



The Senior Sphere

March/April
2020

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.



The Human Race! With over 70 Charities and over 130 racers the McHenry County Human Race is shaping up to be a wonderful event. Set to take place on April 26th at McHenry County College Participants will run or walk a 5K with part of their registration going to the charity of their choice.

Put your superhero to work and join us for McHenry County Human Race. We at HCSC set a lofty goal of \$1000. So many ways you can help. Become a Fundraiser in our name. Donate to us directly. Or, here's the best one... Join our team and walk with us, "Senior Spirit (HCSC)." Registration goes to \$40 on March 1st.

Please head to www.volunteercentermchenrycounty.org/charitylist.html to see what charities are participating. Don't forget to check the indoor expo at MCC where participating charities have booths set up with more information about their organizations.

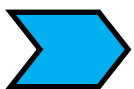
Community Breakfast

Come and join us at the Harvard Community Senior Center for a Community Breakfast. HCSC Board is hosting a wonderful breakfast buffet for people of all ages. Seniors (Members or not), Veterans and Children under 5 are Free. All others will be a \$5 donation. Any donation is accepted and appreciated and will be put towards the breakfast. We want to make this a monthly happening to help feed the community.

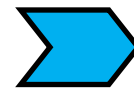
While you eat we will discuss the latest topics in the community. Board members will discuss and answer questions. We will also talk about what else is wanted or needed for our Senior Community. Lets make Harvard a better place for our Senior Citizens.

Join us Thursday, March 26th at 10:30 am
6817 Harvard Hills Road,
Harvard, IL 60033
Call 815.946.2740 for more information





Always Looking Ahead



Cycling Without Age is a unique program that began as a global social enterprise, founded in Denmark in 2012. The international organization was chartered to offer increased mobility to seniors in the form of volunteer-piloted trishaw rides. Over the last 7 years, CWA has expanded to 40 countries, as well as to the United States. The Harvard Community Senior Center (HCSC) and Community Crosswalk (CC) have partnered to bring a Cycling Without Age chapter to McHenry County in 2020. A Steering Committee, named the Free Wheelers and made up of community members, is leading this unique program that allows volunteer cyclists to share rides on trishaws with socially isolated seniors, 50% of whom have chronic disease that limits their ability to ride independently. Isolated Seniors (or others with mobility limitations) residing in McHenry County will be taken on regular bike rides designed to:

- Improve the physical and/or emotional health status of socially isolated adults enrolled in the program over 2 years
- Create intergenerational relationships between the passengers (seniors) and their pilots (volunteers) that are mutually beneficial to both
- Integrate individuals with limited mobility back into the broader communities in which they reside
- Share positive memories of bike riding triggered by the shared rides

Provide opportunities for the Bike Riders of the McHenry county to give back, slow down, respect their elders, and improve their communities...while still getting some exercise

To help McHenry County purchase a Trishaw for our Seniors we are partnering with Crystal Lake Brewing Company to hold a fundraiser.

April 1st 5-8 p.m., Raffles, Trishaw rides, including Beer and Light Refreshments.

HCSC & CC will be at Harvard Milk days and selling Cold Stone ice cream to benefit the Trishaw purchase. Search out our table and talk to us about what you want out of your Senior Community Center. And pick up some activity flyers too!



Shirly Soto our newest PEARLS counselor who will be able to deliver the PEARLS Program in Spanish. She is originally from Costa Rica. She is currently being trained by our two English speaking PEARLS counselors and is translating all of the PEARLS documents into

Spanish. She will also be doing outreach into the Spanish speaking community on the PEARLS program. Contact us if you would like her or one of our other counselors to speak to you or your group about the free services available through the PEARLS program. Please call us at 815.701.6605 or email us at info@mcpearls.org.

Take Charge of Your Diabetes

Harvard Community Senior Center

6817 Harvard Hills Road

Harvard, IL 60033

Wed. April 22– May 27 2020

1:00pm—3:30 pm

Please plan on attending all 6 classes

Register online at

www.mcdh.info or call Carol Waggoner, RN of the McHenry County Department of Health at 815.334.4580

Join us for an interactive workshop designed especially for individuals with pre-diabetes or diabetes.

Learn about skills and tools in self-management.

