

Harwich Community Center Events – July

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

Monday

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	5PM – 6:30PM
Blood Pressure Clinic	4:30PM – 5:30PM

Tuesday

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 – 8:30PM

Beach & Dump Stickers On Sale!

June 11th – July 22nd, 8AM – 2PM

Seven Days a Week!

For More Info: 508-432-7638



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

CC Business Referrals	7AM – 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
Balance Boosters	10AM – 11AM
Overeaters Anonymous	10AM – 11AM
Cribbage	1PM – 3PM
Exercise Class	6PM – 7PM
NA	7:30PM – 9PM

Friday

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
Youth Dance	6PM – 9:30PM

Saturday

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

Monday – Friday 6AM – 10PM

Saturday 9AM – 5PM

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

▪ **CLOSED on July 4th for the holidays**

Other Events

- **Supper Club:** July 2nd, 5PM-6PM
- **Sight Loss:** July 3rd, 10AM-11:30AM
- **Ukulele Class:** July 5th & 19th, 1PM-2:30PM
- **Machine Embroidery:** July 5th, 11AM-5PM
- **COA Brown Bag Program:** July 6th, 8:30AM-10AM
- **Wicked Fun Gaming:** July 7th, 9AM-10PM
- **Cape & Island Rowing Club:** July 9th, 6:30PM-8:30PM
- **KD Quilters:** July 9th & 23rd, 9AM-4PM
- **COA Movie Day:** July 10th, 2PM-4PM
- **Compassionate Friends:** July 11th, 6:30PM-9PM
- **Men's Breakfast:** July 13th, 9AM-10AM
- **Men's Book Club:** July 13th, 10AM-11AM
- **Betty's Feet First:** July 13th, 8AM-3PM
& July 25th, 8AM-12PM
- **Device Advice:** July 17th, 9AM-10AM
- **Alzheimer's Support:** July 18th, 10:30AM-12PM
- **Cooking Class:** July 19th, 4PM-7PM
- **Pedi-Care:** July 20th, 9AM-3PM
- **Sacrifice Art Sale:** July 21st, 8AM-2PM
- **Driving School:** July 23rd – 27th, 9AM-3PM
- **Women's Breakfast:** July 27th, 9AM-10:30AM

Blood Drive (Cape Cod Healthcare): July 11th, 11AM-5PM

Blood Drive (Red Cross): July 19th, 9AM-5PM

Harwich Community Center Community Yard Sale!

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

Reserve your space today for just \$20!

For more information or to make your reservation call us at **508-430-7568**

July is the time to renew your Weight Room Membership!

Yearly: \$150 (July 1st – June 30th)

Seasonal: \$100 (July 1st – Sept 30th)

Summer: \$80 (May 30th – Aug 30th)

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)

Reservations Required. Call **508-430-7550**, by 11AM on the day before the meal you would like to attend.

*Senior Dining does not meet 1st Mon, & 3rd & 4th Friday

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 Recreation Department link.

Twitter -- @harwichrec

Open Game Room Hours

Call Rec Dept. for times

There will be no Open Gym during the summer due to Summer Camp programs. For more information, visit the Recreation Department front desk, or call them at

508-430-7553

ALL CHILDREN UNDER 13 MUST BE ACCOMPANIED BY AN ADULT!