

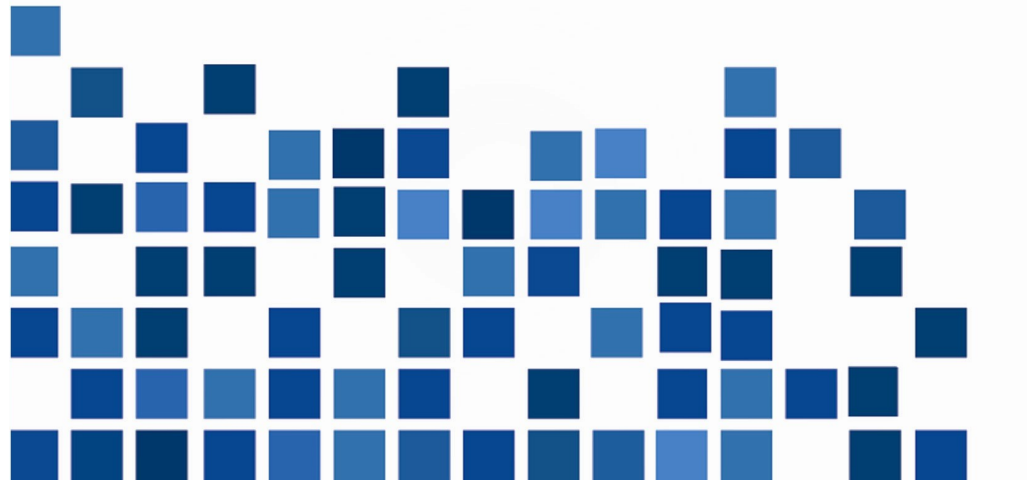


[www.harwich-ma.gov/community-center](http://www.harwich-ma.gov/community-center)

Harwich Community Center

# Activities & Groups

## Information Booklet



**\*\*Many Activities Require Fees\*\***

Classes are run by independent instructors who set their course fees individually. If you have questions regarding activities or their associated fees, please call the instructor at the information provided in this booklet.

Find daily Community Center schedules at our website:

[www.harwich-ma.gov/community-center](http://www.harwich-ma.gov/community-center)

Or you can contact:

Harwich Community Center  
(508) 430-7568

Harwich Council on Aging  
(508) 430-7550

Harwich Youth & Recreation  
(508) 430-7553

**Harwich Community Center  
Monthly Newsletter**

The Harwich Community Center has a monthly newsletter. If you would like to get on our email list, stop by the front desk to sign up, or call us at 508-430-7568.

**Corrections and Changes to Booklet Information**

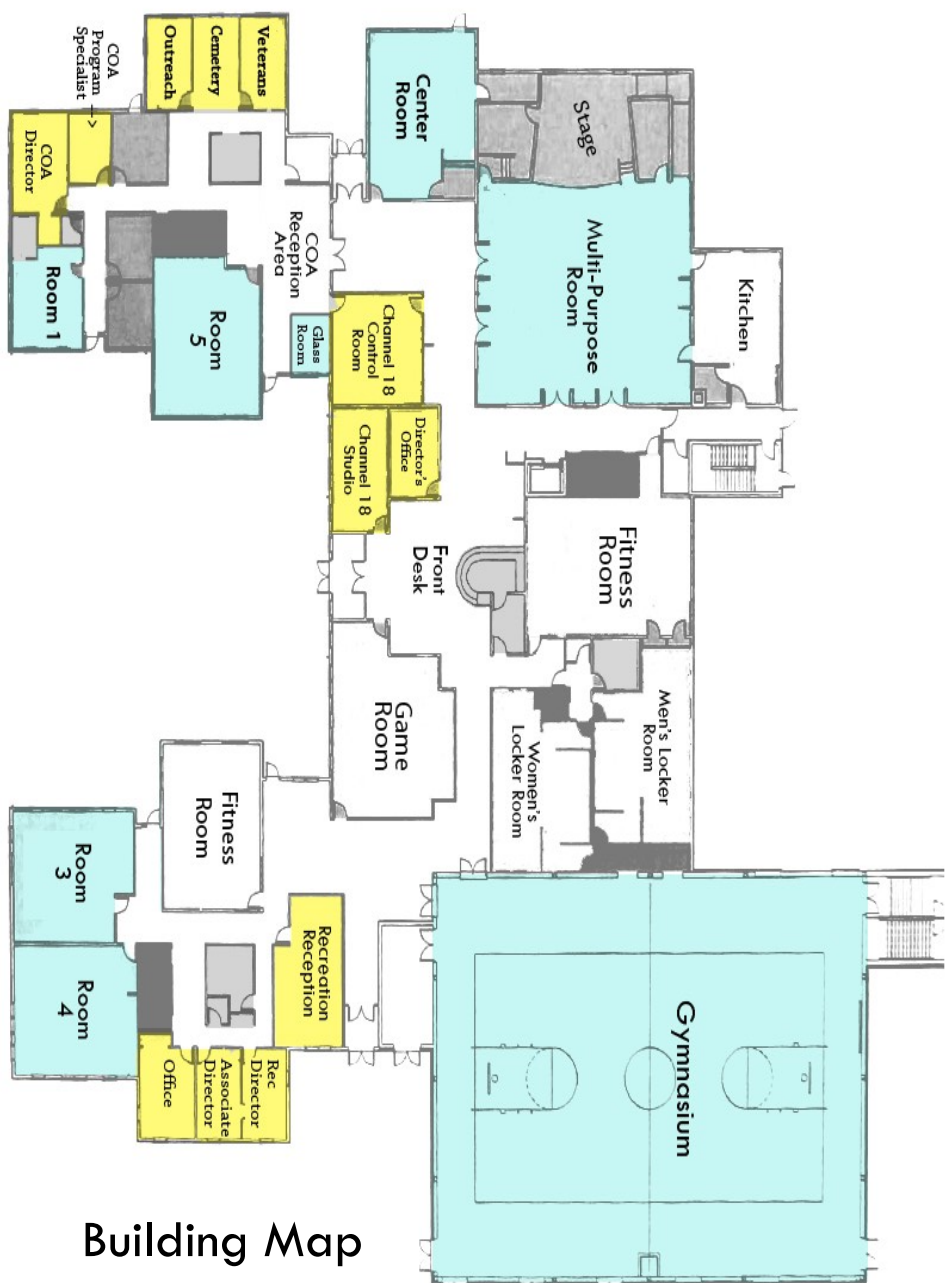
If your class or group is missing from this booklet, or if you would like to make a change to the information listed in this booklet for your group, please let us know at the front desk.

