

# The Senior Sphere

SPRING 2026

Serving McHenry County Seniors ♦



JOIN OUR WALKING CLUB THIS SPRING!

## New Opportunities to Move & Strengthen with Expanded HCSC hours

The Harvard Community Senior Center is expanding its hours to include select Fridays from 10:00 a.m. - 1:00 p.m. which will provide more opportunities for movement and strength-based programming. Our Weights & Bands class will now take place on those Fridays from 10:30 a.m. - 11:00 a.m. At 11:00 a.m. our new Walking Club meets to walk the newly installed looped path behind the center. Seniors have the option to partner up or group up to walk at their desired pace, for a half-loop, full loop, or double loop, all while improving cardiovascular health, mental well-being, and social connection. Our Fridays culminate with a Grief Support Group from 12:00 p.m. - 1:00 p.m. (Find more info on this program on page 4).

We have our Seniors to thank for making this possible! Each week, increased numbers and new faces enter our doors with new ideas and enthusiasm! We want to continue to hear from you and invite you to join us on **Monday, May 11<sup>th</sup> at noon for an Appreciation Day** where we will be recording audio testimonials of your experience at HCSC. A light lunch will be provided as well as some questions to get you thinking about how your time at HCSC has made a difference. We will be using these testimonials to get the word out about our programs to more Harvard area seniors. Let's continue to expand and grow this Spring!

*the HCSC team*



### Upcoming Activity Highlights

Mother's Day Celebration  
May 6  
11:30A - 1:30P

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

Gardening w/ Joan  
May 11, 18, 27  
11:15A - 12:00P

1950s Theme Chair Dance Party  
May 13  
12:30P-1:00P

Fridays May 8 & 22  
10:30 Weights & Bands  
11:00 Walking Club  
12:00 Grief Support Group

See more on Page 3

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# Harvard Community Senior Center Spotlight



## Musical Theater Outing: Mama Mia!

On March 11th Seniors from HCSC and from the Hebron Productive Aging group met at Crystal Lake Central High to see the student production of Mama Mia! We were blown away by the amazing talent of the students on stage, backstage and in the pit. We were on our feet dancing and singing (and maybe reliving some memories) by the end of the show!



## Time for Outdoor Gardening

We enjoyed winter sowing since January, but the time has finally come for us to really get our hands in the dirt! Things are already beginning to sprout in our garden boxes at the center and in the pots we have taken home thanks to our Master Gardner, Joan Roth. Join Joan on Mondays beginning May 11<sup>th</sup> for hands-on flower and vegetable gardening education!



## Monday Mystery Club SOLVED!

In February and March our Monday Mystery Club met to solve 2 mysterious murders at the Arconia. We were very surprised to find out "whodunit" in the final episode of *Only Murders in the Building*. In April, we put our detective skills to work once again with an Exit Escape Room game. We solved several mysteries and escaped the senior center in just under 2 hours!



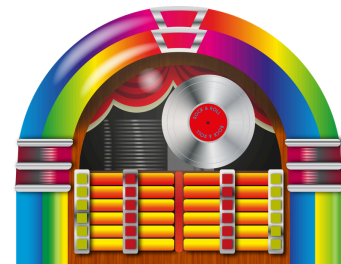
## Watercolor at HCSC

We've had a variety of watercolor projects from Valentine's Day elephants, to leprechaun gnomes, to floral watering cans. This next season, we will be exploring simple landscapes, beginning with an Evening Lake landscape video tutorial on May 20<sup>th</sup> from noon to 1:30 p.m. All supplies are provided & walk-ins are welcome!



## What's Cooking at HCSC?

Our Seniors love to cook! It is rare to leave the center with an empty stomach. In this spirit, we have been putting together an HCSC Recipe scrapbook. Have a recipe to share? Bring it in and we'll add it to the scrapbook! Want to try some great food? Come to our Mother's Day celebration on May 6<sup>th</sup> from 11:30 a.m. - 1:30 p.m. for a Baked Potato Bar Potluck. We'll provide the baked potatoes and everyone brings a topping. We'll also have mocktails and paint supplies for a self-led sip and paint party.



## New! Chair Dance Party: 1950s Theme!

You asked and we have added it! Come in your 1950s inspired clothing and try out chair dancing! May 13<sup>th</sup> at 12:30 p.m. "Be there, or be square."

