

# The Senior Sphere

FALL 2024

Serving McHenry County Seniors <sup>◆</sup>

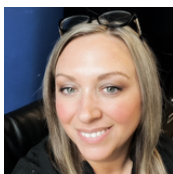


TRY CHAIR YOGA THIS MONTH

## Get Active this month at the Harvard Community Senior Center

Welcome to the Senior Sphere! We are thrilled to share with you the latest developments in our mission to provide positive connections with our Senior community in Harvard and beyond!

First, we would like to introduce our new Executive Director, Noelle Tulley to our HCSC team! Noelle brings over 13 years of experience in accounting, HR management, and executive leadership in senior care and assisted living facilities. Also joining our team is our new Program Aide, Stephanie Claussen who brings her background in arts and recreation to provide new and creative programming to the center.



Noelle Tulley



Stephanie Claussen

We are looking forward to growing our team to provide more educational opportunities, support and activities for our Seniors.

We are excited to announce we are offering FREE classes in Chair Yoga, Chair Tai Chi and "Baile" Latin dance class, all taking place this month at the Senior Center. As the weather changes and we spend more time indoors, we encourage everyone to make a plan to stay active. Consider joining one of our classes to improve balance, increase flexibility, reduce fall risks and improve strength and range of motion. Our Chair Tai Chi and Chair Yoga classes also encourage mind-body connection, all while connecting with other community members. Consider trying something new this month!

*the HCSC team*

### Get Active at the Senior Center!

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November 11  
11:30A - 12:00P  
Chair Yoga

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November 13  
12:30P - 1:00P  
Baile Dance

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November 18  
11:30A - 12:00P  
Chair Yoga

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November 20  
11:30A - 12:00P  
Chair Tai Chi  
12:30P - 1:00P  
Baile Dance

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November 27  
11:30A - 12:00P  
Chair Tai Chi

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# Harvard Community Senior Center Highlights



## Jigsaw Puzzles

We have completed another group puzzle at the center! Come see our puzzles on display and help construct the next one.



## Harvest Season

We have closed up our garden beds for the season after a bountiful growing season! A special thank you to Joan Roth for her expertise and nurturing care for our garden and gardeners. But don't put away those garden gloves yet! Joan will lead us in an indoor gardening class "Bringing in Nature" on Monday, November 25th at 1:00 p.m.



## Watercolor

Every month we follow a video tutorial to create our own artwork using watercolors. Flowers, butterflies and hummingbirds from this summer are now giving way to falling leaves, pumpkins and pine trees. These quick and easy-paced classes are for anyone who wants to try something new.



## A Dish to Pass

Our Seniors love to cook and they love to share! This summer we celebrated the 4th of July together with a festive potluck! **We are gearing up for a Thanksgiving celebration on Monday, November 25th at 12:00 p.m.** Bring a dish to pass or just bring your appetite!



## Chair Yoga comes to the Center

This fall, HCSC has enjoyed Chair Yoga classes brought to us by Miranda Grisales-Buell. These classes have been a wonderful way to stretch and strengthen our bodies while also having fun! We've enjoyed a catered luncheon after a few of these classes as well!

We are bringing back Chair Tai Chi to the center this month! Check out page 1 or our activity calendar on page 3 for the Yoga and Tai Chi class dates and times!



## October Lunch Out at the Starline

Join us again November 27th at 12:30 p.m. Stanchion Pub, 300 W. Front Street, Harvard, IL

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# Get Social at HCSC

Our Center is Open every Monday & Wednesday  
10:00 a.m. - 3:00 p.m.



NOVEMBER 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	<b>4</b> 10:00A Jigsaw Puzzle  12:00-2:00P The Miracle Club (2023)	5	<b>6</b> 10:00A Jigsaw Puzzle 11:00A-12:30P Watercolor 12:30 - 1:00P Baile Harvard Mobile Food Pantry @ CHP Building 4:30 - 6PM	7	8	9
10	<b>11</b> 10:00A Jigsaw Puzzle 11:30A-12:00P CHAIR YOGA 1:00-3:00P Bead Art Craft Veterans Day	12	<b>13</b> 10:00A Jigsaw Puzzle 11:00A -12:30P Win Lose or Draw - English/Spanish 12:30 - 1:00P Baile	14	15	16
17	<b>18</b> 10:00A Jigsaw Puzzle 11:30A-12:00P CHAIR YOGA 12:30-2:00P Grief Support Group (registration required)	19	<b>20</b> 10:00A Jigsaw Puzzle 11:30A-12:00P CHAIR TAI CHI 12:30 - 1:00P Baile	21	22	23
24	<b>25</b> 11:00A-12:00P Technology Workshop 12:00 - 1:00P Thanksgiving Lunch-in 1:00P "Bring in Nature" Easy House plants cutting	26	<b>27</b> 10:00A Jigsaw Puzzle 11:30-12:00P CHAIR TAI CHI 12:30P LUNCH OUT: TBD	28 Thanksgiving Day	29	30



## Thanksgiving Celebration

Join us for a day of fun activities on Monday, November 25th:

**11:00 a.m. - Technology Workshop**

bring your tablet, laptop or smartphone and learn something new!

**12:00 p.m. - Thanksgiving Lunch-in**

bring a dish to pass, or just your appetite!

**1:00 p.m. - Bring in Nature**

Easy House plants cutting class by Joan Roth





## Cultivating Health Ministries

During this season of thanksgiving, we'd like to thank Elizabeth Rios and everyone at Cultivating Health Ministries for their partnership in serving Harvard and the surrounding communities of McHenry County through their connections with local churches. We had a successful year of health education, A1C screenings, Vision and Hearing Tests, and nutrition consultations in both English and Spanish. We look forward making Harvard and McHenry County a healthier community!



## Cycling Without Age

Cycling Without Age wrapped in October! We CWA provided free trishaw rides to seniors and their friends and families in Harvard and Hebron. We were lucky to enjoy such beautiful weather and scenery throughout the spring, summer and fall seasons. Our Cycling Without Age pilots are taking a rest for the winter, but will be back in the spring! Thank you to our pilots and to everyone who participated and helped spread the word about this great FREE program!



## Open Enrollment

Open Enrollment ends December 7. Contact the Harvard Community Senior Center at 815-943-2740 to connect with a SHIP counselors in our area. Appointments are booking quickly so please contact us if you would like to review your Medicare/Medicaid plan.

## Private rentals

We will no longer be renting our facility to private parties. This will enable us to facilitate planned activities for our seniors and work with other organizations to bring important programming to our location.



## HCSC in Hebron, IL

We have partnered with Cultivating Health Ministries, Hebron United Methodist Church and St. John's Lutheran Church in Hebron, IL to create "Productive Aging." This program for 65+ offers exercise and education, as well as spiritual connection at the Hebron United Methodist Church. The summer session focused on healthy eating which incorporated the church youth group who cooked and served healthy meals. The fall program provided chair tai chi classes and scripture study on gratitude. We look forward to continuing our partnership in Hebron for the Winter/Spring session in the new year.