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**Information Subject to Change:** This catalog is published as a convenience and source of information for the general public. It should be understood, however, that the Community Center reserves the right to add, revise, or withdraw courses and programs as described herein.





Building Map



# Health and Fitness

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## Bit of Bliss Yoga

**Contact:** Janet Bettey, E-RYT

**Phone:** (978) 500-2390

**Email:** [bitofblissyyoga@outlook.com](mailto:bitofblissyyoga@outlook.com)

**When:** Monday, Wednesday & Friday, 9:30AM-10:30AM

**Fees:** \$15 - single class

\$60 - for 6 classes, or \$90 for 10 classes

(Classes do not need to be consecutively)

Yoga offers a pathway to replenish your inner resources. Experience a balance of movement and stillness as you nurture your body, mind and soul. These gentle stress-relieving classes, take a holistic approach to stretch and strengthen the body gradually, empowering you both physically and mentally.

Poses are practiced at a slower pace, with modifications and variations of poses offered to meet the needs of those who are new to yoga as well as those who have the desire to go deeper. For beginners to experienced practitioners looking for a nourishing experience to restore vitality and find peace within.

Class size is limited, so please be sure to "Reserve Your Spot" at [www.bitofblissyyogaofcapecod.com](http://www.bitofblissyyogaofcapecod.com) or contact Janet at (978) 500-2390.

## Lumi Yoga & Wellness

**Contact:** Samantha Brintnall

**Phone:** (774) 722-7328

**Email:** [LumiYogaWellness@gmail.com](mailto:LumiYogaWellness@gmail.com)

**When:** Tuesday, Thursdays & Saturdays, 9AM-10AM

**Fees:** \$15 – single/drop-in

\$75 – series of 6 sessions (does not have to be consecutive)

Sam is a Kind Yoga graduate and incorporates breathing techniques & meditation into her practices. This is a slower paced class that focuses on stretching for flexibility, standing postures for stability, and a longer cool down towards the end to give your body the rest it deserves. Great for all levels—if you're interested in trying a class or have been practicing a while, it's a practice to be enjoyed!



# Health and Fitness

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## Beginner Tai-Chi Class

**Contact:** COA Reception  
**Phone:** (508) 430-7550  
**Email:** [jwitas@harwich-ma.gov](mailto:jwitas@harwich-ma.gov)  
**When:** Eight week session with 2 classes per week  
(Monday & Thursday) Preregistration is required.  
**Fees:** \$15 per class

Learn the many physical and spiritual benefits of practicing Tai Chi. Also known as "moving meditation," Tai Chi can help improve balance, core strength, flexibility, and provide a mind-body connection as a course for stress release. Participants will learn the easy Tai Chi Eight Form, a basic sequence of movements open to all ages and abilities. No special equipment or previous experience is necessary.

## Beginners Tai Chi

**Contact:** COA Front Desk  
**Phone:** (508) 430-7550  
**Email:** [jwitas@harwich-ma.gov](mailto:jwitas@harwich-ma.gov)  
**When:** Tuesdays & Fridays, 10AM-11AM  
**Fees:** \$15 per class

This class is open to anyone with previous Tai Chi experience. The focus will be on the Yan Style Eight Posture Form and will include basic warm-up exercises, QiGong practice, and insights into traditional Chinese Medicine for healing, vitality, and longevity. Taught by A. Jay Zahn.  
**Call 508-430-7550 to register.**

## Senior Volleyball

**Contact:** David Whitney  
**Phone:** (774) 212-3945  
**Email:** [davidwhitney167@comcast.net](mailto:davidwhitney167@comcast.net)  
**When:** Tuesday & Friday, 11AM-1PM  
**Fees:** None

*\*\*Volleyball League for seniors 50+\*\**

Co-ed senior volleyball. Rules are slightly modified for seniors over age 50. Players should be familiar with the game. Two hours of fun!



## Balance Boosters

**Contact:** COA Reception Desk

**Phone:** 508-430-7550

**Email:** [jwitas@harwich-ma.gov](mailto:jwitas@harwich-ma.gov)

**When:** Contact COA for more info

**Fees:** Free; donations accepted to offset cost of supplies

Maintain balance & flexibility with 45 minutes of stretching safely while seated in a chair using your own body and simple implements which are supplied. Taught by Town Nurse, Susan Jusell, who will be running two sessions (you may only register for one of the two).

Class size is limited, and pre-registration is required. Contact the COA at **508-430-7550** to reserve your space, and find out the current set of class dates.