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# Get Social at HCSC



Our Center is Open every Monday & Wednesday 10:00 a.m. - 3:00 p.m.  
and select Fridays from 10:00 a.m. - 1:00 p.m.



Center Hours: Monday, Wednesday 10:00 a.m. - 3:00 p.m.; Fridays twice a month 10:00 a.m. - 1:00 p.m.  
6817 Harvard Hills Rd., Harvard IL · [www.harvardseniorcenter.org](http://www.harvardseniorcenter.org) · (815) 943-2740

MAY 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:30A - 2:00P HCSC Recipe Book Part 4	<b>5</b> Cycling Without Age (CWA) @ Shepherd Premier 10:00A-12:00P	<b>6</b> 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:30A - 1:30P Mother's Day Celebration: Baked Potato Bar Potluck & Sip & Paint	<b>7</b>	<b>8</b> 10:30 - 11:00A Weights & Bands 11:00-11:30A Walking Club 12:00 - 1:00P Grief Support Group
<b>11</b> 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:15A - 12:00P Gardening 12:00P - 2:00P HCSC Appreciation Day/Testimonials	<b>12</b>	<b>13</b> 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 12:30P-1:00P Chair Dance Party: "1950's Theme"	<b>14</b>	<b>15</b>
<b>18</b> 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:15A - 12:00P Gardening 12:00 - 2:00P Movie Matinee & Popcorn Bar: "Like Father"	<b>19</b> CWA @ Shepherd Premier 10:00A-12:00P	<b>20</b> 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 12:00 - 1:30P Watercolor	<b>21</b>	<b>22</b> 10:30 - 11:00A Weights & Bands 11:00-11:30A Walking Club 12:00 - 1:00P Grief Support Group
<b>25</b> Closed Memorial Day	<b>26</b>	<b>27</b> 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:15A - 11:45A Gardening 11:45A 12:00P - May Birthday Celebration 12:30P LUNCH OUT: Chop Suey Hut, 218 N. Throop St., Woodstock, IL *Please Register	<b>28</b>	<b>29</b>

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 Out with us!

- **LUNCH OUT** - On May 27th at 12:30 PM we will meet at Chop Suey Hut, 218 N. Throop Street, Woodstock, IL (everyone pays their own). Please call to register.
- **MOVIE MATINEE** - Join us for our Popcorn buffet and a movie the last Monday of the month (this month that is May 18<sup>th</sup> since we will be closed on Memorial Day) at 12:00 PM! We don't serve lunch, but our seniors bring in lots of snacks to share for this event. This month's selection is a dramedy titled "Like Father." This redemption story explores themes of a challenging relationship between an estranged father and his newly jilted daughter after they get stranded together on a Caribbean cruise.



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## New! HCSC Grief Support Group

The HCSC Grief Support Group is a safe, welcoming place where people work through the difficult emotions of grief and gain solid support as they learn helpful ways of coping with grief in all its unpredictability. This group is led by P.E.A.R.L.S. counselor, Angie Rubio and meets twice a month on select Fridays from 12:00 p.m. - 1:00 p.m. The next two meetings will be on Fridays, May 8<sup>th</sup> and May 22<sup>nd</sup>.



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## Tech Wizards

We'd like to thank everyone for participating in our Tech Wizards Topics classes throughout the winter season! We enjoyed learning new tech skills in a group setting which included taking home step-by-step print outs for easy reference. For the Spring, our Tech Wizards will be available by appointment to address specific questions on a one-to-one basis. To schedule your individual appointment, call the center at 815-943-2740.



Registration is now open for Cycling Without Age! This is a free outdoor program where CWA "pilots" give scenic Trishaw rides through Harvard to our community seniors and their friends and family. Registration can be done at the senior center by signing a waiver and providing contact information (in case of weather cancelations). Riders will then meet Pilot Dan every other Tuesday morning at Shepherd Premier Senior Living, 210 E. Front Street, Harvard, IL between 10:00 a.m. - 12:00 p.m. for a trishaw ride. Mark your calendars now: Tuesdays May 5, May 19, June 2, June 16, June 30, July 14, July 28, Aug 11, Aug 25, Sep 8, Sep 22, & Oct 6.



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## Senior Health Insurance Program

Have questions on Medicare? Need help navigating your health insurance needs? 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.

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