

# Harwich Community Center Events – May

100 Oak Street

(508) 430-7568

[www.harwichcommunitycenter.org](http://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
Balance Boosters	10AM – 11AM
Bridge II	1PM – 3PM
Rec Youth Crafting	2:30PM – 5:30PM
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
Children's Playgroup	9AM – 12PM
Parkinson's Support	10AM – 11:30PM
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

### Town Meeting

May 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup>

### Town Election

May 15<sup>th</sup>  
7AM-8PM

## 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 Stitches	10AM – 3PM
Healthy For Life Seminar	10:30AM – 11:30AM
Men's 55+ Basketball	12:30PM – 2:30PM
Buried In Treasures	2PM – 4PM
Zumba	5:15PM – 6:45PM
Cape Comm. Orchestra	6PM – 9PM
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
Children's Playgroup	9:45AM – 11:45AM
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
Balance Boosters	10AM – 11AM
Parkinson's Support	10AM – 11:30PM
Adult Tennis	10:30AM – 12PM
Cribbage	1PM – 3PM
Harwich Artists	1PM – 4PM
"30/30" Fitness	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	9:30AM – 10:45AM
Exercise Class	8:30AM – 9:30AM

### \*\* NOTICE \*\*

Due to the Town Meeting on May 7-9 and the Town Election on May 15, some of our regularly scheduled classes and events will not be taking place on those days.

For more information about specific class schedules, 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 28<sup>th</sup>**, Building CLOSED for holiday
- **May 21<sup>st</sup> - June 9<sup>th</sup>**, Gymnasium will be CLOSED for resurfacing project. This will effect Rec & sporting activities.

### Other Events

- **Sight Loss:** May 1<sup>st</sup>, 10AM-11:30AM
- **Dad's Support:** May 2<sup>nd</sup>, 5:45PM-7:15PM
- **Alzheimer's Support:** May 2<sup>nd</sup> & 16<sup>th</sup>, 10:30AM-12PM
- **Tech Talk:** May 3<sup>rd</sup>, 2PM-3:30PM
- **Anything But Bridge:** May 3<sup>rd</sup>, 7PM-9:30PM
- **Ukulele Class:** May 3<sup>rd</sup> & 17<sup>th</sup>, 12:45PM-2:45PM
- **COA Brown Bag Program:** May 4<sup>th</sup>, 8:30AM-10AM
- **HCT, Kettle Ponds Talk:** May 5<sup>th</sup>, 2PM-4PM
- **Wicked Fun Gaming:** May 5<sup>th</sup>, 9AM-5PM
- **COA Movie Day:** May 8<sup>th</sup>, 2PM-4PM
- **Compassionate Friends:** May 9<sup>th</sup>, 6:30PM-9PM
- **Betty's Feet First:** May 11<sup>th</sup> & 23<sup>rd</sup>, 7:30AM-12PM
- **Men's Breakfast:** May 11<sup>th</sup>, 9AM-10AM
- **Men's Book Club:** May 11<sup>th</sup>, 10AM-11AM
- **KD Quilters:** May 14<sup>th</sup> & 21<sup>st</sup>, 9AM-4PM
- **Best Buddies Dance:** May 14<sup>th</sup>, 8:30AM-2PM
- **Drivers Ed:** May 14<sup>th</sup> - 18<sup>th</sup> & 21<sup>st</sup> - 25<sup>th</sup>, 3:15PM-6PM
- **Cape & Island Rowing Club:** May 14, 6:30PM-8:30PM
- **Pedi-Care:** May 18<sup>th</sup>, 9AM-3PM
- **Front Porch Rug Braiding:** May 19<sup>th</sup>, 10AM-3PM
- **Cranberry Rug Hooking:** May 19<sup>th</sup>, 10AM-2PM
- **Women's Book Club:** May 21<sup>st</sup>, 2PM-4PM
- **WILPF:** May 22<sup>nd</sup>, 5:30PM-9PM
- **Cooking Class:** May 24<sup>th</sup>, 4PM-7PM

### Blood Drive – Cape Cod Healthcare

May 10<sup>th</sup> – 11AM-5PM

### Blood Drive – American Red Cross

May 15<sup>th</sup> – 10AM-3PM

### Sampson Fund for Veterinary Care, Plant Sale!

May 19<sup>th</sup> – 9AM-1PM

### 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.

- **Sleep Medicine Workshop:** May 25<sup>th</sup>, 11AM-12PM
- **Women's Breakfast:** May 25<sup>th</sup>, 9AM-10:30AM
- **Parkinson's Speech:** May 29<sup>th</sup>, 1PM-2PM
- **Assistive Tech Training:** May 30<sup>th</sup>, 9AM-4PM
- **Reflection on Aging:** May 31<sup>st</sup>, 1PM-2:30PM

### 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!**