## POUND Exercise **NEW!**

**Contact:** Vicki Gonet

**Phone:** (774) 212-4157

**Email:** [Singingwithlove7@yahoo.com](mailto:Singingwithlove7@yahoo.com)

**When:** Thursdays, 5:30PM-6:30PM

**Fees:** Drop in \$10

**WHAT IS POUND?** POUND is a cardio jam-session designed to release the rockstar within us all while promoting total-body fitness. Instead of listening to the music, you become the music in this full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movement. Pound is for anybody and everyone.

\*\*\*\*Ripstix will be provided but you need to bring a yoga mat or towel and water.\*\*\*\*



# Health and Fitness

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## Zumba with Alissa

**Contact:** Alissa Krieger-Dewitt

**Phone:** (617) 959-4922

**Email:** AlissaKD@gmail.com

**When:** Monday, 5PM-6PM & Thursday, 7:30AM-8:30AM

**Fees:** \$10 drop-in

Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba Fitness classes are often called exercise in disguise. Super effective and super fun! A total body workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility and boosted energy. All levels and all ages welcome!

## Jill's Exercise Class

**Contact:** COA Reception

**Phone:** (508) 430-7550

**Email:** jwitas@harwich-ma.gov

**When:** Mondays, 11:30AM-12:30PM

**Fees:** \$8 per class

Join Jill Brown, Certified Personal Trainer, for a low impact seated exercise class that includes balance work, stretching, strength training, cardiovascular exercise, yoga and meditation all in one! All fitness levels are welcome.

**Preregistration is required.** Call the COA at 508-430-7550

Capacity is capped at 25 people per class. Participants must sign in and pay at the COA reception area for each class.

## Drop-In Walking Club

**Contact:** COA Reception

**Phone:** (508) 430-7550

**When:** Monday—Thursday, 6AM-8:30AM

**Fees:** None

Drop in and walk laps in our gym on a dry, level surface without worrying about the weather. Twenty one laps is approximately one mile.



## Jill's Seniorfit

**Contact:** COA Front Desk

**Phone:** (508) 430-7550

**Email:** [jwitas@harwich-ma.gov](mailto:jwitas@harwich-ma.gov)

**When:** Wednesday & Friday, 9:15AM-10:15AM

**Fees:** \$50 / 12 Classes per (6 week session)

Senior Fit is a total body fitness workout specially designed for seniors who want to remain active. This workout is safe and relaxed (any work done on the floor is optional). The class fuses stretching, calisthenics, and movement exercises into a dozen unique musical routines that are easy to follow, energizing, and loads of fun!

Class size is limited, so please be sure to sign up at the COA front desk to reserve your space.

## Qi Gong Class

**Contact:** COA Reception Desk

**Phone:** 508-430-7550

**When:** Wednesdays, 10AM-11AM

**Fees:** \$15 per class (capacity capped at 12 people)

Practiced for the same reasons as Tai Chi, Qi Gong (Chi-Gong) is a more simple way of cultivating out life-force energy to improve health and overall well-being. Rather than learning a sequence of postures, Qi Gong is done mostly in a stationary position, either standing or sitting. No special equipment is necessary, and prior experience is not required. There is no ongoing commitment required to attend this class.

## Indoor Walking Group

**Contact:** Recreation Department

**Phone:** (508) 430-7553

**Email:** [sfraser@harwich-ma.gov](mailto:sfraser@harwich-ma.gov)

**When:** [Monday](#), 10:30AM-11:45AM,

[Tuesday](#), 10AM-11AM

[Wednesday & Thursday](#), 11AM-12PM

**Fees:** None

Indoor gym walking to great music! Meet new friends and have some laughs. Walking increases stamina, improves balance, increases happiness and lifts your mood. This event is free to attend! Please bring your own water bottle.

# Health and Fitness

## Rec Sit/Fit Class

**Contact:** Recreation Department

**Phone:** (508) 430-7553

**Email:** sfraser@harwich-ma.gov

**When:** Monday & Friday, 9:30AM-10:30AM

**Fees:** None

Sit/Fit is a strength and stretch class that increases stamina, strengthens upper and lower body, and improves your balance. This class is run by Susan Fraser, Recreation Program Specialist. No sign-up required, just show up! Please bring your own water bottle.

## Chair Yoga

**Contact:** COA Front Desk

**Phone:** (508) 430-7550

**Email:** jwitas@harwich-ma.gov

**When:** 2nd & 4th Wednesday of each month, 11AM-12PM

**Fees:** None

In partnership with Yoga Neighborhood, we will be hosting a new chair yoga class twice a month. They are generously offering us a discounted rate, allowing us to provide this class at no cost to you. Chair yoga has many benefits, including increased flexibility, improved muscle strength, better balance and coordination, lower stress, reduced pain, and even better sleep.

**Registration for the class is suggested as spots fill up quickly. Call the COA to sign up.** Capacity is capped at 25 people per class.

## Recreation Department Programs

**Men's 55+ Basketball** - Mondays & Wednesdays, 12PM-2:30PM,  
& on Fridays, 1PM-3PM

**Adult Volleyball** - Thursdays, 7PM-8:45PM

For more information about these Recreation programs, and how to sign up for them, contact the Rec Dept at **508-430-7553**

## **Fitness Room Memberships — Get Fit!**

The Harwich Community Center is proud to offer an extensive and affordable fitness facility to help the people of Harwich stay healthy and happy. All Harwich residents over the age of 16 are welcome to purchase a membership for our Fitness Room, and all skill levels are welcomed.

