Family Service Agency
Strengthening Individuals & Families

CLUB 55

NOVEMBER 2026

SENIOR SERVICES NEWSLETTER

AROUND CLUB 55

There's a little extra holiday cheer making its way into Club 55 this November, and we'd love for you to be part of it! Get into the holiday spirit at our Makers & Bakers Holiday Market, where shopping local supports talented artisans and the programs that bring us together all year. Through our Senior Giving Tree, we'll carry that warmth further into the community and you can help an older neighbor feel remembered and cared for this season. Whether you're a familiar face or it's been a while, there's a place for you here. We're thankful to share this season with you!

HOLIDAY HAPPENINGS

Country Store Thrift Shop Holiday Pop-Up Sale

What: A little holiday treasure hunting is coming to Club 55! Browse seasonal finds from the Country Store Thrift Shop at our "All Things Holiday" pop-up sale. Bring a friend and see what catches your eye! **When:** Wednesday, 11/4 & Thursday, 11/5 from 10am-2pm. **Where:** DeKalb Club 55, 1915 N. First St.

4th Annual Makers & Bakers Holiday Market and Fundraiser

What: Let's welcome the holidays together! Shop handmade gifts and delicious baked treats from local makers while HarmonEssence fills the room with holiday carols. Catch up with neighbors over chili and hot cocoa, and try your luck in the 50/50 raffle! Bring your friends and family for this festive community tradition supporting Club 55 programs that keep our older neighbors connected. **When: Saturday, 11/14 from 10am-2pm. Where: DeKalb Senior Center, 1915 N. First St., DeKalb.** For more info email club55@fsadekalbcounty.org, call 815-758-8616 ext. 1201.

Senior Giving Tree - Be Someone's Holiday Magic

What: Be someone's reason to smile this holiday season! Last year, our generous community helped 350 local seniors feel remembered and cared for through our Senior Giving Tree. In partnership with local nursing and rehabilitation centers, we bring holiday joy to residents and older adults throughout our community who could use a little extra kindness. **How:** Pick up a wish list tag from a Senior Giving Tree at any location below, or request one by emailing club55@fsadekalbcounty.org or calling 815-758-8616 ext. 1201. Shop for your senior's wishes, wrap the gifts, and securely attach their tag. **When:** Whish list tags available beginning November 14. Please return gifts by December 14. **Giving Tree Locations:** Tag Pick-Up & Gift Drop-Off: **DeKalb Senior Center:** 1915 N. First St., **Sycamore Senior Center:** 480 Airport Rd., **DeKalb Public Library:** 309 Oak St., **Malta Resource Bank:** 201 State Route 38. Our wonderful team of volunteers will deliver gifts to seniors across DeKalb County!

Mark Your Calendar for December - Stage Coach Players 1940's Radio Christmas Carol!

What: Step back in time for some holiday fun! Stage Coach Players invites Club 55 members to a special sneak peek of *A 1940's Radio Christmas Carol* before opening night! Tickets are complimentary, courtesy of Stage Coach Players. Advance RSVP with Club 55 is required. **When:** Wednesday, 12/9 at 7pm. **Where:** Meet at the Stage Coach Players Theatre 126 S 5th St, DeKalb, IL 60115.

PARTIES, PRESENTATIONS & PARTNER EVENTS

Veterans Pinning Ceremonies with Heartland Hospice

What: We are proud to honor the veterans in our Club 55 community at two special pinning ceremonies, sponsored by Heartland Hospice. Gather with friends to recognize their service and share our heartfelt thanks. **When/Where:** Monday, 11/9 from 10-11am at Malta Club 55 and Tuesday, 11/10 from 10-11am at DeKalb Club 55.

Universal Yums Treats & Trivia with Heritage Woods

What: Let your taste buds do a little traveling! Sample treats from around the world and enjoy a friendly round of trivia with our friends from Heritage Woods. **When/Where:** Monday, 11/9 from 10am-11am during Koffee Klatch at DeKalb Club 55 and Wednesday, 11/18 from 10am-11am at Malta Club 55.

Memory Lane with ADDUS

What: Reminisce with Addus Home Care about favorite Thanksgiving dishes, funny kitchen mishaps, and kids' table stories! Bring an old recipe to share. **When/Where:** Tuesday, 11/10 from 11:30am -12:30pm at DeKalb Club 55 and Wednesday, 11/11 from 10-11am at Malta Club 55.

Breakfast Bites with DMJ Home Health Care

What: Start your morning with breakfast bites sponsored by DMJ Home Health during Koffee Klatch while they share resources and information their services. **When:** Monday, 11/16 from 9:30-10:30am. **Where:** DeKalb Club 55.

A Taste of Tradition Potluck

What: Whatever your traditional menu may be, bring a favorite dish to share! Let's celebrate the recipes that feel like home and enjoy a Thanksgiving meal among friends**. When:** Friday, 11/20 from 12pm-1pm. **Where:** DeKalb Club 55.

