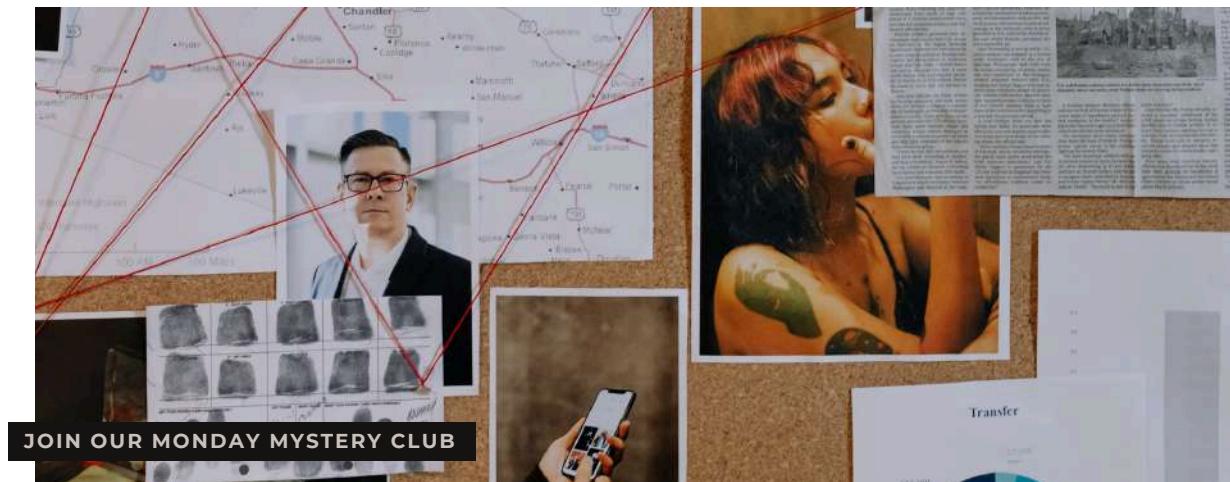


The Senior Sphere

WINTER 2026

Serving McHenry County Seniors



Try Your Hand at Solving A Mystery by Joining our Monday Mystery Club

Last summer, our seniors worked together to solve the quirky and mysterious murder case called "The Residence." We watched one episode per week, added new clues to our HCSC crime board, and picked our "suspect of the week" until, at last, the murderer was revealed during the final episode. This program received such positive feedback that we are forming the Monday Mystery Club which will meet most Mondays in February and March. This season, our Monday Mystery Club will hone their detective skills first by collaborating to solve a 5-minute mystery, and then by watching the first season of *Only Murders in the Building*.

This series follows three eccentric tenants of the Arconia apartment building who become friends through their shared love of true crime podcasts. When a murder happens right in their building, their shared hobby turns into much more as they work together to find the murderer.

We hope you join us as we explore this comedic mystery series together! Many of our detectives enjoy bringing snacks and treats to share, but all that is required is a keen willingness to have some fun and try your hand at solving a mystery!

the HCSC team



Upcoming Activity Highlights

February 2, 9, 26
Monday Mystery Club
11:45A - 1:00P

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

February 4
11:30A Watercolor
February 11
11:30A Valentine's Day Crafting

February 23
11:15P - 12:00P
Indoor Gardening - Forcing Bulbs

February 4 & 18
1:15P - 2:00P
Weights & Bands

See more on Page 3

Harvard Community Senior Center Spotlight



Reflexology with Randy Johnson

Reflexologist Randy Johnson presented reflexology tips and techniques in October and November to our HCSC Seniors. He led the group through self-massage of the feet and hands and answered questions on how reflexology can be used to improve overall health and wellness. We are looking forward to more reflexology in the Spring!



Fall Field Trip

In October, we traveled to Edward's Apple Orchard in Poplar Grove. We had lunch and apple cider donuts at the Cider Cellar and shopped at the Farm Market before making our way back to Harvard. We are working on some new ideas for another field trip soon! In the meantime, join us for one of our Lunch Outs. See our calendar for details and register in person at the center or call us at 815-943-2740.



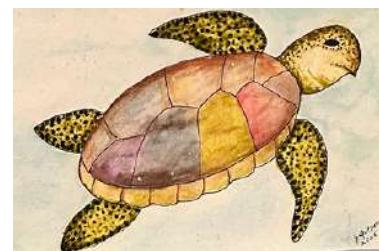
What's been Cookin' at HCSC?

We had two great events this fall that maximized our creativity in the culinary arts! In October, we tasted and voted on ten chili recipes prepared by our seniors and staff for our Chili Cook off and Costume Party. Congratulations to all our competitors and to our #1 winner, Eva Melesio! In December, everyone was a winner as we decorated Christmas cookies to take home and share with friends and family for the holidays.



