



APRIL | 2024

ANNOUNCEMENTS

New Senior Center Opens in Hinkley!

We are thrilled to announce the upcoming opening of our new senior center located in Hinkley! Our new center will be designed as a welcoming hub where seniors can engage in a variety of activities and programming tailored to the communities interests and well-being. **Opening Day:** Tuesday, 4/30. **Hours of Operation:** Tuesdays 8:30am-2:30pm. **Location:** Located in the Midwest Sportsplex-212 W. Woodlawn Ave. Hinkley IL 60520.

Community Garden at Dekalb Club 55

Looking for a reason to get outside and enjoy the sunshine? We are preparing the Club 55 Community Garden's raised garden beds for seeding and planting, and were looking for volunteers to help out! Ask a Club 55 staff member how you can join our volunteer community garden group!

TRIPS , EVENTS, AND PROGRAMS

Trip to NM Kishwaukee Hospital

What: NM Kishwaukee Hospital, Heritage Woods of DeKalb, Resilience Home Health, and Heartland Hospice are joining together to provide a presentation called Bridging the Gaps in Healthcare. The presentation will cover topics on advanced care planning, senior living, home health and hospice and palliative care services. Refreshments provided! **When:** Thursday, 4/5 from 10-11am. **Transportation:** Bus leaves at 9:30am from the Dekalb Club 55 and will return by 11:30pm. **Where:** 1 Kish Hospital Dr, DeKalb, IL 60115. You are welcome to meet us there! Please RSVP to join 815.758.8616 x1201.

Senior Car Clinic

What: Dekalb County residents, ages 60+ are eligible for a **FREE** automotive inspection. Students of Kishwaukee College Automotive Technology Department will perform a 25 point inspection and a fluid top off under the supervision of program instructors. **When:** Tuesday, April 19th. **Where:** Kishwaukee College South Entrance 21193 Malta Rd. Malta IL. **RSVP: Please call to reserve your appointment 815.758.8282.**

Trip to the Hinkley Club 55 Senior Center

What: Join us at our NEW Hinkley Senior Center for lunch and an afternoon of fun activities! **When:** Tuesday, 4/30 from 10am-1:30pm. **Transportation:** Bus leaves at 10am from the Dekalb Senior Center and will return at 1:30pm. **Location:** The Midwest Sports Plex 212 W. Woodlawn Ave. Hinkley, IL 60520. Please RSVP to join 815.758.8616 x1201.

VAC Nutritional Programs at Club 55 Senior Centers

What: The Voluntary Action Center is partnering with Club 55 to provide Nutrition Programs! **Dekalb Senior Center Meals:** Congregate lunch is served Wednesday at 12pm at 1915 N. First St. Dekalb, IL 60115. **Malta Senior Center Meals:** Boxed lunch is delivered Monday and Friday at 11am at 115 S. 3rd Street, Malta IL 60150. 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. 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 up and are residents of Dekalb County. This is a drive up food pantry with deliveries upon request. **When: Tuesday, 4/23.** 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.

Potluck Party

What: Join our monthly potluck party! **Theme:** **When:** Friday, 4/12 at 12pm. **Where:** Dekalb Club 55.

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 Club 55

Creative Art and Expression

What: Join our art group tailored 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 Club 55.

Needlework Corner

What: Gather with our group to work on your crochet or needlework project. **When:** Wednesdays at 10:30am. **Where:** Dekalb Club 55. 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:** Dekalb Club 55. **Showing:** Human The World Within: Season 1.

Creative Writing

Join Martha Brunell as she guides us in a virtual creative expression through writing via zoom. **When:** Monday, 4/8 at 1pm. **Where:** Via Zoom. RSVP for zoom link.

Kristie Kooks

Join Kristie as she guides us in creating a new recipe every month! **When:** Tuesday, 4/16 at 11am. **Where:** Dekalb Club 55. **Menu:** What to do with Arugula!

Movie Day

What: Join us for a viewing of the Highway Men, A Bonnie and Clyde-era crime drama starring Woody Harrleson and Kevin Costner. The Highwaymen is a Netflix-produced film that follows the lives of former Texas Rangers as they try to track down the notorious crime duo Bonnie and Clyde in the 1930s. Popcorn provided! **When:** Thursday, 3/14 at 1pm. **Where:** Dekalb Club 55.

