
ANNOUNCEMENTS

April has arrived bringing longer days, warmer breezes, and the beauty of spring in full bloom! This month, we are sharing simple ways to stay safe and ways to refresh your home, garden, and routine with fun and easy projects. From delicious spring recipes to creative DIY garden art, we have plenty of activities to brighten your days. Let's welcome this season with joy, creativity, and a few fresh ideas to make the most of this beautiful time of year!

TRIPS, EVENTS, PROGRAMS**Trip to The Historic Auto Attraction Museum**

What: We are taking a trip to the Historic Auto Attraction Museum! This 86,000 sq. ft. museum houses over 100 historic vehicles and thousands of different artifacts ranging from key moments in American and World history. With exhibits featuring presidents, world leaders and other historical figures, there's something for every one!

When: Thursday, 4/24 from 10am to 3pm. **Where:** 13825 Metric Rd. Roscoe, IL 61073. **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 3pm. **Tickets:** Tickets are \$25 and bus is \$8. Limited seats available! RSVP at 815.758.8616 x1201.

Bunny Brunch & Egg Hunt with Heritage Woods

What: Join us for a spring celebration brunch and egg hunt with Heritage Woods! **When:** Friday, 4/11 from 12pm-2pm. **Where:** Dekalb senior center. **Menu:** Home made waffles with fruit toppings and sausage links. Please RSVP for this event at 815.758.8616 x1201. Limited seating available!

Spring Fling Potluck

Join our monthly potluck gathering to celebrate good friends and good food! **Theme:** Spring Fling! Think light, fresh, and colorful dishes like fun salads and fruity desserts! **When:** Friday, 4/25 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 4/22.** 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, 4/8 at 1pm. **Where:** Virtual via zoom. Please RSVP for zoom link.

Woodcarving

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. **Where:** Dekalb Club 55.

Kristie Kooks

Learn from our volunteer chef Kristie as she guides us in creating a new recipe every month! **When:** Tuesday, 4/29 at 10:30am. **Where:** Dekalb Club 55. **On the Menu:** Southern banana pudding.

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. **Special Craft:** Easter Dimond Art on 4/8. **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 Commander Lekkas from the DeKalb Police Department for a Scam Smart presentation that will 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, 4/10 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 2. The billionaire boom. Athleisure wear. The lure of cults. Explore current events and social trends with this compelling, celebrity-narrated series. *Popcorn provided!*

Movie Day

What: Join us for our monthly movie! **Showing:** *The Peanut Butter Falcon:* A man who has Down syndrome runs away to realize his wrestling dreams and sets out for adventure with a new friend in tow and a caregiver in pursuit. **When:** Thursday, 4/17 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 movie info. **When:** Fridays at 1pm. **Where:** Dekalb Club 55. *Popcorn provided!*

PARTNERSHIP EVENTS

Universal Yums Tasting and Trivia with Heritage Woods

What: Join Lindsay from Heritage Woods for an engaging session of trivia, cultural history insights, and Universal Yums tasting. **When:** Monday, 4/4 at 11am. **Where:** Sycamore Club 55.

Breakfast Bites with Aperion Care and Grand Victorian

What: Kick off your mornings with delicious breakfast bites and great conversations with our partners during our Koffee Klutch hour. **Who/ When:** Aperion Care on Monday, 4/7 at 10am and Grand Victorian on Monday, 4/28 at 10am. **Where:** Dekalb Club 55.

NIU Nursing and Dekalb County Health Department

What: Join us for us for an educational presentation on emergency preparedness. Giveaways with attendance! **When:** Monday, 4/14 at 10:30am. **Where:** Dekalb Club 55.

Garden Gourds Craft with KVAL

What: Join artist from Kishwaukee Valley Art League as they guide us in a making garden art out of gourds! **When:** Tuesday, 4/15 at 11am. **Where:** Dekalb Club 55.

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

- Senior Centers Closed on Thursday, 4/3 at 12pm for an all-staff meeting.
- Malta Senior Center Closed on Wednesday 4/2, 4/9, 4/16.
- Senior Centers Closed on Friday, 4/18.
- **Please be sure to check our Club 55 Facebook page for any import closures and updates!**

University of Illinois Extension

What: Join "Healthy Cents" an informative presentation aimed at helping families and individuals make simple, healthy choices. **When/ Where:** Wednesday, 4/23 at 11am at Malta Club 55 and Wednesday, 4/30 at 11am at Dekalb Club 55.

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. **When:** Tuesday, 4/22 at 1-4:30. **Where:** Dekalb Club 55.

HEALTH AND FITNESS

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.

Line Dancing with Rabbecca

What: Join our instructor Rabbecca for a dynamic line dancing class. No experience needed! **When:** Friday, 4/4 at 12pm. **Where:** Dekalb Club 55.

Walkers and Talkers

What: 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

What: 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

What: Join our instructor Cori for gentle chair exercises that will help with balance, strength, stress, and pain management. **When:** **Meditation:** Monday, 4/21 at 10:30-11:30pm. **Chair Yoga:** Monday, 4/7, 4/28 at 10:30-11:30am. **Where:** Dekalb Club 55.

Gentle Mat Stretch and Relax

What: Join Linda 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:** Fridays at 12-1pm. **Where:** Sycamore Club 55 - Fitness Studio. No Class 4/25- 5/2.

Arms, Abs, and Legs Fitness with Linda

What: 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 and Fridays at Sycamore at 11:30-12pm. No Class 4/25- 5/2.

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. Previous yoga experience required. **When:** Mondays at 12-1pm. **Where:** Dekalb Club 55. No Class 4/25- 5/2.

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.

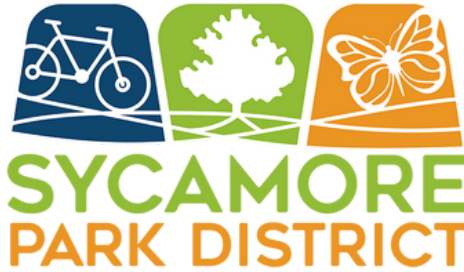
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Phone: (815) 895-1900



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.



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INDEPENDENT RETIREMENT LIVING

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