### **Memberships:**

*Only \$15 for a 30 Day Membership!*

*\*\*Silver Sneakers memberships are also accepted. Contact your insurance company today to find out if they offer Silver Sneakers\*\**

### **Hours of Operation:**

**Monday:** 6AM – 5:45PM

**Tuesday—Friday:** 6AM – 8PM

**Saturday:** 8AM – 3:45PM

*Sunday Closed*

\*Hours subject to change due to holidays and town events

**To join:** Bring proof of residence (or rental agreement). Fill out emergency data card and hold harmless waiver. Applicants ages 16-18 must have permission slip signed by a legal guardian. Submit payment (cash, check, money order).

### **\*\* Personal Trainer \*\***

We have invited Jill Brown, a local certified personal trainer, to provide free consultations and guidance on how to use Fitness Room equipment for our members at no additional charge.

**Mondays & Thursdays — 9:15AM-11:15AM**

Jill Brown specializes in weight management, low-impact exercise, and overall well-being. She plays a critical role in making our fitness room more accessible, effective, and fun for all our members.



# Arts and Crafts

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## **Guild of Harwich Artists**

**Contact:** Michael Rudden, President

**Phone:** (617) 851-3960

**Email:** msrarch@gmail.com

**Website:** [www.guildofharwichartists.org](http://www.guildofharwichartists.org)

**When:** **General Meetings** typically on third Saturday of the month, 1:30PM - 4PM

**Open Painting Sessions,** Every Thursday, 1PM-4PM

**Fees:** For more information visit: [guildofharwichartists.org](http://guildofharwichartists.org)

The **Guild of Harwich Artists**, established in 1979, is a non-profit organization of artists who share an interest in visual art and the desire to create. It is art that brings us together; but it is our supportive community of established and developing artists that binds us together. General Meetings followed by a guest artist demonstration are held monthly at the Harwich Community Center. Artists also come together to paint every Thursday afternoon in the Community Center; all are invited to join them. Guild Membership is open to all Cape Cod residents and taxpayers.

## **Quilt Bank**

**Contact:** Karen

**Phone:** (774) 487-1645

**Email:** kpistcraft1@hotmail.com

**When:** Monday, 9AM-3PM

**Fees:** None

All members are invited to drop in on Mondays from 10AM to 2PM to make quilts with others for those in need. All materials are provided. Over 500 quilts per year are donated to wounded soldiers, disaster victims, abused women and children, seriously ill children in regional hospitals and others in need of comfort.

For more information, visit: [www.bayberryquiltersofcapecod.com](http://www.bayberryquiltersofcapecod.com)

## **KD Quilters**

**Contact:** Hilary

**Phone:** (508) 896-2386

**When:** The 1<sup>st</sup> & 3<sup>rd</sup> Monday of each month

**Fees:** Contact group for more information.

Sewing time for local quilters.

## **Cranberry Rug Hooking Guild (Chapter of ATHA)**

**Contact:** Meredith Harris

**Phone:** (707) 299-7430

**Email:** cranberryrughookers@gmail.com

**When:** Mondays, 9:30AM-12:30PM

**Fees:** Contact group for membership information.

Our group brings traditional rug hooking artists together for programs and camaraderie. We are a diverse group of beginners and all levels of experience. As a chapter of the ATHA (Association of Traditional Hooking Artists), we welcome visitors and anyone interested in learning more about our art.

Visit our website: [cranberryrughookers.wixsite.com/capecod](http://cranberryrughookers.wixsite.com/capecod)

## **Wednesday Stitchers**

**Contact:** Moira Finley

**Phone:** (774) 212-5802

**Email:** MEF1526@gmail.com

**When:** Wednesday, 10AM-3PM

**Fees:** Contact group for more information.

Our group was originally involved with the craft of counted cross stitch; however, we have since expanded to include knitting and crocheting. Our goal is to help each other learn and improve our technique. Beginners or experienced—all are welcome!

## **Front Porch Rug Braiding Guild**

**Contact:** Janet Fitzgerald

**Phone:** (781) 603-7971

**Email:** janetfitz222@gmail.com

**When:** Contact Janet for dates

The Front Porch Rug Braiding Guild meets several times a year. Our meetings are social gatherings for every level of rug braider. Lessons are available for anyone who would like to learn this wonderful traditional fiber art. There is no membership required, just a \$20 room fee for the meeting. Please email or text Janet for more information.



# Music

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## Cape Community Orchestra

**Contact:** Kwan Faith

**Phone:** (774) 722-1541

**Email:** [capecommunityorchestra@gmail.com](mailto:capecommunityorchestra@gmail.com)

**When:** Check with front desk about times

**Fees:** None

The Cape Community Orchestra was formed in 1990 to maintain an orchestra on Cape Cod for musicians of all ages who have the ability to read and perform music on the instrument of their choice. Our members come from the entire Cape Cod area and we are always looking for new members, especially strings. If you have an interest in joining, please call the number above.

For more information please see our website:

[www.capecommunityorchestra.org](http://www.capecommunityorchestra.org)

Or join us on facebook at [facebook.com/CapeCommunityOrchestra/](https://facebook.com/CapeCommunityOrchestra/)

## Ukulele Classes

**Contact:** COA Front Desk

**Phone:** 508-430-7550

**Email:** [jwitas@harwich-ma.gov](mailto:jwitas@harwich-ma.gov)

**When:** Mondays

**Fees:** \$50

**Beginner 1, 1PM-2PM:** Class will work on 3-4 chord tunes. Not for absolute beginners: must know the basic 8 chords. For those who need more practice on strumming and want to learn more tunes.

**Absolute Beginners, 2PM-3PM:** Found a ukulele in your closet, or were given one and don't know how to place? This is your class! This class is for people who are new to ukulele. Learn to tune the instrument, beginner strumming, & how to place the basic 8 chords.

**For both classes:** Registration is required. Each class must have at least 5 students or is subject to cancellation. BYO ukulele.