Holiday Celebrations

We know how to celebrate here at HCSC! Good food, conversation and a lot of laughter are always on the holiday agenda. In October, we shared food by candlelight as we told stories of hauntings or other spooky encounters we have experienced. In November, HCSC catered a Thanksgiving Meal and we played Family Feud. Finally in December, we celebrated Christmas with a White Elephant Gift Exchange and Potluck!



Watercolor Underwater Series



Underwater Watercolor was the theme for our fall watercolor tutorial series. We created jellyfish, sea turtles, and seahorses and for those who wanted to, we added them to notecards to send to a friend. Be sure to join us in February for a Valentine's Day inspired creation! All supplies are provided & walk-ins are welcome!



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 · (815) 943-2740

FEBRUARY 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|-----------|---|-----------|-----------|----------|
| 1 | 2 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:45 AM - 1:00 PM Monday Mystery Club | 3 | 4 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:30A -12:30P Watercolor 1:15P-2:00P Weights & Bands | 5 | 6 | 7 |
| 8 | 9 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:45 AM - 1:00 PM Monday Mystery Club 1:00 PM - 2:30 PM Tech Wizards: Download & Organize apps | 10 | 11 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:30 - 2:00 Valentine's Day Card & Ornament Crafting *bring 1 or 2 photos (optional) | 12 | 13 | 14 |
| 15 | 16 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:45 AM - 1:00 PM Monday Mystery Club | 17 | 18 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:30 - 1:00 Brain Games 1:15P-2:00P Weights & Bands | 19 | 20 | 21 |
| 22 | 23 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:15A - 12:00P Gardening "Forcing Bulbs" 12:00 -2:00P Movie Matinee & Popcorn Bar: "Love at First Site" | 24 | 25 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 12:30P LUNCH OUT & BOWLING, J's Lanes, 5507 S. Division Street, Harvard, IL *Registration Required* | 26 | 27 | 28 |

Need groceries? The Rx Mobile distribution can help. Where: Community Health Partnership 62 N. Ayer St., Harvard, IL

When: 4:30 pm - 6:30 pm First Wednesdays of the month

Food is free to all neighbors; no ID, proof of address or income is required. Food is distributed first come, first served basis while supplies last.

Lunch with us this winter!

- LUNCH OUT** - On February 25 at 12:30 PM we will meet at J's Lane's for lunch and bowling, 5507 S. Division St. Harvard, IL (everyone pays their own)
- MOVIE MATINEE** - Join us for our Popcorn buffet and a movie the last Monday of the month at 12:00 PM! We don't serve lunch, but our seniors bring in lots of snacks to share for this event. On January 26th we will be completing our docu-series "Live to 100" and on February 23rd, we'll be showing "Love at First Site," a quirky and moving romantic comedy about love and destiny.



Tech Wizards Topics

HCSC staff led the Tech Wizards Topics this past season where Seniors could bring in their devices, learn a specific skill on their device, and go home with a step-by-step print out to keep as a reference. These one-hour sessions included topics like: Sending emails with attachments, using Google Maps, Creating and Updating Contacts, Freeing up Storage Space, and Online Shopping on Amazon. These sessions were taught in both English and Spanish with step-by-step print outs in either language. They also included a little time afterwards to answer any other device related questions anyone may have. We will have another Tech Wizards session on Monday, February 9th at 1:00 p.m. covering the topic: Downloading & Organizing Apps.



Productive Aging in Hebron, IL

The Fall session for "Productive Aging" took place at the Hebron United Methodist Church (9811 Main St., Hebron, IL) every Friday in October. 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 spiritual study in healing led by HUMC Pastor Char Hoffmann. This program culminated with a healing service and prayer for those who wished to participate. Dates and times for the Winter-Spring session will be announced soon!



Senior Health Insurance Program

We'd like to send a big thank you to our Senior Health Insurance Program (SHIP) Counselors, Bonnie, Randy, Mike and Angie for working so diligently during open enrollment to assist our seniors with their questions and applications for health coverage. Although open enrollment is now closed, our SHIP Counselors are still available to assist with your health insurance questions. SHIP is a free, statewide health insurance program for Medicare seniors and their caregivers. Call the center at 815-943-2740 to schedule an appointment in-person or over the phone.



Seniors enrolled in the Cycling Without Age program enjoyed beautiful fall weather as we closed out the CWA season. Registration for these trishaw rides will open again in the Spring and we encourage all our seniors to give it a try. Check back on our website or Facebook page for the open registration announcement so you can sign up for this free outdoor program where CWA "pilots" give scenic rides through Harvard to our community seniors and their friends and family.

