



The Senior Sphere

Harvard Community Senior Center, 6817 Harvard Hills Road, Harvard, IL 60033
www.harvardseniorcenter.org - info@harvardseniorcenter.org - (815)943-2740
Service Hours : Mondays, Wednesdays, and Thursdays 9 a.m. to 3 p.m.

May/June 2019



SAVE THE DATE!!!

Harvard Area Community Festival!
Come meet local businesses and community organizations at this first time ever event. Food, music, and information at this fun filled afternoon event

The free festival will be held at the Harvard Moose Lodge, 22500 St Rt 173 Harvard, IL. Stop by the Senior Center's booth for a preview of upcoming events and programs and a chance to win raffle prizes. Hope to see you there!

May We Have This Dance?
Join the DANCE: Weekly Workshops!

Show up to the First Workshop at 1 pm on May 29th
then BE IN THE SHOW!

- EVERYONE who wants to perform can join the group dance at the Senior Center's **Dinner Dance Event on August 24th, 2019**
- Dance coaches, music, and choreography provided
- Plus, 3 couples (1 partner must be 55 or older) will compete for the coveted 2019 Mirror Ball Trophy



**Come to the first weekly workshop early
and dine before you dance!**
**The congregate lunch for seniors will be served
at 11:30 a.m. on May 29th.**
Suggested Donation. Call 815 943-2740 to register!



The McHenry County PEARLS Program is expanding. Led by the Harvard Community Senior Center, any county resident over age 60 can participate.



PEARLS serves individuals over age 60 who suffer from depression. This program - provided Free of Charge by the Harvard Community Senior Center - is funded by the McHenry County Health Board, McHenry County Senior Service Commission and McHenry County Community Development Block Grant. Any can refer an Older Adult to the PEARLS program. If you are concerned that someone you know may be depressed, call: 815 701 6605 and a trained social worker will respond.

A message about Medicare- Did you know? Medicare gives you access to a variety of preventive tests and screenings, most at no cost to you. For example, Medicare covers screenings for diabetes, osteoporosis, heart disease, and more.

If you have Original Medicare (Part A and Part B), sign in to your MyMedicare.gov account to see your personalized calendar of current and upcoming preventive services. Don't have an account yet? Sign up for free at MyMedicare.gov.

If you're in a Medicare Advantage (MA) Plan, contact your plan for a list of covered preventive services. MA Plans must cover all the same preventive services as Original Medicare, and some may offer additional services.

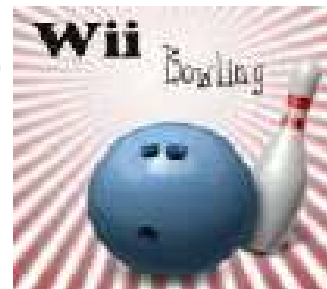
Preventive care can prevent you from getting sick and detect health problems early - when treatment works best. Take advantage of these services as a proactive step toward maintaining a healthy lifestyle.

As paper costs rise, so do our paper costs. To make sure you get every issue of the "Senior Sphere," sign up for the e-mail list and receive the newsletter as a download-able attachment.

E-Mail us at info@harvardseniorcentr.org with the subject line: "Senior Sphere Special Delivery"

April Wii bowling was a huge success! Let's make May even better. Join us on Thursday afternoons at 1 p.m. for a bowling activity that is gentle on the joints while still providing an exercise challenge. Plus its FUN!

May 9th, May 16th,
and May 23rd.
Sign up to Wii
Bowl at the
Senior Center.



May is Membership Month

The Board of Directors invites you to:

*The Annual Membership Meeting
and Breakfast**

Donor Recognition

Lifetime Member Recognition

Volunteer Recognition

Regular May Board of Directors &
Finance/Business Meeting

Time: 10 am

Date: May 20, 2019

RSVP (815) 943-2740 (by May 10th)

*Breakfast Sponsored by the Harvard Ranch For Seniors

Current events and more



Watercolor Class is May 30th.

Sign up is required.



May 13 & June 17 at 12:30

Laura Zaraza has been a Stampin' Up!® Demonstrator for more than 20 years.

Members:\$4/Non Members \$5

Holding In Home Workshops, Classes, Stamp Camps, Craft Fairs & Kid's Birthday Parties-A Specialty. She will bring out the creative talent you never knew you had! Come and let her show you how easy stamping is and how quickly you can make amazing things with stamps, paper & ink.

Walking Group. Starting in May we will be meeting at the Center to walk. Bright and early Mondays & Thursdays~8:30 a.m.



Are you up for a challenge??

Are you interested in learning how to knit or crochet??

Are you willing to learn or share your expertise with these skills? Come join us!



Join Dorothy Robin
from Workplace
Wellness Yoga, LLC
Mondays 2 - 2:45 p.m.



Members: \$4/Non Members:\$5

Yoga mats and blocks are provided. The beauty of yoga is that YOU choose what's right for you. With Dorothy's guidance, you make the adjustments in each pose based on what your body is telling you that particular day. Try not to eat 2 hours before class. A full stomach can make some poses feel uncomfortable. If you must eat, try a small snack like a piece of fruit or yogurt.

SAC
Meeting

May 22 & June 12
at 1 p.m.

Happy Birthday!

Peggy B. —5/1

June J.—6/18



Looking Ahead

VOLUNTEERS NEEDED...

For home deliveries and assisting in serving at several dining sites. For information call Catholic Charities at 815 338-7772.



As you plan your 2019 events, parties, and family functions, remember that the Senior Center can be rented out on our non-service days. Call 815 943- 2740 for details and our current rates. Senior Center members always enjoy discounted rates

Wish List

2019 funding for our regular supplies will be very limited again this year. We remain as thankful as ever for all the generously donated items brought each week to the Center to share with other senior participants! Ongoing needs include: Plates, napkins, coffee cups, plastic wear, food items as trail mixes, popcorn, package cookies, bottled water, and any other drink items, cleaning products such as Vinegar, Antibacterial wipes, Pine Sol, Lysol and paper towels are also appreciated. Please turn in your receipts to receive an accurate acknowledgment letter come tax time and ...thanks for your ongoing support!



Congregate Lunch

May 29th 2019

Menu includes: Beef Pot Roast, Mashed Potatoes w/Gravy, Tossed Salad w/ Ranch, Fruit Cocktail, Dinner Roll w/Margarine, and Cherry Crisp dessert

The May meal will served at 11:30 am ~ Everyone is welcome to dine, then stay for the First Dance Workshop... See page 1.

ALDEN'S PIONEER CEMETERY A LIFE STORY OF THE LAND Thursday, June 20th at 2 p.m.

Judy and Jack Speer have lived next to the Brandow Pioneer Cemetery in Alden since 2002. They are volunteer stewards of this local hilltop that has seen glaciers, the family cemetery, a settlers homestead, a hunt club, and now a restored oak savanna. They will bring a slide show detailing the history of this unique local treasure. **Free Event**



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for Seniors

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**2019
Community Grants**

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Campaign Gift

2019 Governance Board of Directors

Penny Goad ~ President

Raul Meza ~ Treasurer

Ryan Knop ~ Member

Sonia Hernandez ~ Member

Kathy Schack ~ Member

Jay Nolan ~ *Director Emeritus*

2019 Senior Advisory Council

Kathleen Felice ~ Chair

Barb Cheek ~ Recording Secretary

Peggy York ~ Member

Kevin Wood ~ Member

*(All senior center members are welcome
and encouraged to participate)*



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