Battery Safety Presentation with DeKalb Fire/EMS

What: Enjoy coffee with DeKalb Fire/EMS during Koffee Klatch and learn about lithium-ion battery safety. Learn practical tips for safely charging and storing everyday devices, along with warning signs to watch for at home. **When:** Monday, 11/23 from 10-10:30am. **Where:** DeKalb Club 55.

Drive Up Monthly Food Pantry with Northern Illinois Food Bank

What: Club 55 hosts a monthly food distribution for DeKalb County seniors 55 yrs + who are registered members of Club 55. This service is designed as a drive-up food pantry for the convenience of our senior community. **When: Tuesday, 11/24.** Volunteers please arrive at 9am. Pickups will be available from 11am-12pm. **Where:** The DeKalb Senior Center 1915 N. First St. DeKalb, IL 60115. Please note that deliveries are exclusively reserved for homebound residents and must be scheduled one week in advance.

Prairie State Legal Services

What: A Prairie State Legal attorney will be available for walk in appointments to advise on civil legal issues such as housing matters, public benefits, issues affecting your safety, power of attorney and more. Please sign in when you arrive to hold your place in line. **When:** Tuesday, 11/24 from 1pm-4pm. **Where:** DeKalb Club 55.

THE REGULARLY SCHEDULED PROGRAM

Koffee Klatch

What: Start your week off with our Koffee Klutch group! Enjoy a delightful warm cup of coffee while connecting and meeting new faces in your community. **When:** Mondays at 9:30am-10:30am. **Where:** DeKalb Club 55.

Woodcarving

What: Join our woodcarving community, where you can tackle your own projects, exchange skills and techniques, and connect with fellow woodworking enthusiasts. **When:** Tuesdays at 9:30am-10:30am. **Where:** DeKalb Club 55.

Arts and Chats

What: Join our Arts and Chats group where we will explore new seasonal crafts every week, anything from painting, to jewelry making, to DIY projects and more! **When:** Tuesdays at 10:30am-11:30am. **Where:** DeKalb Club 55.

Kristie Cooks

What: Learn from our volunteer Chef Kristie as she guides us in creating a new recipe every month! **When:** Tuesday, 11/17 at 11:30am-12:30pm. **Where:** DeKalb Club 55. **On the menu:** Stuffing Pot Pies.

Wii Bowling

What: Join us for Wii Fitness Bowling and enjoy a fun afternoon of friendly competition, light exercise, and plenty of laughs. No experience needed, just come ready to bowl! **When:** Tuesdays at 1pm-2pm. **Where:** DeKalb Club 55.

Creative Writing

What: Discover the joy of storytelling and self-expression with Martha Brunell in our virtual creative writing group. **When:** Tuesday, 11/17 at 1pm-3pm. **Where:** Virtual via Zoom. Please RSVP for the zoom link.

VAC Nutritional Programs at Club 55 Senior Centers

What: Club 55 partners with Voluntary Action Center to provide Nutrition Programs to older adults visiting the senior centers. **DeKalb Senior Center Meals:** Congregate lunch is served Wednesday at 12pm at 1915 N. First St. DeKalb. **Malta Senior Center Meals:** Boxed lunch is delivered Monday and Friday at 12pm at 115 S. 3rd Street, Malta. 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 program please contact 815.758.8616 x1201.

BINGO

When: Wednesdays at 1pm-2pm. **Where:** DeKalb and Malta Club 55. **Cost:** $1 per card. Two card limit. **Prizes:** Lotto cards, sweet treats, household essentials and more!

COMMUNITY RESOURCES

Club 55 Community Garden

Our volunteer -run community garden is a shared resource designed to support healthy living among our senior community. With eight raised garden beds, we grow fresh herbs and produce that are available to participants, promoting access to nutritious, homegrown food. For more information call 815-758-8616 x1201.

Voluntary Action Center (VAC)

TransVAC in DeKalb County IL offers transportation services primarily within DeKalb County for seniors, individuals with disabilities, and the general public based on space and availability. For registration questions or to book a ride, call 815-758-3932.

Meals on Wheels Program in Northern Illinois provides nutritious meals to older adults and others in need who are homebound because of illness, physical or mental impairment, unable to prepare food independently, or otherwise isolated. Meal delivery schedule varies by area; for the schedule in your community, call the Voluntary Action Center at 815-758-3932 x232.

Rooted For Good (RFG)

Family Service Agency is partnered with RFG to assist in preventing food insecurity. RFG provides grocery delivery and pop-up food pantries throughout DeKalb County. If anyone is in need of food please reach out to RFG at 779-212-9543. RFG Genoa is open to Genoa and Kingston residents, please call (815)761-7313 for dates and times.

CLUB 55 LOCATIONS AND HOURS OF OPERATION

Phone: 815-758-8616 x 1201

Email: club55@fsadekalbcounty.org

DeKalb Club 55

1915 N. First St. DeKalb, IL 60115

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

Malta Club 55

115 S. Third St. Malta, IL 60150

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

Sycamore Club 55

480 Airport Rd. Sycamore, IL 60178

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

CLUB 55 SPECIAL CLOSURE DATES

- The DeKalb Senior Center will be open on Thursday 11/5. All Senior Centers will be closed on Thursday 11/26 and Friday 11/27.
- *Please be sure to check our Club 55 Facebook page for any important closures and updates*!

