

ANNOUNCEMENTS**March into Wellness with Club 55! Move, Create, and Connect!**

Spring is in the air, and it's the perfect time to refresh your mind, body, and spirit! This month we are embracing movement, mindfulness, creativity, and connection, with each other and with nature! Whether you want to learn a new craft at our Arts and Chats group, relax your mind through Meditation, or be one with nature and explore a Butterfly Exhibit, we have a mix of activities that will help keep you feeling your best inside and out! Stop in to one of our senior centers and see what makes you shine!

TRIPS, EVENTS, PROGRAMS**Trip to The Nicholas Conservatory & Gardens - The Secret Life of Butterflies Exhibit**

What: Join us to explore the wild, wonderful, and often strange world of butterflies and moths! See the whole lepidoptera lifecycle in action as caterpillars munch on leaves, butterflies emerge from their chrysalis, and moths from their cocoons. Get an up-close look at these amazing insects in the butterfly house as you're surrounded by native and exotic butterflies. **When:** Thursday, 3/27 from 10am to 2pm. **Where:** Nicholas Conservatory & Gardens 1354 N 2nd St, Rockford, IL, 61107. **Transportation:** Meet at the DeKalb Senior Center, 1915 N First St., DeKalb for the bus that will leave at 10am and will return to the senior center by 2pm. **Tickets:** Regular ticket is \$10 and Senior ticket (62yrs. and up) is \$8. Bus fee is \$7. Limited seats available! RSVP at 815.758.8616 x1201.

St. Patrick's Day Celebration with Heritage Woods in Malta

What: Join us for a St. Patty's Day celebration and enjoy a delicious lunch followed by Bingo. **When:** Wednesday, 3/12 from 12-2pm. **Where:** Malta Senior Center 115 S. 3rd St. Malta. **Menu:** Corned beef and cabbage, potatoes and carrots, and bread rolls. Please RSVP for this event at 815.758.8616 x1201. Limited seating available!

A Taste of the Irish Potluck

Join our monthly potluck gathering to celebrate good friends and good food! **Theme:** Think Green! Bring your St. Patty's Day favorites and festive desserts! **When:** Friday, 3/14 at 12pm. **Where:** Dekalb Club 55.

Senior Grocery Market

What: Northern Illinois Food Bank in partnership with Club 55 hosts a food distribution for seniors ages 55 years and up and are registered members of Club 55. This is a drive up food pantry with deliveries upon request. **When:** **Tuesday 3/25.** 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 deliveries at 815.758.8616 x1201.

VAC Nutritional Programs at Club 55 Senior Centers

What: The Voluntary Action Center partners 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.

Koffee Klutch

What: Start your week with Club 55 for a warm cup of coffee and great conversation! Join our Koffee Klutch group to connect and meet new faces in your community. **When:** Mondays at 10am. **Where:** Dekalb Club 55.

Creative Writing

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

Woodcarving

Become a part of our welcoming woodcarving community, where you can tackle your own projects, exchange skills and techniques, and connect with fellow woodworking enthusiasts. **When:** Tuesdays at 9:30am. **Where:** Dekalb Club 55.

Kristie Kooks

Join our volunteer chef Kristie as she guides us in creating a new recipe every month! **When:** Tuesday, 3/18 at 10:30am. **Where:** Dekalb Club 55. **On the Menu:** Chocolate Eclairs.

Arts and Chats

Looking for a fun way to get creative and connect with others? Join our Arts and Chats group where we will explore a new craft every week, anything from painting, to jewelry making, to DIY projects and more! *All supplies provided.* **When:** Tuesdays at 11:30am. **Where:** Dekalb Club 55.

Needlework Corner

What: Gather with our group to work on your crochet or needlework projects. **When:** Wednesdays at 10:30am. **Where:** Dekalb Club 55. *We have plenty of yarn available for your projects!*

BINGO

When: Wednesdays at 1pm. **Where:** Dekalb and Malta Senior Centers. **Cost:** \$1 per card. Two card limit.

SCAM Smart

What: Join us for a new program designed to help you recognize and avoid the latest scams targeting seniors. This program explores current trending scams such as imposter calls, phishing schemes, and healthcare fraud, and provides practical tips to protect yourself and your community. **When:** Thursday, 3/13 at 10am. **Where:** DeKalb Club 55.

Game Day

What: Join us for an afternoon of fun and friendly competition on Thursdays. We'll be playing Bridge, Tripoley, Pinochle, Euchre, and Mexican Train Dominoes. **When:** Thursdays at 12:30pm. **Where:** DeKalb Club 55.

