

Harwich Community Center Events – August

100 Oak Street (508) 430-7568 www.harwichcommunitycenter.org

Monday

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|-----------------------|-----------------|
| Quilt Bank | 9AM – 2PM |
| Lvl 3 Line Dancing | 8:30AM – 9:15AM |
| Lvl 2 Line Dancing | 9:15AM – 10AM |
| Lvl 1 Line Dancing | 10AM – 10:45AM |
| Balance Boosters | 10AM – 11AM |
| Bridge II | 1PM – 3PM |
| Overeaters Anonymous | 2PM – 3PM |
| Bit of Bliss Yoga | 5:30PM – 6:30PM |
| Blood Pressure Clinic | 4:30PM – 5:30PM |

Tuesday

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| Yogini | 8AM – 9AM |
| Diet Support | 9AM – 10AM |
| Mah Jongg | 9AM – 12PM |
| Yoga | 9:30AM – 10:45AM |
| Senior Volleyball | 12:30PM – 2:30PM |
| Ukulele Club | 7PM – 8:30PM |
| Insight Meditation | 7PM – 9PM |



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Wednesday

| | |
|--------------------------|------------------|
| Business Network Intr. | 6:45AM – 8:30AM |
| Foot Fit / Mat Pilates | 8:30AM – 11:30AM |
| Wellness Clinic | 9:30AM – 12PM |
| Clutterers Anonymous | 9:30AM – 10:30AM |
| Wednesday Stitchers | 10AM – 3PM |
| Healthy For Life Seminar | 10AM – 11AM |
| Zumba | 5:30PM – 6:30PM |
| Swing Band | 6:30PM – 9:30PM |
| Bit of Bliss Yoga | 5:30PM – 6:30PM |
| NA | 7:30PM – 9PM |

Thursday

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|-------------------------|------------------|
| CC Business Referrals | 7:15AM – 8:30AM |
| Yogini | 8AM – 9AM |
| Yoga | 9:30AM – 10:45AM |
| Lvl 2 Line Dancing | 8:30AM – 9:15AM |
| Lvl 2 Prep Line Dancing | 9:15AM – 10AM |
| Lvl 1 Line Dancing | 10AM – 10:45AM |
| Overeaters Anonymous | 10AM – 11AM |
| Cribbage | 1PM – 3PM |
| Exercise Class | 6PM – 7PM |
| NA | 7:30PM – 9PM |

Friday

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|--------------------------|------------------|
| Foot Fit / Mat Pilates | 8:30AM – 11:30AM |
| Mindful Yoga | 9AM – 10:30AM |
| Healthy For Life Seminar | 10AM – 11AM |
| Volleyball | 12:30PM – 2:30PM |
| ALANON | 5:30PM-6:30PM |

Saturday

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|----------------|------------------|
| Yoga | 9:30AM – 10:45AM |
| Exercise Class | 8:30AM – 9:30AM |

**** For more information about specific class schedules, as well as contact information for groups & instructors, please contact the Community Center at the number above****

Building Hours of Operation

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|-----------------|------------|
| Monday – Friday | 6AM – 10PM |
| Saturday | 9AM – 5PM |

****Closed on Sunday and major holidays****

Other Events

- **Dad's Talk:** Aug 1st, 6PM-7:15PM
- **Betty's Feet First:** Aug 1st, 8AM-3PM
- **Dementia Caregiving:** Aug 1st & 15th, 10:30AM-12PM
- **Balance Boosters:** Aug 2nd, 16th & 23rd, 10AM-11AM
- **Ukulele Class:** Aug 2nd & 16th, 1PM-2:30PM
- **COA Brown Bag Program:** Aug 3rd, 8:30AM-10AM
- **Wicked Fun Gaming:** Aug 4th, 9AM-10PM
- **Cape & Island Rowing Club:** Aug 6th, 6:30PM-8:30PM
- **KD Quilters:** Aug 6th & 20th, 9AM-4PM
- **Supper Club:** Aug 6th, 5PM-6PM
- **Sight Loss:** Aug 7th, 10AM-11:30AM
- **Compassionate Friends:** Aug 8th, 6:30PM-9PM
- **Men's Breakfast:** Aug 10th, 9AM-10AM
- **Men's Book Club:** Aug 10th, 10AM-11AM
- **COA Movie Day:** Aug 14th, 2PM-4PM
- **Cooking Class:** Aug 16th, 4PM-7PM
- **Pedi-Care:** Aug 17th, 9AM-3PM
- **Device Advice:** Aug 21st, 9AM-10AM
- **Nutrition Series Part 2:** Aug 22nd, 1PM-2:30PM
- **Cape Healing Matters:** Aug 24th, 9:30AM-11:30AM
- **Women's Breakfast:** Aug 24th, 9AM-10:30AM

Harwich Community Center Yard Sale

**Sat, Aug 4th at Brooks Park
9AM-1PM**

For more information call us at **508-430-7568**

**In case of rain, the yard sale will be held in
Community Center Gymnasium**

Council on Aging – Dining

Senior Dining: Mon – Friday*

11AM — 12:30PM (\$3 per person)

Supper Club: 1st Monday of the Month

5PM — 7PM (\$5 per person)

(it is \$1.00 more for out-of-town guests)

You will need to make a reservation ahead by
calling **508-430-7550**, by 11AM on the day
before the meal you would like to attend.

*Senior Dining Lunch does not meet on the 1st Mon,
and the 3rd & 4th Friday of the month due to
Supper Club & Breakfast Programs

Weight Room Hours

Monday – Friday 6AM – 8PM
Saturday 9AM – 4PM

**The Weight Room is available to residents
with a membership & SilverSneakers members

Recreation Department

The Summer Youth Programs Schedule is
now available at the Rec. Dept! For more
information, contact us at **508-430-7553** or visit
our website and click on the Rec Dept link.

Twitter -- @harwichrec

Open Game Room Hours

Call Rec Dept. for times

Open Gym Hours

TUES & THUR: 4:30PM-7PM

SAT: 1PM-4PM

**ALL CHILDREN UNDER 13 MUST BE
ACCOMPANIED BY AN ADULT!**