

Harwich Community Center Events – June

100 Oak Street

(508) 430-7568

www.harwichcommunitycenter.org

Monday

Quilt Bank	10AM – 2PM
Lvl 3 Line Dancing	8:30AM – 9:15AM
Lvl 2 Line Dancing	9:15AM – 10AM
Lvl 1 Line Dancing	10AM – 10:45AM
Bridge II	1PM – 3PM
Overeaters Anonymous	2PM – 3PM
Corn Hole Toss	3PM – 4:30PM
Bit of Bliss Yoga	5PM – 6PM
Blood Pressure Clinic	5PM – 6PM
Supper Club	5PM – 7PM

Tuesday

Yogini	8AM – 9AM
Diet Support	9AM – 10AM
Mah Jongg	9AM – 12PM
Mary Ann's Exercise	9AM – 10AM
Yoga	9AM – 10:30AM
Senior Volleyball	11AM – 1PM
Line Dancing	1PM – 2:45PM
Pilates Plus Cardio	5PM – 6PM
Town Band	6PM – 9:30PM
Ukulele Club	7PM – 8:30PM
Insight Meditation	7PM – 9PM

Wild Care Yard Sale

June 9th – 9AM-1PM

Wednesday

Business Network Intr.	6:45AM – 8:30AM
Super/Senior Fit	8:15AM – 10:45AM
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	10:30AM – 11:30AM
Men's 55+ Basketball	12:30PM – 2:30PM
Zumba	5:15PM – 6:45PM
Swing Band	7PM – 9:30PM
Bit of Bliss Yoga	7PM – 8PM
NA	7:30PM – 9PM

Thursday

CC Business Referrals	7AM – 8:30AM
Yogini	8AM – 9AM
Yoga	9AM – 10:30AM
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
Adult Tennis	10:30AM – 12PM
Cribbage	1PM – 3PM
Harwich Artists	1PM – 4PM
Pilates	5PM – 6PM
Exercise Class	6PM – 7PM
NA	7:30PM – 9PM

Friday

Super/Senior Fit	8:15AM – 10:45AM
Foot Fit / Mat Pilates	8:30AM – 11:30AM
Mindful Yoga	9AM – 10:15AM
Healthy For Life Seminar	10:30AM – 11:30AM
Volleyball	11AM – 1PM
Men's 55+ Basketball	1PM – 3PM
ALANON	5:30PM-6:30PM

Saturday

Yoga	9AM – 10:30AM
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

- **May 21st - June 9th**, Gymnasium will be **CLOSED** for resurfacing project. This will effect Rec & sporting activities.

Other Events

- **COA Brown Bag Program:** June 1st, 8:30AM-10AM
- **Wicked Fun Gaming:** June 2nd, 9AM-5PM
- **Cape & Island Rowing Club:** June 4th, 6:30PM-8:30PM
- **KD Quilters:** June 4th & 18th, 9AM-4PM
- **Natural Solutions:** June 4th, 8AM-3:30PM
- **Cape & Island Rowing Club:** June 4th, 6:30PM-8:30PM
- **Balance Boosters:** June 4, 7, 11, 18 & 21, 10AM-11AM
- **Parkinson's Support:** June 5th, 7th, 12th & 14th,
@ 10AM-11:30AM
- **Dad's Support:** June 6th, 5:45PM-7:15PM
- **Solar Energy Seminar:** June 6th, 1PM-4PM
- **Alzheimer's Support:** June 6th & 20th, 10:30AM-12PM
- **Ukulele Class:** June 7th & 21st, 12:45PM-2:45PM
- **Men's Breakfast:** June 8th, 9AM-10AM
- **Men's Book Club:** June 8th, 10AM-11AM
- **COA Movie Day:** June 12th, 2PM-4PM
- **Compassionate Friends:** June 13th, 6:30PM-9PM
- **Cooking Class:** June 14th, 4PM-7PM
- **Skin Cancer Seminar:** June 14th, 11:30AM-1:30PM
- **Pedi-Care:** June 15th, 9AM-3PM
- **Sight Loss:** June 15th, 10AM-11:30AM
- **Cranberry Rug Hooking:** June 16th, 10AM-2PM
- **Betty's Feet First:** June 20th, 8AM-12PM
& June 29th, 8AM-2:30PM

Beach Stickers & Dump Passes



Going On Sale:
June 11th – July 22nd
8AM – 2PM
Seven Days a Week!



***** Women's Game Night Social *****

Join us for an evening of fun in the Game Room!
June 4th – 6:30PM-8:30PM

Council on Aging – Dining

Senior Dining:

Tues – Friday, 11AM — 12:30PM (\$3 per person)

Supper Club:

Monday, 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.

- **Women's Breakfast:** June 22nd, 9AM-10:30AM
- **Women's Book Club:** June 25th, 2PM-4PM
- **WILPF:** June 26th, 5:30PM-9PM
- **Parkinson's Speech:** June 26th, 1PM-2PM

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 Spring 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

Monday – Saturday: 1PM – 4PM

Open Gym

MON: 2PM-5PM **TUE:** 1PM-5PM
WED: 2PM-5PM **THUR:** 12PM-5PM
FRI: No Open Gym **SAT:** 12:30PM-4PM
Hours are subject to change

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