

FEBRUARY | 2024

ANNOUNCEMENTS**Stay Connected**

Stay up to date with all the latest weather updates, site closures, event changes and valuable resources through our Club 55 Facebook page! This dedicated platform serves as a hub for sharing important information and building connections within our Club 55 community. Be sure to check it out for up to date news and last minute event cancelations or modifications.

TRIPS , EVENTS, AND PROGRAMS**Trip to the Grand Victorian in Sycamore - Facility Tour and Cabaret Show**

What: Join Club 55 for a trip to The Grand Victorian in Sycamore. Tour the facility and amenities then stay for a Cabaret performance *That's Amore* with Heather Braoudakis. **When:** Thursday, 2/8. Bus leaves at 1:15pm from the Dekalb Senior Center located at 1915 N. First St. Dekalb, IL 60115 and will return by 4pm. **Where:** 1440 Somonauk St. Sycamore, IL 60178. RSVP to join 815.758.8616 x1201. Limited spots available!

Trip to the Hollywood Casino in Aurora

What: Join Club 55 for a trip to The Hollywood Casino. The Playbook dining and bar will be open for lunch options. Participants are responsible for all gambling and food/drinks purchases. **When:** Thursday, 2/29. **Transportation:** Bus leaves at 10:45am from the Dekalb Senior Center located at 1915 N. First St. Dekalb, IL and will return by 3:30pm. Bus fee is \$7. **Where:** 1 W. New York Street Bridge Aurora, IL 60506. RSVP to join 815.758.8616 x1201.

Valentines Day Party with Heritage Woods

What: Join us for a Valentines Day lunch, bingo, and a performance by the Cardinal Quartet! **When:** Friday, 2/9 at 12pm. **Where:** The Dekalb Senior Center located at 1915 N. First St. Dekalb. IL 60115. **Menu:** Baked mostaccioli, house salad, breadsticks, and a special dessert. Please RSVP to join 815.758.8616 x1201.

Potluck Party

What: Join our monthly potluck party! **Theme:** Comfort casseroles and soups. **When:** Friday, 2/16 at 12pm. **Where:** The Dekalb Senior Center 1915 N. First St. Dekalb IL 60115.

VAC Nutritional Programs at Club 55 Senior Centers

What: The Voluntary Action Center is partnering with Club 55 to provide Nutrition Programs! VAC will be serving congregate lunches at the Dekalb Senior Center on Wednesday and delivering Meals on Wheels lunches to the Malta Senior Center on Monday and Friday. There is a suggested donation for the meal, but no one is refused a meal based on their income level or ability to monetarily support the programs. **Dekalb Senior Center Meals:** Lunch is served Wednesday at 12pm at 1915 N. First St. Dekalb, IL 60115. **Malta Senior Center Meals:** Lunch is delivered Monday and Friday at 11am at 115 S. 3rd Street, Malta IL 60150. To participate in the nutritional programs please sign up with a Club 55 Program assistant at 815.758.8616 x1201.

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:** Tuesday, 2/27. Volunteers please arrive at 9am. Deliveries are scheduled from 10-11am and pickups are scheduled from 11-12:30pm. **Where:** The Dekalb Senior Center 1915 N. First St. Dekalb, IL 60115. Delivery upon request when available. RSVP for delivery at 815.758.8616 x1201.

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:** The Dekalb Senior Center.

Creative Art and Expression

What: Join our art group tailed to build connections, improve mental health and mood, and create a safe space to discuss anxiety, grief and other concerns. **When:** Tuesdays at 11am. All art supplies will be provided. **Where:** The Dekalb Senior Center Living room.

Creative Writing

Join Martha Brunell as she guides us in a virtual creative expression through writing via zoom. **When:** Monday, 2/19 at 1pm. **Where:** Via Zoom. RSVP for zoom link.

Needlework Corner

What: Gather with our group to work on your crochet or needlework project. **When:** Wednesdays at 10:30am. **Where:** The Dekalb Senior Center Living room. We have plenty of yarn available for your projects!

BINGO

When: Wednesdays at 1pm after the VAC Congregate meal. **Where:** The Dekalb and Malta Senior Centers.

