# The Senior Sphere

FALL 2026

Serving McHenry County Seniors




SPEND THE SEASON OF GRATITUDE WITH HCSC!

## Fall Visitors Come to the Senior Center

We had a very busy Fall season at the Harvard Community Senior Center with a record number of participants attending, including some of our furry friends! Our center opened its doors two Fridays this Fall to welcome our Seniors' four-legged friends to join Weights & Bands class and Walking Club. We enjoyed the joyful chaos and excitement of each dog as they met everyone and explored the walking path behind the center together. What a fun way to close out our Walking Club for the season!

Our furry friends were not the only special guests to visit our center. We had several new and returning educators come to our center to provide great programming for our Seniors. The Alzheimer's Association did a program on Building Healthy Brain Habits, our SHIP counselor, Randy Church, presented information on Medicare options for Seniors, and Consumer Credit Counseling Service helped us get started on budgeting for the holidays. The Regional Transit Authority returned to to provide updates to transportation accessibility in McHenry County, and two representatives from NAMI presented on Mental Health for Older Adults. It has been a season of learning!

We also stretched our creativity during a hands-on Nature Journaling presentation through the Illinois Extension Office, and again for "Beads, Beads, Beads," a program led by one of our Seniors, Deb Jarc, where we made friendship bracelets and received a take-home project kit to continue beading at home.

Special visitors and creative programming will continue throughout the end of the year! Please check out our calendar for upcoming programs and holiday events taking place on Mondays and Wednesdays (we are now closed on Fridays until the Spring). Thank you for a terrific Fall season! We look forward to a Happy Thanksgiving and Holiday season with you all!

the HCSC team

### Upcoming Activity Highlights

Line Dancing 101
Dec 7 & Dec 21
12:30P - 1:00P

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

Weights & Bands
Dec 9 & Dec 16
1:30P - 2:00P

Gift Tag Stamping with Kiki
Dec 14
12:30P - 2:30P

Christmas Cookie Decorating
Dec 16
12:00P - 1:30P

**See more on Page 3**

# Harvard Community Senior Center Spotlight



## Thank you Joan Roth!

A big thank you to our Master Gardner, Joan Roth, for leading us through another successful year of vegetable and flower gardening! She also coordinated with colleagues from the Illinois Extension Office to bring "Nature Journaling" to our Seniors as we continue to develop our connection with nature. Thank you Joan!



## Watercolor at HCSC

Our spooky cats in the moonlight were a hit in October! Then in November, we experimented with watercolor pencils to make colorful Thanksgiving turkeys. Join us December 9 to make a series of three Christmas baubles using shadow and highlighting techniques. Turn your art into a holiday card!



## HCSC Celebration!

Congratulations to the winner of our Soup Cook-off, Cheryl Manalowski! We also made a trip to Edward's Apple Orchard in Poplar Grove where we got an early start on our holiday shopping, enjoyed a lunch and fed some goats!

Join us December 23 for our HCSC Christmas Party! Dave Swengel will lead a Christmas Sing-along, the HCSC Staff will provide a lunch, and everyone who wants to will participate in a white elephant gift exchange!



## Dancing Boots

Our venture into Line Dancing has been a wild ride! Our Seniors can't hear Cotton-Eyed Joe, Boot Scootin' Boogie, Cupid Shuffle or the Electric Slide without getting the urge to get up and dance! Our beginner classes include a lot of review, so newcomers are welcome and encouraged to give it a try! Join us December 7 and December 21 at 12:30 PM.



## Senior-led Programs

We love when our Seniors take the lead and start a program! Deb Jarc taught our Seniors the healing power and joy of beading! She provided all the supplies and instruction to create a friendship bracelet. Each participant also went home with a kit to make another bracelet at home. Thank you Deb for this great program!

More of our Seniors have contacted us with creative ideas for our center. Join us December 14 for Gift Card Stamping (thank you Kiki!) and December 16 for Christmas Cookie Decorating! (Thank you John!)



