability, death, loss or damage to personal property. You understand that there are risks involved in any activity and that you have the right to cease participation at any point. You should always consult your physician or other healthcare provider before starting an exercise program.