

## Socialization

The Senior Services Centers host a variety of activities, crafts, games and holiday celebrations. Large-screen TVs, Wii video game systems and other equipment provide the Centers' visitors with many socialization opportunities. These purchases were made possible by a Senior Tax Levy of DeKalb County Community Grant and community donations.

## Weekly Activities

Activities are listed in alphabetical order. Please check the website for days and times.

- Armchair Traveler - video tours of interesting places of adventure
- Bingo - just for fun games for those who enjoy the game, even without prizes
- Bridge - for those just learning and those whose skills are more advanced
- Computer - provided for one-on-one training and for those to access daily at some sites
- Duplicate Bridge - a twist on the traditional game
- Exercise - strengthening chair exercises are held three times each week
- Library Book Club - free books provided to those who want to discuss selections
- Movies & Popcorn - just like on the big screen, a weekly activity
- Needle Workers - groups knit and crochet a variety of items for local organizations
- Overeaters Anonymous - support and strength for those struggling with weight issues, sites vary
- Pinochle - lessons for those interested in learning and time to play for those more experienced
- Puzzles & Games - available everyday, any time
- Reading - up-to-date magazines, books and newspapers are available
- Support Groups - for families or caregivers



## Senior Service Center Locations

### Cortland

70 S. Llanos Street

### DeKalb

330 Grove Street

### Genoa

400 East 2nd Street

Family Service Agency

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Family Service Agency is a United Way agency.

## Senior Services Centers

Community centers providing health presentations, socialization and companionship, without charge, to the seniors of DeKalb County

# Family Service Agency's Senior Services Center

The following quote was found among the historical documents of the Center. This statement is as true today as when the Senior Center was first established.

*"The purpose of the DeKalb Senior Center, a program of the Family Service Agency, is to contribute to the active involvement of the elderly of this area who are sixty years of age or older. It is a community focal point for services and activities which enhance the dignity and support the independence of the elderly. The Center also serves as a community resource for information on aging, for training leadership, and for developing new approaches to aging problems."*

## A Brief History

The Senior Center first opened in April of 1972 in a tiny tavern on North 10th Street in DeKalb. The popularity of the Center soon created the need for more space and, after only nine months, the Center moved to a larger location on East Lincoln Highway and then in 1976 to the DeKalb Public Hospital building. The next move occurred in May of 1978 when the renovation of the former Post Office building was completed. These large, spacious quarters have been home to the DeKalb Senior Center since. The building is owned and maintained by the city of DeKalb. Two new Centers opened in 2010 in Cortland and Genoa to serve more of DeKalb County's residents.

## Locations

The DeKalb Senior Center is located at 330 Grove Street. The Genoa site is within the park district building at Chamberlain Park - 400 East 2nd Street and the Cortland Center is in the Cortland Lions Shelter House at 70 S. Llanos Street.

## Community Services

Many community services are available at the Centers on certain days when the respective representatives are on site.

- Drive Rules Review
- Home Energy Assistance
- Legal Assistance for civil issues
- Senior Tax Assistance
- Social Security
- Veterans Services Assistance



## Special events

Events are scheduled throughout the year for the convenience of the seniors of the DeKalb County Community including:

- Day Trips
- Fitness Programs
- Guest Speakers & Health Presentations
- Holiday Parties
- Individual Computer & Piano Lessons
- Spelling Bee Competitions

The DeKalb Senior Services Center is a designated warming/cooling center open to anyone needing a half-hour or so to get out of the inclement weather. Hours of operation are 8:30 a.m. to 5:00 p.m., Monday through Friday. The DeKalb site is also open Thursdays until 8:30 p.m.

*The Family Service Agency Senior Services Center is privately funded through the generosity of the citizens and community organizations of DeKalb County.*

## Health Presentations and Screenings

All health programs and screenings held at the Senior Services Centers are free of charge and are presented as part of Family Service Agency's commitment to wellness. Most screenings are held monthly. Call the Senior Center for schedules and reservations.

## Educational Affiliations

Family Service Agency has partnered with Northern Illinois University and Kishwaukee Community College to provide internship and clinical rotation opportunities at all Senior Centers for both undergraduate and graduate students. The Senior Services Director acts as preceptor for the students.

## Other Information

All Senior Center sites offer a "sharing table" where donated items are displayed and offered to those who attend the Centers. Seniors are invited to bring items to share.

Hot, nutritious meals are available at all Senior Centers and must be reserved at least one day in advance. Transportation is also available and must be scheduled with several days notice.

*Call for information about these programs or visit [www.RealSolutionsToday.org](http://www.RealSolutionsToday.org)  
815.758.4718*