Documentary Days

What: Join us to watch a Netflix documentary every Thursday. **When:** Thursdays at 11am. **Where:** Dekalb Club 55. **Showing:** *Explained:* Season 1: This enlightening series digs into a wide range of topics such as the rise of cryptocurrency, why diets fail, and the wild world of K-pop. *Popcorn provided!*

Movie Day

What: Join us for a viewing of *The Piano Lesson*: A brewing battle over the fate of an heirloom piano threatens to tear a family apart in this drama based on August Wilson's Pulitzer Prize-winning play. Starring: John David Washington, Samuel L. Jackson, Danielle Deadwyler. **When:** Thursday, 3/20 at 1pm. **Where:** Dekalb Club 55. *Popcorn provided!*

Film Fridays

What: Join us for a relaxing movie where *YOU* help choose the movie! Movie goers vote on the movie we'll be watching a week in advance. Please call for more info. **When:** Fridays at 1pm. **Where:** Dekalb Club 55. *Popcorn provided!*

PARTNERSHIP EVENTS

Heartland Hospice Presentation

What: Join Melissa from Heartland Hospice to learn about their support services, care options, and how hospice can help during life's most challenging times. **When:** Wednesday, 3/12 at 11am. **Where:** Dekalb Club 55.

Club 55 Pop in at the Dekalb Public Library

What: Join Club 55 as we pop in to DKPL for Healthy Aging with Home Instead: Therapeutic Effects of Nature- Spring Seed Starting Workshop. **When:** Thursday, 3/13 at 11am. **Where:** Dekalb Public Library.

COMMUNITY RESOURCES

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. For more information visit: <https://rootedforgood.org/>.

CLUB 55 LOCATIONS AND HOURS OF OPERATION

Phone: 815-758-8616 x 1201

Email: info@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
9:30am–3:00pm

Sycamore Club 55

480 Airport Rd Sycamore, IL 60178

Hours: Monday & Friday 9:30am–
2:00pm

CLUB 55 SPECIAL CLOSURE DATES

- All Senior Centers will close at 12pm on 3/6 for an all-staff meeting.
- FSA and Club 55 Senior Centers follow the DeKalb school district weather closure policy.
Please be sure to check our Club 55 Facebook page for any import closures and updates!

Universal Yums Tasting and Trivia with Heritage Woods

What: Join Lindsay Oas from Heritage Woods for an engaging session of trivia, cultural history insights, and Universal Yums tasting. **When:** Monday, 3/17 at 11am. **Where:** Dekalb Club 55.

Prairie State Legal Services

What: A Prairie State Legal attorney will be available for walk in appointments at Dekalb senior center to advise on civil legal issues such as housing matters, public benefits, issues affecting your safety, power of attorney and more. **When:** Tuesday, 3/25 at 1–4:30. **Where:** Dekalb Club 55.

HEALTH AND FITNESS

Line Dancing with Rabecca

What: Join our instructor Rabecca for a line dancing class. No experience needed! **When:** Friday, 3/21 at 12pm. **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.

Balance and Fall Prevention Mobility Program

Join our instructor Pommy for a balance and mobility strengthening class. **When:** Tuesdays and Fridays at 10:30am. **Where:** Dekalb Club 55.

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: Meditation: Monday 3/10 at 10:30–11:30pm. **Chair Yoga:** Monday 3/17, 3/24 at 10:30–11:30am. **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/ Where:** Mondays at Dekalb 55 at 11:30–12pm before Vinyasa Flow Yoga & Fridays at Sycamore 55 at 11:30–12pm before Gentle Mat Stretch.

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.

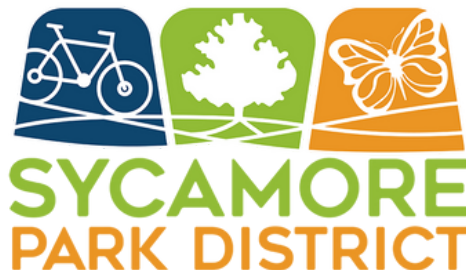
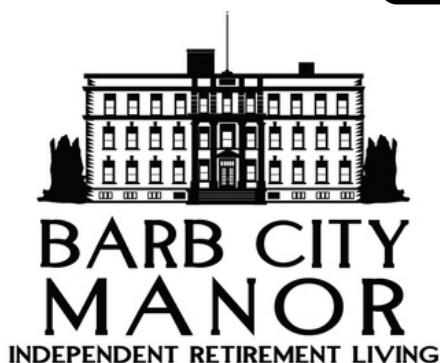
Vinyasa Yoga with Linda

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.

OUR SPONSORS



1440 Somonauk St, Sycamore, IL 60178
Phone: (815) 895-1900

1440 Somonauk St, Sycamore, IL 60178
Phone: (815) 895-1900



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.



EXCAVATING SINCE 1960
(815)501-9475 | LEE, IL



2528 Sycamore Rd. Dekalb, IL 60115

www.homeinstead.com/718

(815)754-1300

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