## Harwich Town Band

**Contact:** Tom Jahnke

**Phone:** 617-717-9828

**When:** Tuesday, 6:30PM-8PM  
(October-December 2023 & March-June 2024)

**Fees:** None

The Harwich Town Band has been playing for Cape audiences since 1975. The band meets for weekly rehearsals at the Community Center, preparing for events such as the band's Annual Holiday Concert, and summer performances at Brooks Park.

## Sound Dunes Swing Ensemble

**Contact:** Jim Stamboni

**Phone:** (508) 760-1207

**Email:** jstambon@comcast.net

**When:** Wednesday, 6PM-8:30PM

**Fees:** None

The Sound Dunes is a big band featuring music of the 30's through the 70's. There are "open" rehearsals on Wednesday night for interested instrumentalists, vocalists and dancers. Feel free to bring your instrument, voice, or dancing shoes and join us. While these are rehearsal sessions and not "performances", people are welcomed to come listen, sing along to, or dance to, for that matter, some great music. Hope to see you there! Feel free to check us out on our website: [www.sounddunes.org](http://www.sounddunes.org) or join our Facebook group at [www.facebook.com/sounddunesensemble](http://www.facebook.com/sounddunesensemble).

## Singing Group

**Contact:** COA Front Desk

**Phone:** 508-430-7550

**Email:** jwitas@harwich-ma.gov

**When:** 2nd & 4th Thursday of the month, 2PM-3PM

Can you carry a tune? Then come sing with us! A monthly singing group has formed, and we'd love for you to share your voice with us. From bass to soprano, there's a space for you.

**Sign up is helpful so we can make enough copies of sheet music.**

# Games

## Cranberry Mah Jongg

**Contact:** Anne Hines

**Phone:** (508) 432-5151

**Email:** ed\_annehines@comcast.net

**When:** Wednesdays, 1PM-4PM

**Fees:** None

Stop by on Wednesdays to play Mah Jongg. All are welcome.

## Mah Jongg

**Contact:** COA Reception Desk

**Phone:** 508-430-7550

**Email:** jwitas@harwich-ma.gov

**When:** Tuesday, 9:30AM-12:30PM & 1PM-4PM

**Fees:** None

This is a weekly group that gathers to play Mah Jongg. There are no lessons, but all levels of play are welcome. Walk-ins are also welcome.

## Game Room Information

Stop by the Community Center's Game Room, which is available for free use while the building is open! No pre-registration required—Everything is first-come, first-serve and all equipment is provided by the facility.

### Our Available Game Room Equipment:

- 2 Pool tables (regulation size)
- 2 Ping-Pong tables

*We will also be installing a New TV  
at some point in the future!*

***\*\*Please be advised that all children under the age of 12  
must be accompanied by an adult to use the Game Room—  
Absolutely no exceptions!\*\****





## 18+ Pickleball

**Contact:** Recreation Department

**Phone:** 508-430-7553

**Email:** REC@harwich-ma.gov

**When:** Mon—Fri: 8AM-12PM  
Tues & Friday: 5PM-7PM

**Fees:** Varies; Contact Rec Office for details

Sign up to play pickleball with the Harwich Rec Department!

This group meets up at the **204 Sisson** building gymnasium.

**Pre-registration is required.** Contact the Rec Dept. at **508-430-7553** to sign up today!

## COA - Cribbage

**Contact:** COA Reception Desk

**Phone:** 508-430-7550

**Email:** jwitas@harwich-ma.gov

**When:** Fridays, 1PM-2:30PM

**Fees:** None

Join the COA in the glass room for Cribbage. No sign-ups required, just stop by to play. All are welcome!



# Service and Social Groups

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## Chatham-Harwich Newcomers Club

**Contact:** [www.chathamharwichnewcomers.org](http://www.chathamharwichnewcomers.org)

**When:** Contact group about specific activity meet-ups

A social club for residents of Harwich and Chatham, serving the needs of both newcomers to the Cape and seasoned residents who are looking for an enhanced social life and the opportunity to meet new people. Offers 24 activities, including biking, book club, bowling, hiking, woodworkers, corn hole toss, and fine dining.

## Harwich Women's Club

**Contact:** Paula Sweeney

**Phone:** (774) 272-2363

**Email:** [psweeney23@hotmail.com](mailto:psweeney23@hotmail.com)

**When:** 2<sup>nd</sup> Thursday of each month, 1:30PM-3:30PM

**Website:** [www.harwichwomansclub.org](http://www.harwichwomansclub.org)

The Harwich Woman's Club is a 501(c)3 nonprofit Public Charity organization whose members are dedicated to serving our community through charitable giving. The group lends support to other local nonprofit organization projects in areas such as Family assistance, Domestic Violence, Elder need, Children's literacy, Veterans help and Holiday Toy collections. The group also awards Grant funds in support of local educational programs and scholarships, Arts and Music, Conservation programs, while providing an opportunity to build social connections with other members in a welcoming atmosphere,

## Women's Club Book Discussion Group

**Contact:** Gail Marshall

**Phone:** 508-432-2146

**When:** Last Monday of each month, 2PM-3PM

**Note:** [May 2024 meeting is on May 20<sup>th</sup>](#)

Members of the Harwich Women's Club meet up once a month for a book discussion group. Contact the Women's Club for more information.

## Senior Lunch Program

**Contact:** COA Reception Desk

**Phone:** (508) 430-7550

**Email:** jwitas@harwich-ma.gov

**When:** Monday – Friday, 11:30AM-12:30PM

**Fees:** \$3 per person

(It is \$1 more for out-of-town guests)

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

Lunch includes a delicious home-cooked meal along with a special dessert treat. Come along and make new friends, or come with a group... either way, we're sure you'll enjoy it! Menus are available both in the Council on Aging newsletter as well as available at the Council on Aging Reception Desk for you to peruse at your leisure.

