

The Senior Sphere

SPRING 2025

Serving McHenry County Seniors ♦



SPRING INTO SOMETHING NEW

Grow with us at the Harvard Community Senior Center this Spring

Get your hands into something new this spring by joining our gardening group, led by University of Illinois Extension Master Gardner Joan Roth. Joan brings her vast knowledge and experience to our center to help our community members learn to grow fruits, vegetables, herbs and flowers while promoting well-being through horticulture therapy. She uses a hands-on teaching approach to grow and care for our center's raised strawberry and vegetable garden beds and our in-ground vegetable and herb garden. New this year, Joan and her gardening group are aiming to create a pick-your-own flower garden at the center.

We are eager to see all of the amazing produce that will come out of these gardens for everyone at the senior center to share and enjoy! We also look forward to the community and friendships that grow from this program. Gardening with Joan takes place every Monday morning at the center, but our seniors in this program tend our gardens throughout the week. This is a drop in program and there is no need to register. Just show up with a pair of gloves and spring into something new!

the HCSC team



Upcoming Activity Highlights

Every Monday
11:00A - 12:00P
Gardening

June 16, 23
10:15A - 10:45A
Chair Yoga

June 4, 18, 25
10:30A - 11:15A
Chair Tai Chi

June 9, 16, 23
12:15P - 1:00P
Ukulele Class

June 30 at 12:00P
Lunch & Learn
Presented by the
RTA

**See our full
calendar on page
3 for more events!**

Harvard Community Senior Center Spotlight



Lunch Out with Bowling at J's Lanes

We hosted a series of Wii Bowling tournaments at the center in March and April. Our tournament winners each received a small trophy. On April 30th everyone was a winner during our Lunch Out at J's Lanes. We bowled two games while we ate and listened to music. We will be making plans to do this again!



Dish to Pass Lunch

We celebrated Easter and St. Patrick's Day with potluck luncheons where delicious meals were provided by everyone at the center. These dish-to-pass events shared dishes and desserts pulled from everyone's favorite family recipe collection. Our next dish-to-pass event will be an outdoor picnic on June 18th at noon. Bring a dish and your own lawn chair and let's have some outdoor fun!



Getting Crafty

The senior center transformed into a floral department this season with floral arrangement making for Mother's Day and floral spring wreath making for Easter. We also participated in spring themed watercolor video tutorials and a "Show & Tell" day of our knit, crochet, and quilt projects.



Movie Matinee

We've been watching some great films and enjoying our new popcorn bar at the senior center these past few months! Join us on Monday, June 2nd at 12:30 PM for a viewing of "A Complete Unknown" about Bob Dylan and his rise to fame.



Chair Tai Chi, Chair Yoga

Chair Tai Chi classes are held every Wednesday at 10:30 AM and Chair Yoga classes, brought to us by Miranda Grisales-Buell are coming back in June at 10:15 AM on June 16th and 23rd. Come stretch and strengthen with us this season!



Ukulele for Beginners

If you visit our center on Mondays, chances are you'll feel transported to an island getaway! Ukulele music fills the air as Dave Swengel leads our seniors in a beginners' ukulele class on chords, strumming and even some singing! Drop in to give the class a try. Ukuleles are provided.

Get Social at HCSC



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



Center Hours: Monday & Wednesday 10:00 a.m. - 3:00 p.m.
6817 Harvard Hills Rd., Harvard IL · www.harvardseniorcenter.org

