

The Senior Sphere

WINTER 2025

Serving McHenry County Seniors



Feeling the love of community this season 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 newest member to the HCSC team, Angie Rubio! Angie brings her previous experience in health care management to our center for both our English and Spanish speakers. As a SHIP counselor with HCSC, Angie will be assisting our Harvard area residence with their questions on insurance benefits while also providing social programming, tech assistance, and support for our partners at Cultivating Health Ministries.



We are very happy to welcome Angie to our center!

We are also excited to announce that we have seen such positive growth here at HCSC! We have enjoyed seeing so many of you come through our doors for our various classes and educational events. We are offering FREE classes in Chair Yoga, Chair Tai Chi and "Baile" Latin dance, all taking place on a weekly or bi-weekly basis. For those of us who are eager for spring, on February 17th at 12:00 p.m., our resident gardner, Joan Roth will be leading us in seed starting techniques. That same day at 1:00 p.m., Alex Lee will be leading our Tech Wizard class, so be sure to bring your tablet or smartphone along with your tech questions. Finally, don't forget to register for our Lunch Out at the Stanchion Pub on February 26th at 12:30 p.m.

From all of us at HCSC, we wish you a very Happy Valentine's Day! We will see you at the center!

the HCSC team

Upcoming Activity Highlights

February 17
11:00A - 12:00P
Seed Starting

February 17
1:00P - 3:00P
Tech Wizards

February 19
10:30A - 11:15P
Chair Tai Chi

12:30 - 1:00P Baile

February 24
11:30A - 12:00P
Chair Yoga

12:00 - 2:00
Movie Matinee

February 26
10:30A - 11:15P
Chair Tai Chi

12:30 LUNCH OUT
@ Stanchion Pub

Harvard Community Senior Center Spotlight



Puzzle Club & Adult Coloring Club

Our Puzzle Club is working hard to complete our Rainforest themed puzzle this season. Anyone can participate every Monday and Wednesday during our open hours.

We are kicking off a new Coloring Club! Bring your own book or use one at the center. Listen and/or share some music while coloring and conversing.



Loteria & Games

Congratulations to all our prize winners during Loteria this month! Loteria is a Spanish version of Bingo which we played for the first time this past month at the center. We used our newly learned Spanish words to play a bilingual version of Win Lose or Draw later in the month. Have a game you'd like to introduce to the group? Let us know!



Watercolor

Every month we follow a video tutorial to create our own artwork using watercolors. Last month we learned four different ways to make a pine tree. These quick and easy-paced classes are for anyone who wants to try something new.



Ukulele with Dave Swengel

HCSC celebrated the holiday season with food and festivities throughout the month of December. Musician Dave Swengel filled our center with music and led our group in singing carols. We have heard your interest for more musical programming and we are looking forward to more Ukulele music and group classes this coming Spring!



Chair Tai Chi, Chair Yoga & Lunch & Learn

Chair Tai Chi classes are held every Wednesday and Chair Yoga classes, brought to us by Miranda Grisales-Buell occur twice a month on Mondays at the center. On February 10th after Chair Yoga, we enjoyed a catered lunch while learning about Heathers Senior Homes presented by Kate Laughlin.



January Lunch Out at the Stanchion Pub

We had a great time lunching out at the Starline's Stanchion Pub last month. Join us again on February 26th at 12:30 p.m. Stanchion Pub, 300 W. Front Street, Harvard, IL.



Get Social at HCSC

Our Center is Open every Monday & Wednesday

10:00 a.m. - 3:00 p.m.