**Reservations must be made one week in advance.**

**Call (508) 430-7550 to sign up!**

The Cranberry Coach is available to pick you up for these meals by calling them directly at (508) 241-1566. This program is a great place to meet people and not have lunch or supper alone. Please call today!!

## Big Screen Movie Day

**\*\*\*\* A Movie Day for Seniors! \*\*\*\***

**Contact:** COA Reception Desk

**Phone:** (508) 430-7550

**Email:** jwitas@harwich-ma.gov

**When:** 3<sup>rd</sup> Friday of the month, 1PM-3PM

**Fees:** None

Come alone or with your friends to view a movie on the “big screen” in the Multipurpose Room. We’ll even be serving popcorn!

**You must pre-register by calling the COA at (508) 430-7550.**





# Service and Social Groups

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## **Women's Breakfast**

**Contact:** COA Reception Desk

**Phone:** (508) 430-7550

**Email:** [jwitas@harwich-ma.gov](mailto:jwitas@harwich-ma.gov)

**When:** 4<sup>th</sup> Friday of each month, 9:30AM-10:30AM\*

**Fees:** Program is free, but donations are encouraged

Join us for a special breakfast program just for women, with breakfast prepared by our own Chef, Linda St. Pierre. An informational presentation or entertainment will be offered.

### **Reservations are required.**

\*This group traditionally meets on the 4<sup>th</sup> week of the month, but that is subject to change due to holidays or other major events. Contact the COA for more details.

## **Men's Breakfast**

**Contact:** COA Reception Desk

**Phone:** (508) 430-7550

**Email:** [jwitas@harwich-ma.gov](mailto:jwitas@harwich-ma.gov)

**When:** 2<sup>nd</sup> Friday of each month

9:30AM-10:30AM: Men's Breakfast

**Fees:** Program is free, but donations are encouraged

The Men's Breakfast group meets monthly for a homemade breakfast, followed by an informational speaker. This Program is free, but donations are encouraged.

**Reservations are required by calling the COA at 508-430-7550.**

**To register for Men's Breakfast or Women's Breakfast, contact the COA anytime after the first of the month, or stop in to sign up in person. Registration ends 24 hours prior to breakfast. Should we reach capacity, we will maintain a waitlist in case of cancellations.**

## Grab a Tea with Me

**Contact:** Community Center front desk  
**Phone:** (508) 430-7568  
**Email:** CCarey@harwich-ma.gov  
**When:** See the front desk for dates  
**Fees:** None

Join the Community Center Building Director, Carolyn Carey, for a free cup of tea (or coffee), to discuss any ideas or concerns you may have about the Community Center. Together with any other citizens who might drop in, you can ask questions, get information, or just grab a drink and say 'Hi.'

## Children's Playgroup - Cape Cod Children's Place

**Contact:** Cape Cod Children's Place  
**Phone:** (508) 240-3310  
**Email:** edempsey@capecodchildrensplace.com  
**When:** (Contact Group for specific meeting dates)

This is a playgroup program for children & their families. Children must be accompanied by a supervising parent or caregiver. We are offering several programs at the Community Center. Contact Cape Cod Children's Place to register, 508-240-3310.

## FREE Family Movie Night **NEW!**

**Contact:** Community Center front desk  
**Phone:** (508) 430-7568  
**Email:** reagan.wilda@harwich-ma.gov  
**When:** One Friday a month  
**Fees:** None

Come enjoy a family friendly movie one Friday a month in our Multipurpose Room. We'll have popcorn and snacks. Call for more information.





# Special Interests

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## Harwich Conservation Trust

**Contact:** Michael Lach

**Phone:** (508) 432-3997

**Email:** [mike@harwichconservationtrust.org](mailto:mike@harwichconservationtrust.org)

The Harwich Conservation Trust holds many special events at the Community Center, including live animal programs and interesting educational presentations. For updates on specific events, please visit their website at: **[www.harwichconservationtrust.org](http://www.harwichconservationtrust.org)**

## Master Gardeners

**Contact:** Russell Norton

**Phone:** (508) 375-6700

**Email:** [gardeners@capecod.gov](mailto:gardeners@capecod.gov)

**Fees:** Contact group for membership information

Master Gardeners are adults of all ages who love gardening and who have previous gardening experience. They come from all walks of life and are willing to learn about horticulture and share that research-based information with others.

For information, visit:

<https://www.capecod.gov/departments/cooperative-extension/programs/agriculture-horticulture-master-gardener/>

## Let's Learn Sign Language

**Contact:** COA Reception Desk

**Phone:** (508) 430-7550

**Email:** [jwitas@harwich-ma.gov](mailto:jwitas@harwich-ma.gov)

**When:** Wednesdays, 1PM-2PM

**Fees:** No Fee

Join Laurie Moore to learn some simple, conversational American Sign Language that you can use in everyday life. Laurie makes this FREE activity fun and accessible for everyone—no experience required! After just one or two sessions, you will learn phrases that you can easily use and teach.