JUNE 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00A Puzzle Club 11:00A-12:00P Gardening 12:30P-2:30P MOVIE MATINEE (Joyce's Choice!): "A Complete Unknown"	3	4 10:00A Cycling Without Age @ Shepherd Premier 10:00A Puzzle Club 10:30-11:15A CHAIR TAI CHI 11:30A -12:30P Watercolor 2:00P - 2:30P Baile	5	6	7
8	9 10:00A Puzzle Club 11:00A-12:00P Gardening 12:15P-1:00P Ukulele Class 1:15P-2:00P Knit, Quilt & Crochet	10	11 10:00A Puzzle Club 10:30-11:15A Weights & Bands with Angie 11:30A -12:30P BYOC (bring your own craft)	12	13	14
15	16 10:00A Puzzle Club 10:15A-10:45A Chair Yoga 11:00A-12:00P Gardening 12:15P-1:00P Ukulele Class 1:30P-2:30P Loteria (like Bingo) with Prizes!	17	18 10:00A Cycling Without Age @ Shepherd Premier 10:00A Puzzle Club 10:30-11:15A CHAIR TAI CHI 12:00P - 2:00P Summer Picnic! 2:00P - 2:30P Baile Dance Party	19	20	21
22	23 10:00A Puzzle Club 10:15A-10:45A Chair Yoga 11:00A-12:00A Gardening 12:15P -1:00P Ukulele Class 1:15P-2:00P Knit, Quilt & Crochet	24	25 10:00A Puzzle Club 10:30-11:15A CHAIR TAI CHI 12:30P LUNCH OUT: La Cocina de Emma @ 111 W. Brink St., Harvard *SIGN UP REQUIRED*	26	27	28
29	30 10:00A Puzzle Club 11:00A-12:00P Gardening 12:00P-1:30P Lunch & Learn Presented by the RTA (Pace Bus)	1	2	3	4	5

Lunch with us this month!

- **SUMMER PICNIC** - June 18 at 12:00 PM - Bring your own lawn chair and something to share for this dish-to-pass outdoor event!
- **LUNCH OUT** - June 25 at 12:30 PM - We will meet at La Cocina de Emma at 111 W. Brink St., Harvard, IL (everyone pays their own)
- **LUNCH & LEARN** - June 30 at 12:00 PM - Would you like to learn more about the Regional Transportation Authority and transportation options in our area? Come to our Lunch & Learn on Monday, June 30 at 12:00 p.m. for lunch and a presentation by Kate Peterson, RTA's Mobility Outreach Coordinator for Lake, McHenry, Northwest Cook County, and the North Shore. This educational event is free, but registration is required by calling the center at 815-943-2740.



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 the next upcoming A1C Screenings or text or call 815-355-5554.

[A1C Screening – Diabetes Clinic at St. Joseph Harvard School, Harvard, IL – June 25, 2025](#)



HCSC is partnering again this season with Cycling Without Age to provide free trishaw rides for seniors, starting and ending at Shepherd Premeir (210 E Front St., Harvard, IL) every other Wednesday now through October. This season, Nicole Garcia is joining the CWA team and is looking forward to meeting our seniors! She states, "I believe that having the ability to help people and make a difference in whatever capacity is one of life's greatest gifts. As someone pursuing a career in healthcare, I find it deeply meaningful to contribute to others' well-being and to aim to have a positive impact on their lives. Over the years, I've gained a strong appreciation for nonprofit organizations and the incredible work they do, which has inspired me to get more involved. Cycling Without Age aligns beautifully with my values and allows me to not only serve communities across the county but also give back to the community of Harvard, where I was born and raised. I am truly excited about becoming a pilot and cannot wait to get started!"

Come meet Nicole, and our returning pilots, Sharon Smith and Kris Bottlemey, and take a ride! Register at the center in-person during center hours, or show up at Shepherd Premier on a ride day and register with one of the pilots. The next ride day is scheduled for June 4th at 10:00 AM (weather permitting).



Senior Health Insurance Program

Are you unsure how to apply for Medicare? Are you struggling to pay for your medications? We have in-person assistance available to help you understand the complexities behind Medicare and how to best save on your healthcare costs. The Senior Health Insurance Program (SHIP) is a free, statewide health insurance program for Medicare seniors and their caregivers. We have SHIP counselors available in McHenry County. Call the center at 815-943-2740 to schedule an appointment in-person or over the phone.



Productive Aging in Hebron, IL

The Winter/Spring session for "Productive Aging" took place at the Hebron United Methodist Church in March and April. Seniors from the Harvard and Hebron area participated in a 40-minute chair tai chi class taught by our tai chi instructor, Stephanie, followed by a Lenten study led by the church's Pastor Char Hoffmann. The Summer session will take place on July 10, 17, and 24 from 9:30A-12:30P at the Hebron UMC ([9811 Main St., Hebron, IL](#)), and will include a free lunch prepared and served by the church youth. If you are interested in learning more and/or to register, contact the center at 815-943-2740.