



ANNOUNCEMENTS

Essential Pantry Donations Needed

We are looking for household and health essential items to help replenish our Club 55 Essential pantry at the Dekalb Senior Center. The Essential pantry assists in supporting our community seniors maintain independence and self-sufficiency. Every contribution no matter the size, can help ensure that our seniors receive the support and care they deserve! If you 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 x1201.

TRIPS, EVENTS, AND PROGRAMS

Trip to The Kane County Cougars Game

What: We are taking a trip to the Kane County Cougars vs. Cleburne Railroaders. **When:** Wednesday, 7/10 from 10-3pm. **Transportation:** Bus leaves at 10:15am and returns promptly after the game. Game time is at 11:30am. **Where:** Meet at the Dekalb Senior Center 1915 N. First St. Dekalb center for the bus. The Game is at Northwestern Medicine Field 34W002 Cherry Lane, Geneva, IL 60134. **Tickets:** \$22 for the game ticket, lunch, and transportation. 815.758.8616 x1201. All Tickets must be purchased in advanced with RSVP.

Potluck Party with Wild Blue Ukulele Orchestra

What: Join our monthly potluck party and enjoy the sounds of Wild Blue Ukele Orchestra! **Theme:** Island cusine. **When:** Friday, 7/19 at 12pm. **Where:** Dekalb Club 55.

Southern BBQ Party with Heritage Woods in Malta

What: Join us at our Malta senior center for an afternoon of Southern BBQ and trivia with Heritage Woods. **When:** Wednesday, 7/24 from 12-2pm. **Where:** Malta senior center 115 S. 3rd Street Malta, IL 60150. **On the Menu:** BBQ pulled pork sandwiches, coleslaw, baked beans, and peach pie for dessert. 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, 7/23.** 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. **Deliveries are strictly reserved for homebound residents.** 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!
When: Mondays at 10am. **Where:** Dekalb Club 55.

Creative Arts and Chats

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:** 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. **When:** Thursdays at 11am.
Where: Dekalb Club 55. **Showing:** Greatest Events of WWII in color: Season 1.

Game Day

What: We are looking for players for our new game groups! Join us on Thursdays for Mexican Train Dominoes and Triple! **When:** Thursdays at 12:30pm. **Where:** Dekalb Club 55.

Creative Writing

Join Martha Brunell as she guides us in a virtual creative expression through writing via zoom. **When:** Monday, 7/8 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, 7/16 at 11am. **Where:** Dekalb Club 55. **On the Menu:** Fit and fresh!

Movie Day

What: Join us for a viewing of *The Laundromat* - Featuring Meryl Streep, Gary Oldman, and Antonio Banderas. Inspired by true events, the movie follows Jürgen Mossack (Oldman) and Ramón Fonseca (Banderas) as they engage in a money laundering scheme. **When:** Thursday, 7/11 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:** 7/5 *Baby doll*, 7/12 *Night passage*, 7/19 *Out of the past*, and 7/26 *The lady vanishes*. **Where:** Dekalb Club 55.

Trivia Time

What: Join us for an hour of fun trivia! **Malta Club 55:** **When:** Wednesdays at 10am **Dekalb Club 55:** Friday 7/19 at 11am before the potluck.

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, 7/15 at 11am. **Where:** Sycamore Club 55.

Northwestern Medicine Kishwaukee Health/ Wellness

What: The NWM team offers AIC screenings at Club 55 centers. **Where/ When:** Malta Club 55 Friday, 7/19 10am-12pm. **Where/When:** Dekalb Club 55 Monday, 7/22 from 11am-1pm.

Dekalb Fire Department and Northwestern Medicine

What: Speakers from the Dekalb Fire Department and Northwestern Medicine will discuss the at home Knock Box program and provide stroke education. **When:** Wednesday, 7/17 at 11am. **Where:** Dekalb Club 55.

Caregiver Support group with Heartland Hospice

What: Join Meghan from Heartland Hospice as she will be hosting a monthly caregiver support group that 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:** Tuesday 7/16 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/foodneeds 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

Hinckley Club 55

212 W. Woodlawn Ave. Hinckley, IL 60520

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

Dekalb County Health Department

What: The Dekalb County Health Department will be available to discuss the IL state cannabis program and the enrollment process.

When: Wednesday, 7/12 at 11am-1:30pm **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, 7/23 at 1:00-4:30. **Where:** Dekalb Club 55.

HEALTH AND FITNESS

Balance and Fall Prevention Mobility Program

Join us for a fitness program that will increase balance and strength and decrease the risk of falling. **When:** Tuesdays at 12:30 and Fridays at 10:30am **Where:** Dekalb Club 55.

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 leisurely walk on the Dekalb Nature Trail. **When:** Every Thursday from 9am-10am. **Where:** Meet on the Nature Trail at the corner of Greenwood Acres Dr., and Greenwood N. You may park safely along Greenwood N. *Please note that this activity is weather permitting.*

Chair Yoga / Meditation with Cori

Join our instructor Cori as she guides us through gentle chair exercises that will help with balance, strength, stress, and pain management.

When: Chair Yoga: Monday 7/1, 7/15, 7/29 at 10:30-11:30am.

Meditation: 7/8 at 10:30-1:30pm. **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

JULY 2024

OUR SPONSORS



Store Hours

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

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

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



Heritage Woods
of DeKalb

An Affordable Assisted Lifestyle Community for the Older Adult

(815)787-6500 |

www.gardant.com/heritagewoodsdekalb
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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