Classic Film Fridays

What: Join us for a Classic black and white film on Fridays at 1pm. Popcorn provided! **Schedule:** 4/5 On the Beach, 4/12 The Apartment, 4/19 The Killers, and 4/26 The Flight of the Phoenix. **Where:** Dekalb Club 55.

Trivia Time

What: Join us for an hour of fun trivia! **When:** Friday, 4/12 before the Potluck at 11am. **Where:** Dekalb Club 55.

PARTNERSHIP EVENTS

Universal Yums Tasting and Trivia with Heritage Woods

What: Play trivia, learn global and cultural history, and enjoy Universal Yums with Lindsay Oas from Heritage Woods. **When:** Monday, 4/8 at 11am. **Where:** Sycamore Club 55.

SHIP assistance with Elder Care Services

What: Shari from Elder Care Services will assist with Medicare and Medicaid questions. She is able to review other benefits to see if you qualify. Other benefits include LIHEAP, Benefit Access among others. **When:** Friday, 4/12 at 10am. **Where:** Malta Club 55.

Caregiver Support group with Heartland Hospice

What: Join Meghan from Heartland Hospice as she will be hosting a monthly caregiver support group. This group will provide information on ways to cope and manage stress, information as to resources in the community, and gather with peers in a supporting setting. **When:** Every third Thursday, 4/18 at 10:30am. **Where:** Dekalb Club 55.

COMMUNITY RESOURCES

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://fsadekalbcountry.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

CLUB 55 LOCATIONS AND HOURS OF OPERATIONS

Phone: 815-758-8616 x 1201

Email: info@fsadekalbcountry.org

Dekalb Club 55

1915 N. First St. Dekalb, IL 60115

Hours: Monday - Friday 9:00am-4:30pm

Malta Club 55

1115 S. Third St. Malta, IL 60150

Hours: Monday, Wednesday, Friday
9:30am-3:00pm

Sycamore Club 55

480 Airport Rd Sycamore, IL 60178

Hours: Monday & Friday 9:30am-
2:00pm

Hinkley Club 55

212 W. Woodlawn Ave. Hinkley, IL 60520

Hours: Tuesdays 8:30am-2:30pm

Northwestern Medicine Kishwaukee Health/ Wellness

What: The NWM team will host an A1C screening. **When:** Friday, 4/19 at 10am-1pm **Where:** Dekalb Club 55

Kishwaukee Valley Art League

What: KVAL artists will guide a beginners paint pouring class. **When:** Thursday, 4/11 at 10am-12pm **Where:** Dekalb Club 55.

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, 4/23 at 1:00-4:30. **Where:** Dekalb Club 55.

HEALTH AND FITNESS

Walkers and Talkers

Join us for fitness and fun conversation at the Sycamore Community Building indoor walking track. **When:** Mondays and Fridays at 10-11am. **Where:** Sycamore Club 55.

Nature Walk

Join us for a leisure walk on the Dekalb Nature Trail. **When:** Every Thursday starting 4/25 from 9am-10am. **Where:** The Nature trail at the corner of Greenwood Acres Dr., and Greenwood N. Please park safely along Greenwood N. *Please note that this activity is weather permitting.*

Chair Yoga and Meditation with Cori

Join our 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:** Monday 4/1, 4/22, and 4/29 at 10:30-11:30am. **Meditation:** Monday 4/8 - This will be a DVD led class. **Where:** Dekalb Club 55.

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 Club 55.

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:** Sycamore Club 55 - Fitness studio.

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:** Dekalb Club 55.

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 Club 55.



Family Service Agency
Strengthening Individuals & Families

CLUB 55

SENIOR SERVICES NEWSLETTER

APRIL | 2024

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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of DeKalb

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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 six months
- Agency information shared on Family Service Agency social media once a month

Level 3: Greatest Generation \$300

- Logo, phone number, and website on the newsletter for one year
- Agency information shared on Family Service Agency social media once a month
- Agency name listed as Club 55 sponsor on Family Service Agency website for one calendar year