

The Senior Sphere

SUMMER 2026

Serving McHenry County Seniors ♦



STRETCH YOUR COMFORT ZONE THIS SUMMER!

Summer is a great time to venture out of your comfort zone

Have you ventured out of your comfort zone this Summer? While our HCSC seniors love the familiar and safe spaces and activities they have nurtured throughout the years, they have found it can be incredibly rewarding to step out of that comfort zone and experience something fresh, challenging and stimulating. Trying something new and different, especially as a senior, increases confidence and resilience, sparks creativity, reveals hidden abilities, ignites motivation, and at HCSC, forms social connections, all of which lead to individual growth and a greater sense of purpose. This summer, a group of HCSC seniors participated in a Stand-up Comedy workshop where they learned how to draw material from their own life experiences in order to create a

3-minute stand-up comedy act. Not only did they write original and funny content, our seniors got up in front of the mic and everyone in the workshop, and performed - each one unique, original, and hilarious. Was it a little terrifying? If you ask them, they would laugh and say "Yes!" But this venture outside of their comfort zones is also a feather in their caps. Some have even gone on to perform their stand-up for other family and friends. Who knew we could be so funny, and so brave?

Have you stepped out of your comfort zone this summer? When was the last time you said, "I haven't done this before." Not sure where to begin? There are many opportunities for stepping out of that comfort zone at HCSC - line dancing, chair tai chi, watercolor, an escape room game, and more. Come to the center and stretch with us and see how far you'll grow.



Upcoming Activity Highlights

Line Dancing 101
Aug 24
12:30A - 1:15P

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

Gardening w/ Joan
Every Monday
11:15A - 12:00P

Summer Vacation
Slideshow
Sept 2
11:30P-1:00P

Fridays Aug 21,
Sept 4
10:30 Weights &
Bands
11:00 Walking Club
12:00 Grief Support
Group

See more on Page 3

The HCSC team

Harvard Community Senior Center Spotlight



Thank you for your Testimonials!

Thank you HCSC seniors for your kind words about our senior center. We have seen many new faces enter our doors this summer and it is all thanks to our seniors for sharing their experiences and stories with others in the community. Head to our website or [Click here](#) to see our Testimonial video and to read even more testimonials from our seniors, [click here](#).



Garden Harvest is in full swing!

Our HCSC garden boxes and buckets are bursting with fresh produce! We have been harvesting tomatoes, beans, peas, garlic, strawberries, squash, mint and dill, with much more ripening and ready to harvest soon! Join Master Gardner, Joan Roth every Monday at 11:15AM to help harvest and tend to our HCSC gardens.



4th of July Picnic

We had a fun 4th of July Picnic at HCSC! We welcomed friends, family and even a 4-legged furry friend to the center on July 1st for a potluck picnic. Although we moved the picnic indoors due to the heat and humidity, we enjoyed a huge spread of delicious food and desserts!



...5, 6, 7, 8, DANCE!

We heard you wanted to dance so this summer we kicked off two new dance classes! We grabbed our dancing boots and tried our hand at Line Dancing! We also introduced chair dancing this summer and we are planning more of these fun themed dance sessions for the fall! No experience is necessary for our dance classes. We focus on fun and motivate one another!



HCSC Loves Birthdays!

We started a new tradition at HCSC this summer where we celebrate our birthdays at the end of each month. To mark these special days, our seniors crafted together to create a Birthday tracking art piece which is now hanging up in the center next to our watercolor artwork. We celebrate all the creativity that went into this project and all the birthdays that are marked there now and in the future!



Summer Vacation Slideshow - Sept 2

What have you been up to this Summer? We want to know! Send up to 5 photos during the month of August of your summer trip, project or family gathering. Then come tell us about it on Wednesday, Sept 2nd at 11:30AM. Send photos to sclaussen@harvardseniorcenter.org.

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 · (815) 943-2740

AUGUST 2026

HCSC is scheduling OPEN ENROLLMENT appointments for Oct.- Dec. Reserve your time slot before they fill up by calling 815-355-5554

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:15A - 12:00P Gardening 12:30P - 1:15 Line Dancing 101	4	5 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 12:00P -1:30P Watercolor	6	7 10:30 -11:00A Weights & Bands 11:00-11:30A Walking Club 12:00 - 1:00P Grief Support
10 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi (video) 11:15A - 12:00P Gardening 1:00P - 2:00P Scams Awareness	11 CWA @ Shepherd Premier 10:00A-12:00P	12 10:00A Puzzle Club 10:30A-11:15A Chair Tai Chi 12:00P - 1:30P Bilingual Win-Lose-Or Draw	13	14
17 **Update to Calendar: Center closed today.*** (programs rescheduled for 8/24)	18	19 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 12:00P - 1:30P Brain Games	20	21 10:30 -11:00A Weights & Bands 11:00-11:30A Walking Club 12:00 - 1:00P Grief Support
24 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:15A - 12:00P Gardening 12:30P - 1:15 Line Dancing 101 (RTA presentation to be rescheduled)	25 CWA @ Shepherd Premier 10:00A-12:00P	26 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:15A - 11:45A August Bdays 12:30P LUNCH OUT: Hart's Saloon, 9932 Main St, Hebron *sign up*	27	28
31 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:15A - 12:00P Gardening 12:00P -1:30P Movie Matinee & Popcorn Bar: Passengers	1	2 10:00A Puzzle Club 10:30-11:15A Chair Tai Chi 11:30 Summer Vacation Slideshow - send your photos!	3	4 10:30 -11:00A Weights & Bands 11:00-11:30A Walking Club 12:00 - 1:00P Grief Support

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 August 26th at 12:30 PM we will meet at Hart's Saloon, 9932 Main St., Hebron, 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 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 sci-fi titled "Passengers." This story explores themes of isolation, resilience and hope when a space traveler wakes unexpectedly out of hypersleep to a years-long journey through space.





Senior Health Insurance Program

SCHEDULE NOW FOR OPEN ENROLLMENT

Have questions on Medicare? Need help navigating your health insurance needs? SHIP is a FREE, statewide health insurance program for Medicare seniors and their caregivers. We are now scheduling appointments with our SHIP counselors for Open Enrollment which begins October 15th and runs through December 7th. Please don't wait to make an appointment as our time slots do fill up quickly. **Call now at 815-355-5554** to schedule an in-person, online, or phone appointment.



Guest Speakers at HCSC

We enjoyed an informative program, "Scams, Schemes & Financial Predators" given by Jim Kearns from Consumer, Credit Counseling Service of Northern Illinois on August 10th. Our seniors learned how to better equip themselves to recognize and react to scams online, via text, phone and email. We are looking forward to more educational programming coming to our center soon provided by the Alzheimer's Association on September 14th and the Regional Transit Authority (time TBD). Stay tuned for more details for these and other guest presenters coming soon!



It isn't too late to register 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 for the remaining rides this summer and fall: Tuesdays Aug 25, Sep 8, Sep 22, & Oct 6.



Productive Aging in Hebron, IL

We partnered once again with Hebron United Methodist Church (HUMC) to provide an intergenerational program where youth from HUMC make and serve a healthy meal for area seniors. Our Chair Tai Chi instructor, Stephanie Claussen, led a 40-minute Chair Tai Chi class, and seniors watched and discussed a docu-series called Live to 100 about the secrets of the blue zones and how they lead to a long, healthy and happy life.