## Garden Club of Harwich

**Contact:** Mary M. Wheeler

**Phone:** (508) 246-5850

**Email:** marymcgrathwheeler@gmail.com

**Fees:** Contact group for membership

The club's mission is to stimulate interest in gardening, horticulture, and to beautify Harwich through education, conservation and cooperation. The club plants and maintains 18 public spaces and 50 Streetscape Containers throughout the Harwiches. We create bouquets for the elderly through our Community Outreach, as well as pick up roadside trash through our Project G-Litter program. We provide scholarships, tool-ships and mini-grants. We decorate the Harwiches for the holidays with 100 wreaths. We are a working club and we are eager to accept new members. For more information on meet-up dates, or to submit an application for membership, visit:

[www.gardenclubofharwich.org/](http://www.gardenclubofharwich.org/)

## Women's International League for Peace and Freedom

**Contact:** Donna Pihl

**Phone:** (774) 237-0172

**Email:** dpihl2@comcast.net

**Fees:** Contact group for membership information

WILPF is a group of women and men who work to create justice and peace locally, nationally, and internationally. WILPF envisions a transformed world at peace, where there is racial, social and economic justice for all people everywhere—a world in which the interconnecting web of life is acknowledged and celebrated, and human societies are designed and organized for self-governance.



# Special Interests

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## Cape Cod Business Referrals

**Contact:** Brian Widegren

**Phone:** (508) 432-2600

**Email:** brianwidegren@gmail.com

**When:** Thursday, 7AM-8:30AM

**Fees:** Contact group for membership information

Membership consists of tradesmen as well as professionals: lawyer, insurance, electrician, plumber, mason, handy man, real estate agent, janitor, website designer, landscaper, roofer, house contractor, etc. Meet up to learn about each other's business and refer each other clients. Membership is limited to one person for each profession.

## Cape Cod Hydrangea Society

**Contact:** Beth Wills (*Co-President*)

**Phone:** (508) 479-5710

**Email:** bethwills.121@gmail.com

**Contact:** Ashley Cadrin (*Co-President*)

**Phone:** (508) 681-5017

**Email:** Ashleycadrin@gmail.com

**When:** Contact group about meetings

**Website:** [www.thecapecodhydrangeasociety.org](http://www.thecapecodhydrangeasociety.org)

Hydrangea enthusiasts meet to educate, increase our knowledge, and share what we have learned for the benefit of the entire Cape Cod community.





## Insight Meditation Circle

**Contact:** Deborah Ennis

**Phone:** (508) 432-3383

**Email:** debennis50@gmail.com

**When:** 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month, 7PM-9PM

30 minutes of meditation followed by discussion on a topic pertaining to our meditation. Free and open to all.

## Cape Military Museum Lecture Series

**Contact:** Regan Wilda

**Phone:** (508) 430-7568

**Email:** reagan.wilda@harwich-ma.gov

**When:** Call for details

The Cape Cod Military Museum is a non-profit organization dedicated to promoting an understanding and appreciation of the contributions of American men and women in the conflicts our country has been involved in, with an emphasis on the unique role of Southeastern Massachusetts. **From October 2023 through June 2024, they will be holding a one-hour lecture series once a month to share with the public their collection of stories and displays.**

# Support and Self-Improvement

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## Al-Anon

**Contact:** Al-Anon Family Groups of MA

**Phone:** (413) 281-9509

**Email:** afgofma@aol.com

**When:** Fridays, 5:30PM-6:30PM

**Fees:** None

Al-Anon is a mutual support group for people whose lives have been affected by someone else's drinking. Friends and family members have the opportunity to learn from the experiences of others who have faced similar problems. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help

[www.al-anon.org](http://www.al-anon.org)

## Narcotics Anonymous

**\*\*Contact Community Center Front Desk for more details\*\***

**Phone:** (508) 430-7568

**When:** Wednesdays, 7:30PM-9PM

**Fees:** None

12 Step Recovery Meetings.

## Sight Loss Services Support Group

**Contact:** Rhonda Garran

**Phone:** (508) 394-3904

**Email:** Rhonda@sightloss.org

**When:** 1<sup>st</sup> Tuesday of the month, 10:30AM-12PM\*

*\*Meets Sept 2023 through June 2024*

**Fees:** None

Peer led support group meeting for people affected by vision loss of any degree, for any reason of any age. Speakers and experts give presentations, and the group discusses coping techniques and medical advances. Please RSVP to the office to attend. Transportation is available.



## Homeless Prevention Council

**Contact:** Julie Witas

**Phone:** (508) 430-7550

**Email:** [jwitas@harwich-ma.gov](mailto:jwitas@harwich-ma.gov)

**When:** Tuesdays, 12:30PM-3:30PM

**Fees:** None

Caseworker from the HPC is available to meet at the Harwich Council on Aging on Tuesday afternoons from 12:30PM-3:30PM. They can help with housing applications, applying for food stamps, fuel assistance, and other personalized case management support. **This is a walk in service—no appointment required.**

Can't make it Tuesdays, but want to get in touch with HPC for support? Contact them at 508-255-9667, or [info@HPCcapecod.org](mailto:info@HPCcapecod.org)

## Foot Care Clinic

**Contact:** COA Reception Desk

**Phone:** (508) 430-7550

**Email:** [jwitas@harwich-ma.gov](mailto:jwitas@harwich-ma.gov)

**When:** Contact COA for dates

**Fees:** \$45 / \$50 per appointment

Footcare clinic sponsored by the COA. Trained nurses will provide a general assessment of your feet and will trim, file, clean and reduce thickening of nails, smooth corns & calluses, and massage your feet. Appointments at the COA are \$45/\$50.

**Call 508-430-7550 to make an appointment.**



# Support and Self-Improvement

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## Council on Aging Assistance Programs

### Wellness Clinic

**Contact:** COA Reception Desk

**Phone:** (508) 430-7550

**Email:** [jwitas@harwich-ma.gov](mailto:jwitas@harwich-ma.gov)

**When:** Wednesday, 9:30AM-12PM & Monday, 4PM-5PM

**Fees:** None

Meet with the Town Nurse to have your blood pressure taken, ask health related questions, or discuss your health needs. Appointments are required—call the COA at 508-430-7550 to schedule yours!

