

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 9a.m. to 3p.m.

3-D Event

Senior Center members gathered to celebrate the Harvard Rotary Club's generous "SERVICE ABOVE SELF" Donation and the Summer Dance Program Finale on August 15th at the Harvard Moose Lodge. The governance Board of Directors, Elected Officials, and Rotarians joined dancers and donors and a large community crowd at the 3-D Drinks, Dances and Desserts Event.

The evening reception recognized Rotary, previous Capital Campaign contributions, and a commitment to creating a multi-purpose, multi-cultural, multi-generational, and multi-dimensional Senior Center.



Pictures: above, Mayor Michael P. Kelly, and HCSC Board President Penny Goad Thanks everyone involved in the 3D event/program. Right top, 3D Dancers, Coaches, and dedicated Volunteers. Right bottom, Rotary Club presents check to Mayor and HCSC Board President.

What's that about Heart Disease? As the Harvard Community Senior Center recognizes the need for awareness, education and prevention we will hold a **Lunch and Learn On Sept. 18th, at the Harvard Community Senior Center** to discuss this vital information and help folks learn how to avoid dangerous situations. Mercyhealth will be here to talk about Heart disease and it's common symptoms. Later topics are to be determined, but are sure to be interesting.



Take Charge of Your Health



Congratulations on Taking the First Step to Live Well, Be Well

Take Charge of Your Health programs allow you to learn to thrive, not just survive with your ongoing health conditions!

Find practical ways of dealing with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices and learn better ways to talk with your doctors and family about your health.

Take Charge of Your Health programs are FREE interactive workshop series meeting for six to eight weeks. Each session meets for 2½ hours weekly. Two trained facilitators, who have personal experience with ongoing health conditions, conduct each workshop.

"Take Charge of your Health-Harvard" starts on October 16th with a **Lunch and Learn** on Chronic Diseases and Caregiving sponsored by Mercyhealth System.

Weekly Wednesday sessions are from 10-23 to 11-27 at the Harvard Community Senior Center from 10-12:30.

Register by calling 815 943 2740



By Shanon Hart

The Harvard Community Senior Center wants to help you live your best life and we have two evidence-based programs designed to do just that...The PEARLS program (Program to Encourage Active and Rewarding Lives) is free to all McHenry County residents, 60 years old or over. The program helps seniors who are struggling with feelings of loneliness or isolation, feeling sad, or just not interested in getting out and doing the things that you used to do. A trained PEARLS counselor will come to your home, or wherever you feel most comfortable, to work with you. In October, HCSC will be starting the first McHenry County WRAP@4SENIORS group. Wellness Recovery Action Plan (WRAP®) for Seniors is a free program anyone can use to get well, stay well, and make life the way they want it to be. Take control of your life and make it your best life! The program consists of three sessions and will be held at the Senior Center on Thursdays (October 17, 24 & 31) 9:30-2:30. Transportation is available and there is no charge for



Want to give a helping hand but can't spend extra money? Go to Smile. Amazon.com and search **Harvard Community Senior Center**. Amazon will give us a kick back donation at no extra cost from you. Need help figuring it out give us a call at 815.943.2740 during our normal business hours and we can talk you through it.

Social Security Celebrates Hispanic Heritage Month

By Megan Forristall

Social Security Public Affairs Specialist in Peru, IL

Social Security touches the lives of nearly every American. Hispanics make up our nation's largest ethnic minority group with a population of 58.9 million, representing 18.1 percent of the nation's total population.

We work hard to deliver great customer service and easy-to-access information about our important programs and the benefits we provide to millions of Americans. If Spanish is your primary language, you can visit: www.ssa.gov/espanol, our Spanish-language website. It includes important information about how to get a Social Security card, plan for retirement, apply for benefits, manage your benefits once you're receiving them, and much more. Many of our offices have staff who speak Spanish, or you may call 1-800-772-1213 from 7 a.m. to 7 p.m. weekdays and select the option for Spanish.

Spanish-speaking individuals wishing to apply for retirement, disability, survivor, and other benefits, as well as Medicare, can request an appointment online at www.socialsecurity.gov/applyforbenefits for an in-person interview or telephone claim with a representative. In many cases, you can make an appointment with a bilingual representative.

Social Security also provides many publications in Spanish on popular topics like:

- Retirement, Disability, and Survivors benefits;
- Retirement planning;
- Online services information;
- Medicare; and
- Supplemental Security Income.

You can save, print, and share them at www.socialsecurity.gov/pubs.

Social Security is here for you and your family. To learn more about what Social Security offers, go to: www.socialsecurity.gov/people/hispanics.



Sept. 12th &
Oct. 16th @1230
Make and Take!

Laura Zaraza Has
been a Stampin' Up!
® Demonstrator for
more then 20 years.

Holding In-Your-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.

Join Dorothy
Robin from
Workplace
Wellness
Yoga, LLC



WORKPLACE
WELLNESS YOGA

each Monday from 2-2:45 for a wonderful Yoga class! Yoga mats and bocks 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.

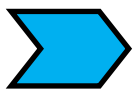
WHAT DOES IT
MEAN WHEN IT
SAYS "A MOVIE
FOR THE WHOLE
FAMILY"?

IT MEANS NOBODY WILL LIKE
IT MUCH, BUT AT LEAST THE
PARENTS WONT FEEL
EMBARRASSED

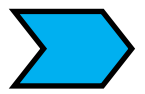


by Roddy Thorleifson

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Always 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 discount rental rates.

Volunteers and Contributors

Thank You to everyone who supports the Senior Center on a regular basis.

We appreciate your gifts of time, treasure, and talent.

Newsletter Sign up

As we try and save money while delivering the same service we are offering free Sphere Newsletter sign up. Hot off the press and early. We will e-deliver a PDF as we send our copy to print. Please email info@harvardseniorcenter.org with the Subject: **Sphere Email**

Happy Birthday!

September

Peggy York—24th

Dan Wirtz—5th

Bonnie Blazer—10th,

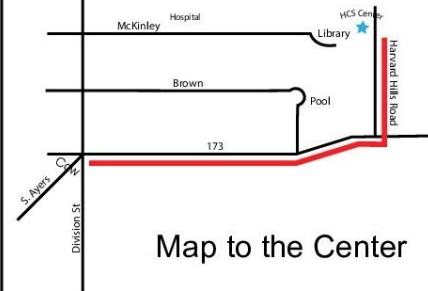
October

Dorothy Berry—24th

Cynthia Sheppard—13th

Fall's abrewing. Come on into the Center for a cup of joe, snacks, cards and puzzle time. Our lounge is always open. Feel free to get comfortable even when any activity is going on!

Can't Find Us??



Map to the Center

Our Corporate Sponsors

Diamond GrantResource\$, LLC

Harvard Rotary Club*

The City of Harvard

First National Bank*

Advocate-Aurora

Health System

Gold

Harvard Ranch for

Seniors

*Denotes 2019 Capital Campaign gift

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Funeral Home*

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McHenry County

Community Fund

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301 E. Calhoun St. • Woodstock, IL
copytalk@copyexpressyes.com
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