

The Senior Sphere

FALL 2025

Serving McHenry County Seniors ♦



Stretch Your Tech Skills and Connect this Fall at HCSC

Getting comfortable with technology isn't always easy. Comedian Tom Papa jokes, "a good day is any day I don't have to retrieve a username and password." We can relate! Tech Wizards at HCSC aim to help seniors in the community gain skills to use technology to connect and communicate. Our program coordinators, Angie Rubio and Stephanie Claussen, are working together to provide Tech Wizards Topics - a group class that will break down one topic per session and go through a step-by-step process to master a tech tool. Sessions will include topics like "Sending texts and voice texts," "Sending emails with photos or

attachments," "Photo taking, cropping, & enhancing" and more. After each session, our Tech Wizards will be available to answer any specific question our seniors may have. For those who do not have a device, this time will also be used to get you connected with one through our SeniorTech Connect program. It is our goal that everyone who walks through our center leaves with a little more confidence and a more positive approach to technology. Do you have a topic you would like our team to cover? Reach out to us and let us know!

the HCSC team



Upcoming Activity Highlights

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

Every Monday &
Wednesday
10:30A - 11:15A
Chair Tai Chi

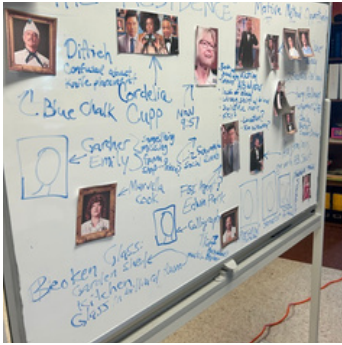
September 8 & 22
1:00P - 2:00P
Tech Wizards

September 15
12:00P - 2:00P
Mexican
Independence Day
Potluck

September 3 & 17
1:15P - 2:00P
Weights & Bands

See more on Page 3

Harvard Community Senior Center Spotlight



Murder Mystery Mini-Series

We met once a week to try our hand at detective work through an 8-episode mini-series called "The Residence." We followed Detective Cordelia Cupp as she worked to solve the peculiar death of the White House Head Usher. Each week our HCSC crew added suspects and notes to the white board until the murderer was finally revealed!



Fun in Harvard

We had fun at our Lunch Outs this summer at La Trinidad, The Stanchion Pub (followed by shopping at the Starline Market), and lunch and bowling at J's Lanes where we put up some incredible bowling scores! Want to join the fun? Our next Lunch Out is Wednesday, September 24 at Bravo's Pizza. Register in person at the center or call us at 815-943-2740.



Coffee is Life

Our program coordinator, Angie Rubio pulled from her background as a Starbucks barista to share her knowledge and love for coffee in this educational program "Coffee is Life" which included a coffee tasting of several different kinds of coffee. We'll be offering a tea tasting event on September 10th at 1:00 p.m.



Whimsical Watercolor

Whimsical Watercolor was the theme for a series of watercolor video tutorials at the center this summer. Our budding artists used watercolor, fine tip markers, and gel pens to create colorful and playful images of a flock of sheep, a family of birds, and a smiling cat. Our next watercolor series is *Underwater Life*. Be sure to check the calendar and join us this fall! All supplies are provided and walk-ins are welcome!



Introducing Weights & Bands

After hearing from our seniors, we have added another strengthening class to our calendar! Weights & Bands uses 1-3 lb. weights and resistance bands to strengthen both the upper and lower body. We now offer this class twice a month!



Independence Day Celebration

We celebrated our country's independence with an incredible potluck buffet! We brought our picnic gear and ate outside until the rain brought us back indoors! We also created Red White and Blue wreaths to celebrate the holiday. We'll be celebrating Mexico's Independence Day next! Join us for a potluck fiesta on September 15 at noon!

Get Social at HCSC



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

SEPTEMBER 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Labor Day Center Closed	1 Labor Day Center Closed	2	3 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:30A -12:30P Watercolor 1:15P-2:00P Weights & Bands	4	5	6
7	8 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:00A-12:00P Gardening 1:00 - 2:00 Tech Wizards Topic: Sending texts and voice texts	9	10 10:00A CWA @ Shepherd Premier 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 1:00 - 2:00 Afternoon Tea tasting (wear your hats & gloves!)	11	12	13
14	15 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:00A-12:00P Gardening 12:00P - 2:00P Mexican Independence Day Potluck	16	17 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:30 - 12:30 Wii Bowling 1:15P-2:00P Weights & Bands	18	19	20
21	22 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:00A-12:00P Gardening 1:00 - 2:00 Tech Wizards Topic: sending emails with photos or attachments	23	24 10:00A CWA @ Shepherd Premier 10:00A Puzzle Club 10:30-11:15A CHAIR TAI CHI 12:30P LUNCH OUT: Bravo Pizza @ 337 S. Division St. *Registration Required*	25	26	27
28	29 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:00A-12:00P Gardening 12:30P-2:30P MOVIE MATINEE "Peanut Butter Falcon"	30	1	2	3	4

Lunch with us this month!

- **MEXICAN INDEPENDENCE DAY POTLUCK** - September 15 at 12:00 PM - Bring a dish to pass and get ready for a fiesta!
- **LUNCH OUT** - September 24 at 12:30 PM - We will meet at Bravo's Pizza, 337 S. Division St. Harvard, IL (everyone pays their own)
- **MOVIE MATINEE** - Join us for our Popcorn buffet and a movie! We don't serve lunch, but our seniors bring in lots of snacks to share for this event. This month we'll be showing "Peanut Butter Falcon."



Lunch & Learns at HCSC

This summer we hosted two informative Lunch and Learn sessions. In June we welcomed a representative from the RTA to review the access to transportation our seniors have in this area. We also learned about how to obtain discounted senior rates for travel. (See our HCSC staff for more information).

In August, we welcomed Bonnie Saban, one of our SHIP counselors to present information on senior healthcare insurance plan options. We are working with Bonnie and two other SHIP counselors to provide in-person and over the phone appointments to any McHenry County Seniors who are interested in exploring their health coverage options.



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.



We've had some beautiful weather this summer to enjoy trishaw rides with our friends at Cycling Without Age. It's not too late to sign up for this outdoor program where CWA "pilots" give scenic rides through Harvard to our community seniors and their friends and family. Rides take off from Shepherd Premier Senior Living (210 E. Front St., Harvard, IL) every other Wednesday beginning at 10:00 a.m. Call the senior center to register or register on-site. See our calendar for specific dates.



Productive Aging in Hebron, IL

The Summer session for "Productive Aging" took place at the Hebron United Methodist Church ([9811 Main St., Hebron, IL](#)) in July. 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 series of guest speakers from Cultivating Health Ministries. Each session closed with a healthy meal prepared and served by the HUMC Youth. The Fall Productive Aging program begins October 3rd and runs every Friday in the month of October from 9:30A-12:30P. The fall session will include a 40-minute chair tai chi class and an exploration on healing and spirituality led by HUMC's Pastor Char Hoffmann. To register, contact the center at 815-943-2740.