### Medical Equipment Loans

Durable medical equipment is available for loan for free to Harwich residents (canes, walkers, commodes, shower seats, wheelchairs, ect.). Non-resident loans are dependent on supply.

*(NOTE: Please clean equipment thoroughly before returning.)*

**For more information or to see if we have what you need, contact the COA at 508-430-7550.**

### SHINE Appointments

**Contact:** COA Reception Desk

**Phone:** (508) 430-7550

**Email:** [jwitas@harwich-ma.gov](mailto:jwitas@harwich-ma.gov)

**When:** Tuesdays, 9AM-12PM (October 2023-December 2023)

**Fees:** None

SHINE offers free assistance to help older adults who are eligible for Medicare navigate the complex health insurance system. Counselors are volunteers who are trained and certified annually by the Executive Office of Elder Affairs.

**Call the COA at 508-430-7550 to schedule an appointment.**

## Grocery Assistance

If you are trying to avoid the grocery store, we can help! The COA can pick up and deliver groceries from the Family Pantry at no cost. All Harwich seniors are eligible.

**Call the COA at 508-430-7553 for details—NO COST**

## Pharmacy Assistance

COA staff will pick up and deliver your Rs if: (1) the Rx is filled at CVS, Shaws/Osco, or Stop & Shop in Harwich, and (2) No copay is due at the time of pick-up. Call the COA for more details.

## Legal Assistance

Do you have a legal question? Schedule a free half-hour consultation with an attorney who specializes in elder law. In-person appointments are now being scheduled. Call the COA at 508-430-7550 to schedule an appointment.

## Veteran's Assistance

Veterans Service Officer, Shawney Carroll, is available from her Harwich office on Tuesdays & Thursdays from 9AM-4PM to assist Veterans, as well as surviving spouses, with claims, VA healthcare, VA pensions, MGL Chapter 115 low income benefits, and more. Shawney can be reached by phone at 508-778-8740 (Hyannis office) or 508-430-7510 (Harwich Office), or by email at [capevso2@comcast.net](mailto:capevso2@comcast.net).



# Proposals for New Programs

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The Harwich Community Center's facilities include a number of spaces which are available for use by private individuals, for-profit organizations, and non-profit organizations at various rates. These spaces may be rented for single uses or on a yearly basis. If you would like to reserve a room, please see the front desk for more information about room rental fees and to pick up an Application for Room Use form.

**We welcome proposals for new groups or classes at any time, as we are always looking to expand our program offerings here at the Community Center.**

New proposals are reviewed on a rolling basis for any open time slots. Classes have been offered in many different formats in the past: one-session workshops or presentations, multi-session classes, one hour lectures, evening concerts, panel discussions or lectures, and many more.

## **Complete the following three steps to submit a proposal:**

1. Read the general information
2. Fill out a New Program proposal form. You will be asked for your contact information, program title, a description of your class/group (for the information booklet, if selected), requested room set-up, a short biography, ect.

Return your application to the front desk where it will be reviewed by the Building Director and, if necessary, submitted to the Facilities Committee for approval.

Space will not be reserved until applications and Room Use Fees are received. All reservations are on a first-come, first-serve basis.

## Rental Rules

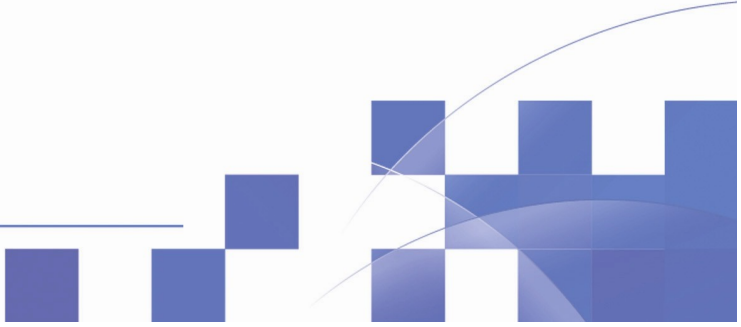
- ◆ Participants must abide by the Board of Health rules regarding food at the Community Center
- ◆ Decorations must be in compliance with the Community Center Decorations Policy.
- ◆ No alcohol is permitted on the premises.
- ◆ Supervision of the program is the responsibility of the applicants.

## Technology/Equipment

If you would like to make use of the following available equipment, please alert staff at the time you reserve your space or as early as possible in advance of your meeting. Equipment is loaned on a first-come, first-serve basis. All equipment must be returned in the same condition in which it was loaned. Equipment may not be removed from the building.

- ◆ Easel (groups must provide their own chart paper)
- ◆ White Board Easel (Note: Activity Rooms 2-5 are equipped with whiteboards)
- ◆ Two podiums with microphones
- ◆ Portable PA System with Microphone
- ◆ Digital Projector

## For renters providing services to clients, the following documentation must be provided prior to the beginning of the rental:

- ◆ A business license or professional license (if applicable)
  - ◆ A certificate of insurance naming the Town of Harwich as also insured for \$1,000,000
  - ◆ A completed CORI Check
- 



# Hours of Operation

**Monday:** 6AM - 6PM

**Tuesday—Friday:** 6AM - 9PM

**Saturday:** 8AM - 4PM

**Sunday:** CLOSED



**FOLLOW US**  
ON FACEBOOK

@ HarwichCommunityCenter

HARWICH

Community

CENTER

100 Oak Street

Harwich, MA 02645

(508) 430-7568

Fax: (508) 430-7085

March 2024