FEBRUARY 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 10:00A Puzzle Club Winter Sowing 11:00A - 12:00P 12:00P-12:45P "Loteria" (like bingo - with prizes) 1:00P Coloring Group	4	5 10:00A Puzzle Club 10:30A-11:15A CHAIR TAI CHI 11:15A -12:30P Win Lose or Draw-English/Spanish 12:30 - 1:00P Baile	6	7	8
9	10 10:00A Puzzle Club 11:30A-12:00P CHAIR YOGA 12:00P - 2:00P LUNCH & LEARN with Heathers Senior Homes	11	12 10:00A Puzzle Club 10:30A-11:15A CHAIR TAI CHI 11:00A -12:30P Valentine Watercolor 12:30 - 1:00P Baile	13	14	15
16	17 10:00A Jig. Puzzle Seed Starling 11:00A - 12:00P 1:00P-3P Tech Wizards tablet or smartphone	18	19 10:00A Puzzle Club 10:30A-11:15A CHAIR TAI CHI 11:30 - 12:15 Wii Bowling 12:30 - 1:00P Baile	20	21	22
23	24 10:00A Puzzle Club 11:30A-12:00P CHAIR YOGA MOVIE MATINEE: 12:00P-2:00P Wicked Little Letters (2023)	25	26 10:00A Puzzle Club 10:30A-11:15A CHAIR TAI CHI 12:30P LUNCH OUT: Stanchion Pub @ 300 Front St., Harvard *SIGN UP REQUIRED*	27	28	1



Lunch Out with us!

Join us at the Stanchion Pub on Wednesday, February 26th at 12:30 p.m. for a Lunch Out! Sign up at the Senior Center or email sclaussen@harvardseniorcenter.org. Then meet us at the Stanchion Pub 300 Front St., Harvard IL

Cultivating Health Ministries

Cultivating Health Ministries serves Harvard and the surrounding communities of McHenry County through their connections with local churches by providing health education, A1C screenings, Vision and Hearing Tests, and nutrition consultations in both English and Spanish. For the latest news on their offerings, go to our website and click on the Cultivating Health Ministries page or click below to register for these upcoming A1C Screenings or text or call 815-355-5554.

[A1C Screening – Diabetes Clinic at Sacred Heart, Marengo, IL – Feb. 18, 2025](#)

[A1C Screening – Diabetes Clinic at St. Thomas Church, Crystal Lake, IL – March 4, 2025](#)



ST. JOHN'S LUTHERAN CHURCH

Presentation by,

Susan Laten,
Community Educator
Alzheimer's Association®

Communicating Effectively



Join us!

Communicating Effectively teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

This education class aims to help caregivers feel more prepared and to navigate more responsibly to manage the challenges that come with caring for someone living with dementia.



February 20, 2025
9:00 a.m.-10:00 a.m.



St. John's Lutheran Church
Room: Fellowship Hall
9812 St. Albans Street, Hebron, IL

Register Today for this informative event.
Stephanie Claussen: juststephers@gmail.com
Phone: 815-648-2671



Advocate Good Shepherd Hospital

HCSC in Hebron, IL

Cultivating Health Ministries has partnered with Hebron United Methodist Church and St. John's Lutheran Church in Hebron, IL to provide two health and wellness programs for seniors in Hebron. On February 20th from 9:00-10:00 a.m. at St. John's Lutheran Church (9812 St. Albans St., Hebron, IL), Susan Laten of the Alzheimer's Association will teach and provide tools on "Communicating Effectively". [Click here](#) to learn more.

Beginning in March, we will continue a new season with "Productive Aging." The Winter/Spring session begins March 6th at the Hebron United Methodist Church (9811 Main St., Hebron, IL) and continues every Thursday through April 10th. Chair Tai Chi begins at 9:30 a.m. and for those who wish to stay, a Lenten Study will begin at 10:15 a.m. To register for either of these FREE programs, call or text 815-715-2956.

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.

Dial-a-Ride Service

Do you need a ride? PACE makes trips to Harvard. To get a ride, call and make a reservation at 800-451-4599.

Welcome Harvard Parks & Recreation

We are pleased to be working with Harvard Parks & Recreation to provide a welcoming space for their swing class & social and other programs. Head to Parks & Recreation's new website at harvard.recdesk.com to learn more. (Please note that registration for these programs must be done directly through Parks & Recreation).