# 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

## DECEMBER 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 30 10:00A Puzzle Club<br>10:30-11:15A Chair Tai Chi<br>12:00P -2:30P Movie Matinee & Popcorn Bar: Remarkably Bright Creatures | 1 | 2 10:00A Puzzle Club<br>10:30A-11:15A Chair Tai Chi<br>11:30P - 2:00P Holiday Decorating Party & Hot Cocoa Bar | 3 | 4 |
| 7 10:00A Puzzle Club<br>10:30-11:15A Chair Tai Chi<br>12:30P - 1:00 Line Dancing 101<br>1:00P - 2:30P Escape Room Game: Dead Man on the Orient Express | 8 | 9 10:00A Puzzle Club<br>10:30A-11:15A Chair Tai Chi<br>12:00P -1:30P Watercolor<br>1:30P -2:00P Weights & Bands | 10 | 11 |
| 14 10:00A Puzzle Club<br>10:30-11:15A Chair Tai Chi<br>12:30P - 2:30 Gift Tag Stamping with Kiki | 15 | 16 10:00A Puzzle Club<br>10:30A-11:15A Chair Tai Chi<br>12:00P -1:30P Christmas Cookie Decorating<br>1:30P -2:00P Weights & Bands | 17 | 18 |
| 21 10:00A Puzzle Club<br>10:30-11:15A Chair Tai Chi<br>11:30P-12:30P Show & Tell: Your Favorite Christmas Storybook or memory<br>12:30P - 1:00 Line Dancing 101 | 22 | 23 10:00A Puzzle Club<br>10:30A-11:15A Chair Tai Chi<br>11:30A- 2:30P HCSC Christmas Party & Gift Exchange, with Christmas sing-along by Dave Swengel | 24<br>Christmas Eve | 25<br>Christmas Day |
| 28 10:00A Puzzle Club<br>10:30-11:15A Chair Tai Chi<br>12:00P -2:30P Movie Matinee & Popcorn Bar: The Family Man | 29 | 30 10:00A Puzzle Club<br>10:30-11:15A Chair Tai Chi<br>11:15A - 11:45A Dec. Bdays<br>12:30P LUNCH OUT: Stanchion Pub, 300 W. Front St., Harvard, IL *sign up* | 31<br>New Year's Eve | 1<br>New Year's Day |

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!

- **LUNCH OUT** - On December 30 we will head to the Stanchion Pub for our monthly lunch out at 12:30 p.m. Join us the last Wednesday of each month to share a meal at a local restaurant!
- **HCSC CHRISTMAS PARTY-** The HCSC staff will treat you to a Christmas luncheon! Enjoy a sing-along led by local musician Dave Swengel and participate in our white elephant gift exchange!
- **MOVIE MATINEE** - While we don't provide lunch, we do provide popcorn! Join us for a movie the last Monday of the month at 12:00 PM



## Senior Health Insurance Program
## No more appointments available

Thank you to everyone who booked their appointments with our SHIP counselors early! Although open enrollment runs through December 7, our SHIP Counselors are now fully booked and can no longer take additional appointments. (This includes walk-ins). A big thank you to our SHIP Counselors for their time, energy and guidance through this busy enrollment season!



## 2026 Walking Club Season Ends

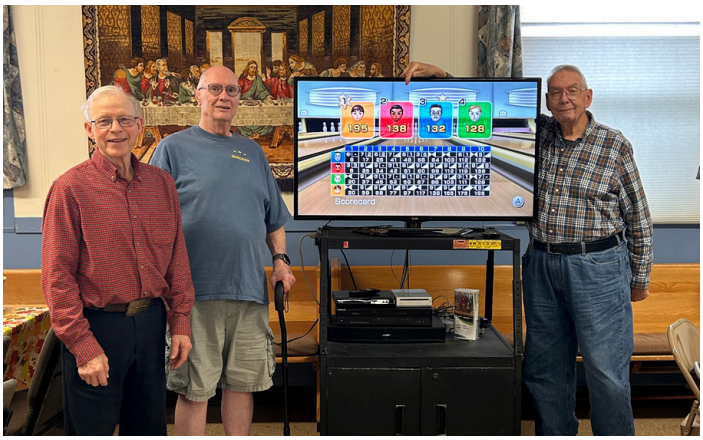
We enjoyed great weather in the Spring, Summer and Fall for Walking Club in 2026 with only one Friday cancelation due to inclement weather! For the winter months, our center will be closed on Fridays and our Walking Club will pause until April. Our Weights and Bands class which was also on Fridays will now move to select Wednesdays. See the calendar or go www.harvardseniorcenter.org for exact days and times. We look forward to seeing our Walking Club on the path again in the Spring!

CYCLING WITHOUT AGE

We closed out another great year of Cycling Without Age! A big thank you to Pilot Dan for providing trishaw rides from May through October! We look forward to partnering with Cycling Without Age again to provide this free program for seniors and their friends and family when it starts up again in the Spring.

## Participant Registration Forms

If you haven't already done so, please fill out a Participant Registration Form found next to the sign-in sheet at the senior center. We will need these forms filled out for 2026 and again in January 2027. These forms will help us continue to receive grant funding and provide programming at no cost to our Seniors.




## Productive Aging in Hebron, IL

We partnered once again with Hebron United Methodist Church (HUMC) to provide a 5 sessions of Chair Tai Chi to community members in the Alden-Hebron area. These sessions also included a presentation by the Alzheimer's Association on Building Healthy Brain Habits, and a series of board games, video games and puzzles to strengthen cognitive flexibility, memory, and critical thinking.