Documentary Days

What: Join us to enjoy an educational documentary Netflix series every Thursday of every month. **When:** Thursdays at 11am. **Where:** The Dekalb Senior Center Living room. **Showing:** History 101 : Season One.

Classic Film Fridays

What: Join us for a Classic black and white film on Fridays at 1pm. **Schedule:** 2/2 *Guess who is coming to dinner*, 2/9 *Lady in the Lake*, 2/16 *An Affair to Remember*, 2/23 *Barefoot Contessa* **Where:** The Dekalb Senior Center Living room.

Movie Day

What: Join us for a viewing of *Holiday in the Wild*. When her husband abruptly ends their marriage, empty nester Kate embarks on a solo second honeymoon in Africa, finding purpose -- and potential romance. Starring: Rob Lowe, Kristin Davis, Fezile Mpela **When:** Thursday, 2/15 at 1pm. **Where:** The Dekalb Senior Center Living room. Popcorn and refreshments provided!

Trivia Time

What: Join us for an hour of fun trivia! **Topic:** **When:** Fridays at 12pm. **Where:** The Dekalb Senior Center.

PARTNERSHIP EVENTS

Universal Yums Tasting and Trivia with Heritage Woods

What: Play trivia, learn snack history, and enjoy interactive games with Lindsay Oas from Heritage Woods. **When:** Monday, 2/12 at 11am. **Where:** The Sycamore Senior Center located at 480 Airport Rd. Sycamore, IL.

Lunch and Learn with Olson Funeral and Cremations Services

What: Join Janine from Olson Funeral and Cremation Services for a lunch and learn discussing preplanning services and options. **When:** Monday, 2/19 at 11am. **Where:** The Dekalb Senior Center 1915 N. First St. Dekalb IL.

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

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, 2/27 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. The Sycamore Park District Fitness Studio 480 S. Airport Rd. Sycamore, IL.

Chair Yoga and Meditation with Cori

Join our new yoga instructor Cori as she guides us through gentle chair exercises that will help improve with balance, strength as well as help with stress and pain management. **When: Chair Yoga:** Mondays 2/5, 2/19, 2/26 at 10:30-11:30am. **Meditation:** Monday 2/12 at 10:30-11:00am. **Where:** The Dekalb Senior Center Fitness room 1915 N. First St. Dekalb IL.

Arms, Abs, and Legs Fitness with Linda

Join Linda for a 30 min. class focusing on toning and conditioning arms, abs, and legs. **When:** 11:30-12pm before Gentle Mat Stretch and Vinyasa Flow class. **Where:** The Dekalb and Sycamore Senior Centers.

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 12-1pm. **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 12-1pm. **Where:** The Dekalb Senior Center Fitness Room.

DVD/ Group Exercise

DVD/Group Exercise: Join us for fitness, fun, and companionship while exercising to a DVD/group exercise. **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 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.



Family Service Agency
Strengthening Individuals & Families

CLUB 55

SENIOR SERVICES NEWSLETTER

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OUR SPONSORS



Thrift Shop
842 W. Lincoln Hwy
DeKalb, IL 60115
815-756-2378

Store Hours
Tues - Fri 10:00am-6:00pm
Saturday 10:00am-2:00pm
Monday - Closed

The Family Service Agency Guild
operates the Country Store
donating proceeds to Family
Service Agency of DeKalb County.
www.fsadekalbcounty.org

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EXCAVATING SINCE 1960
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SPONSORSHIP OPPORTUNITIES

Sponsor the Club 55 Newsletter to ensure seniors throughout DeKalb County receive opportunities for physical, emotional, and recreational wellness activities. Our newsletter is sent via email and postal to nearly 1,000 people, distributed throughout the community, and published on our website.

LEVEL 1: BABY BOOMERS \$75

- Logo, phone number, and website on the newsletter for one month

LEVEL 2: SILENT GENERATION \$150

- Logo, phone number, and website on the newsletter for one month
- Agency information shared on FSA social media once
- Logo, phone number, and website on the newsletter for one month

LEVEL 3: GREATEST GENERATION \$300

- Agency information shared on FSA social media once
- Agency listed as Club 55 sponsor on FSA website for one calendar