THE COUNTRY STORE THRIFT SHOP

Phone: 815-756-2378

Location: 842 W. Lincoln Highway DeKalb, IL 60115

Hours: Tuesday - Friday 10:00am-6:00pm & Saturday 10:00am-2:00pm.

Movie Day

What: Get into the holiday spirit with Dolly Parton in this heartwarming musical! When a woman's plans threaten a small town's Christmas, a little holiday magic may help change her heart. **When:** Thursday, 11/19 at 1pm. **Where:** DeKalb Club 55. *Popcorn provided*!

Series Spotlight

What: Step into the world of royal traditions and palace drama! Join friends for one episode each week of The Crown, a historical drama following Queen Elizabeth II's reign and the lives of the royal family. **When:** Thursdays at 11am. **Where:** DeKalb Club 55. **Showing:** The Crown.

Film Friday

What: Join us for a movie with friends from the community- we'll pick the movie together the day of! **When:** Fridays at 1pm. **Where:** DeKalb Club 55.

HEALTH AND WELLNESS PROGRAMS

Your safety and health are our top priority. Please be aware that participants are responsible for assessing their own fitness ability, and organizers and instructors are not liable for any injuries or health incidents that may occur. Please consult a physician if you have any questions about your ability to participate safely.

Walkers and Talkers

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

Balance and Fall Prevention Mobility Program

What: Join our instructor Pommy for a balance and mobility strengthening class. All levels of experience welcomed. **When:** Tuesdays and Fridays at 10:30- 11:30am. **Where:** DeKalb Club 55.

Chair Yoga with Cori

What: Join our instructor Cori for gentle chair exercises that will help with balance, strength, stress, and pain management. **When:** Monday, 11/2, 11/9, and 11/16 at 10:15am-11:15am. **Where:** DeKalb Club 55.

Gentle Mat Stretch and Relax with Cori

What: Join Cori for a gentle mat stretch and relax class that focuses on mindful movements and therapeutic stretches to improve balance, flexibility, and mood. Participants must be able to move independently on a yoga mat. **When:** Friday, 11/6 and 11/20 at 11am-12pm. **Where:** Sycamore Club 55 Fitness Studio.

Arms, Abs, and Legs Fitness with Linda

What: Join Linda for a 30 minute class focusing on toning and conditioning on arms, abs, and legs. Participants must be able to move independently. **When:** Mondays at 11:30am-12pm. No Class 11/2 and 11/6. **Where:** DeKalb Club 55.

Vinyasa Yoga with Linda

What: Join Linda for an intermediate level active class requiring the ability to balance and move through the flow of various poses smoothly. Intermediate yoga experience required. **When:** Mondays and Fridays at 12pm-1pm. No Class 11/2 and 11/6. **Where:** DeKalb Club 55.

Virtual Group Fitness

Chair Exercise: Join for a chair exercise class to stretch, move, and boost your energy right from your seat. **When:** Wednesdays and Fridays at 10am. **Where:** DeKalb Club 55. **Qigong Exercise:** Join for a YouTube Qigong class with gentle movements to relax your mind, energize your body, and restore balance. **When:** Fridays at 10am. **Where:** DeKalb Club 55.

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Strengthening Individuals & Families

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SENIOR SERVICES NEWSLETTER

CLUB 55

Thank you to our sponsors for helping make Club 55 programs and services possible. Your support allows us to continue serving older adults and strengthening our community.

home instead
2585 Sycamore Road
DeKalb, IL 60115
(815) 754-1300
homeinstead.com/718

CHS

Heritage Woods of DeKalb
An Affordable Assisted Lifestyle Community for the Older Adult

ADDUS HOMECARE

SYCAMORE PARK DISTRICT

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INDEPENDENT & ASSISTED LIVING
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PurposeCare
Formerly Residence Home Health
Home Health • Home Care • Skilled Nursing & Therapy Services 630-236-8800

COUNTRY STORE
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

COMMUNITY SPONSORSHIP OPPORTUNITIES

Your sponsorship helps this newsletter keep older adults informed and engaged.
Together, we connect our older neighbors with local resources and community life.

Annual sponsorships

All levels cover one year.

Community Partner
$300 / year
Your logo and contact information in the monthly newsletter, plus a website listing.

Supporting Partner
$600 / year
Larger logo, a short business description, and added online recognition.

Premier Community Partner
$1,200 / year
Premium placement, a rotating newsletter ad, and opportunities to connect with members.

Exclusive Presenting Partner
$2,500 / year
Top recognition and front-cover placement. One exclusive presenting sponsor.

Put your name behind a program

From $300 per year, with your logo in the newsletter and on our website.

Fitness, Koffee Klutch, gardening, arts, food pantry, Memory Lane, Bingo, holiday parties, or Kristie Cooks. Ask us for options and full benefits.

Interested? 815-758-8616 ext. 1201 **club55@fsadekalbcounty.org**