

# Harwich Community Center Events – March

100 Oak Street (508) 430-7568 [www.harwichcommunitycenter.org](http://www.harwichcommunitycenter.org)

## Monday

Tennis	6:30AM-8AM
Walking Club	8AM – 9AM
Quilt Bank	9AM – 2PM
Lvl 2 Line Dancing	9:15AM – 10AM
Ballroom Line Dancing	10AM – 10:45AM
Adult Tennis	10:30AM – 12PM
Men's 55+ Basketball	12:30PM – 2:30PM
COA Trivia	1PM-2:30PM
Bridge II	1PM-3PM
Corn Hole Toss	3PM – 4:30PM
Crafting & Confections	3PM – 5PM
Supper Club	5PM – 7PM

## Tuesday

Walking Club	8AM – 9AM
MLS	8AM – 10AM
Yogini	8AM – 9AM
Mary Ann's Exercise	8:30AM – 9:30AM
Diet Support	9AM – 10AM
Mah Jongg	9AM – 12PM
Yoga	9AM – 10:45AM
Balance Boosters	9:30AM – 10:30AM
Parkinson's Support	10AM – 11:30AM
Tai-chi/Chi Kung	10:30AM – 11:30PM
Volleyball	11AM – 1PM
Dancersize	4:15PM – 5:15PM
30/30 Workout	5PM – 6PM
Exercise Class	6:30PM – 7PM
Town Band	6:30PM – 9:30PM
Insight Meditation	7PM – 9PM

## Wednesday

Tennis	6AM – 7:30AM
Business Network International (BNI) –	6:30AM-8:45AM
Senior Fit	8:15AM – 10:45AM
Wellness Clinic	9AM – 12PM
Wednesday Stitchers	10AM – 3PM
Pickle Ball	10:45AM – 12:30PM
Men's 55+ Basketball	12:30PM – 2:30PM
Mah Jongg	1PM – 4PM
WE CAN	5:30PM – 7PM
Cape Comm. Orchestra	6:30PM – 8:30PM
Swing Band	7PM – 9:30PM
NA	7:30PM – 9PM

## Thursday

Walking Club	8AM – 9AM
CC Business Referrals	7AM – 8:30AM
Yogini	8AM – 9AM
Mary Ann's Exercise	9:30AM – 10:30AM
Yoga	9AM – 10:45AM
Ballroom Line Dancing	10AM – 10:45AM
Parkinson's Support	10AM-11:30AM
Adult Tennis	10:30AM – 12PM
Cribbage	1PM – 3PM
Harwich Artists	1PM – 4PM
Dancersize	4:15PM – 5:15PM
30/30 Workout	5PM – 6PM
Beginner Swing Dance	5PM – 5:45PM
Beginner Samba Dance	5:45PM – 6:30PM
NA	7:30PM – 9PM

## Friday

Senior Fit	8:15AM – 10:45AM
Mindful Yoga	9AM – 10:30AM
Volleyball	11AM – 1PM
Men's 55+ Basketball	1PM – 3PM
ALANON	5:30PM-6:30PM
Pickle Ball	7PM – 8:30PM

## Saturday

Yoga	9AM – 10:45AM
Exercise Class	9AM – 10AM

\* For more information about classes and events, please contact the Community Center

## Building Hours of Operation

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

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

## Egg Hunt!

Friday, March 25<sup>th</sup> – 3:30PM

\*\*At the Harwich Middle School\*\*

Bring a decorated egg carton to collect your eggs in!



## Other Events

- **KD Quilters:** Mar 7<sup>th</sup> & 21<sup>st</sup>, 9AM-4PM
- **Take Back Your Health:** Mar 1<sup>st</sup>  
11AM-12PM & 6PM-8PM
- **Sight Loss:** Mar 1<sup>st</sup>, 10AM-12PM
- **Rug Braiding:** Mar 1<sup>st</sup> & 8<sup>th</sup>, 6PM-8PM
- **Kiwanis:** Mar 1<sup>st</sup> & 8<sup>th</sup>, 5PM-7PM
- **Dad's Support:** Mar 2<sup>nd</sup>, 6PM-7:30PM
- **Girl Power:** Mar 2,9,16, & 23, 3:30PM-5:15PM
- **Alzheimer's Support:** Mar 2<sup>nd</sup> & 16<sup>th</sup>,  
10:30AM – 12PM
- **Anything But Bridge:** Mar 3<sup>rd</sup>, 7PM-9:30PM
- **Owl Show:** Mar 5<sup>th</sup>, three separate showings at:  
10AM, 1PM, or 3PM
- **CONCH:** Mar 7<sup>th</sup>, 9:30AM-12PM
- **Compassionate Friends:** Mar 9<sup>th</sup>, 6:30PM-8:30PM
- **Women's Club:** Mar 10<sup>th</sup>, 12PM-3PM
- **Men's Breakfast:** Mar 11<sup>th</sup>, 9AM-11AM
- **Men's Book Club:** Mar 11<sup>th</sup>, 10AM-11AM
- **Betty's Feet First:** Mar 11<sup>th</sup>, 8AM-4PM  
& Mar 23<sup>rd</sup>, 8AM-12PM
- **Harwich Democrats:** Mar 12<sup>th</sup>, 10AM-11:30AM
- **Wellfleet Bay Wildlife Sanctuary:** Mar 12<sup>th</sup>  
1PM-3PM
- **Blood Drive:** Mar 14<sup>th</sup>, 10AM-3PM

- **SAT/ACT Prep:** Mar 14,15,16,21,22,23,28,29,30  
6PM-8PM
- **COA-Homemade Scrubs:** Mar 15<sup>th</sup>  
10:30AM-11:45AM
- **COA Irish Concert:** Mar 17<sup>th</sup>, 12:30PM-1:45PM
- **Cranberry Rug Hooking:** Mar 19<sup>th</sup>, 10AM-2PM
- **WILPF:** Mar 28<sup>th</sup>, 6PM-8:30PM
- **Best Buddies Dance:** Mar 28<sup>th</sup>, 9AM-1PM
- **Gran Prix Driving School:**  
Mar 21, 22, 23, 24, 28 & 29<sup>th</sup>, 5PM-8:30PM  
& Mar 25 & 26, 8AM-3:30PM

## Council on Aging – Dining

Let us handle the cooking with our Senior Dining Program and our Supper Club Program!

### 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.

## Weight Room Hours

Monday – Friday 6AM – 8PM

Saturday 9AM – 4PM

**Sign up at the front desk today!**

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

## Recreation Department

The Gym Schedule is 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 Gym

**MON:** 2:00PM-5PM, Grade 8 and up

**TUE:** 1PM-5PM, All Ages

**WED:** 2:00PM-5PM, All Ages

**THUR:** 12PM-5PM, All Ages

**FRI:** 2:30PM-3:30PM, All Ages

**SAT:** 12:30PM-9:30PM, All Ages

**\*\*Saturday hours subject to change\*\***

**FREE – ALL CHILDREN UNDER 12 MUST BE ACCOMPANIED BY AN ADULT!**