Workshops meet weekly for 2 ½ hours for six weeks.

Topics covered:
Healthy Eating
Monitoring
Foot Care
Action Planning
and many more!



Current Ongoing Activities...



Movies are back at the Senior Community Center two Wednesdays a month. BYOS... Bring your own snacks. Coffee, Water, and Popcorn is provided. Keep an eye on our Facebook page for movie choices the week before. Dates coming up for March are the 11th and 25th. April dates to be determined.

Chair Yoga

Join Dorothy Robin from Workplace Wellness Yoga, LLC each Monday at 2pm

for a wonderful Yoga class! Yoga matts 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.



WORKPLACE
WELLNESS YOGA

Introducing...

A unique, inclusive, simple and fun way to experience dance together as a group. If you can move, you can GROOVE! Every BODY can GROOVE.

Body
Groove

This class is open to the **Public** for a fee.

Thursdays at 10 am

Volunteer Opportunities

We have ongoing needs for volunteers in various aspects of the Senior Community Center. These include board member positions... Vice President and Secretary. We are also looking for someone to come in weekly to clean. If you are a business we will put your company's ad in this newsletter.

Please check out

VounteerCenterMcHenryCounty.org for more information and other volunteer opportunities.

Share with us!

Do you have a talent or expertise to share? Share it at the Community Senior Center. Call 815.943.2740 to set up classes. Have a group that needs a little room to meet? We have a lounge that members are always welcome to use. Want to contribute to the bi-monthly newsletter? Call the center to get an email to submit.



Lunch & Learn

With



Mercyhealth
A passion for
making lives better.

Lunch and Learn returns in April. Topic to discuss is how to talk to your Doctor and/or Pharmacist about medications and their reactions to each other.

Newsletter Sign up

As we try and save money while delivering the same service we are offering Sphere Newsletter and/or Calendar email sign up. *Hot off the press* and early. We will e-deliver a PDF as we send our copy to print. Please Check our website HarvardSeniorCenter.org to sign up!

As you plan your 2020 events, parties, and family functions, remember that the Senior Center Community room 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.

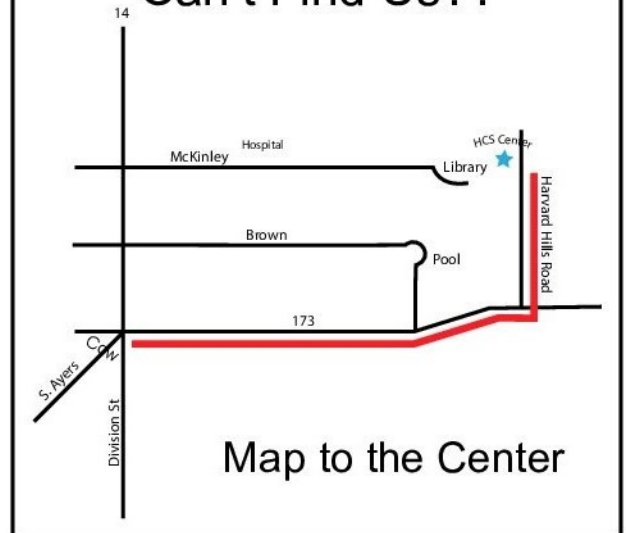
Spring is in the air! But it's still chilly. Come on into the Center for a cup of joe, snacks, cards and puzzle time. Our lounge is always open. Feel free to get comfortable even when any activity is going on!

amazonsmile
You shop. Amazon gives.

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.

Make sure you purchase on Smile.Amazon.com so that we get the donation!

Can't Find Us??



Our Corporate Sponsors

Full Circle Foundation

7301 Burgett Rd, Richmond, IL

Harvard Ranch for Seniors

820 W Metzen Rd, Harvard, IL

Dacy Airport, in memory of John Dacy

22207 Airport Rd, Harvard, IL

Harvard Products/A-OK Inc.

711 W Brown St, Harvard, IL

Erect-a-Tube

701 W Park St, Harvard, IL

Thank you!!!

Board of Directors

Raul Meza, President

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Sonia Hernandez

Kay Reissig

Megan Lockwood

Jay Nolan, Director Emeritus

HCSC Members Welcome at Meetings



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