

Harwich Community Center News

Phone: 508-430-7568



April 2023



Director's Update

Hello!

Spring is right around the corner. The days are getting longer and the promise of new life and colors bursting from the ground is so inspiring.

When I was starting to write this letter, I accidentally dropped one of my files and a letter I wrote was staring at me. As I re-read the letter, I realized how appropriate it would be to send to all of you. So here goes:

On behalf of all of us, I'd like to express how excited we are to have you as part of the Community Center.

First things first—welcome! No matter what brought you here, or keeps bringing you back, it's now my job to help you find the programs, events, and activities that are right for you and your lifestyle.

We want you to feel like your Community Center experience is more than a building. Our members come from all different backgrounds; we have new moms getting back into a routine, seniors keeping sharp and maintaining flexibility, children playing, families making healthy living a family affair, and of course you.

Whatever I can do to help you, please let me know. If you have any questions about classes, schedules, or the building, just ask. I am happy to find answers and seek solutions. Most importantly, let us know how you feel and how we are doing to help you be successful. The best feedback is the stuff that comes straight from you, our members. We're listening, I promise.

~Thank you again, and welcome to the family!

~ Carolyn Carey

The building will be closed on the following date due to the holiday!
Patriots Day – April 17, 2023



Grab a Tea with Me!
MAKE-UP MEETING
Room Rates & Booking Procedures
April 5th, starting @ 10:00AM

Join us for this re-scheduled meeting to discuss the Community Center's current room rates and booking procedures, and any potential future changes that will take effect on July 1, 2023.

Note: This is a make-up meeting for the cancelled Feb 2023 meeting.

Light refreshments will be provided!

There will be a second *General Meeting* to discuss all topics on Tuesday, April 18th, at 10AM.



Bunny Photo Op!
April 7th, 4:30PM-5:30PM



Stop by the Harwich Community Center to meet the bunny, who will be happy to take a picture with you!

Don't forget to bring your camera.

Magic Show with Crazy Davy

April 18th, at 2PM

Have a magical day that both you and your child will treasure!

Join Crazy Davy for a FREE magic show that focuses on education, laughter and fun, where children are the stars and actively participate in the magic.

~ Magic and illusion for ages 3 and up ~



We are accepting last minute sign-ups for our DIY Egg Hunt Take-Home Kits!

If you would like to pick up a FREE Egg Hunt Kit, call us at 508-430-7568 to sign up now!

Available pick-up times: April 4th – 6th, between 9AM-3PM



Guess-and-Win Jelly Bean Contest!

Guess how many jellybeans are in the jar. The closest guess that doesn't go over wins a prize! Two prizes will be given out—one for adults, and one for children.

Submit your guess at the front desk by 2PM, Friday, April 14th. Winners will be contacted that same day.



Easter Coloring Pages are available at the front desk!

Event Calendar & Schedule

Monday – Building closes at 6PM

Walking Club	6:00AM – 8:00AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Rec Sit/Fit Class	9:30AM – 10:30AM
Cranberry Rug Hookers	9:30AM – 1:00PM
Quilt Bank	9:00AM – 2:00PM
Indoor Walking Club	10:30AM – 11:45AM
COA Scrabble	10:30AM – 11:30AM
Men's 55+ Basketball	12:00PM – 2:00PM
Ukulele Class: Strumming	1:00PM – 2:00PM
Ukulele Class: Beginners	2:00PM – 3:00PM
COA – Open Play	2:00PM – 3:00PM
After School Youth Rec	2:30PM – 5:00PM
Newcomers Cornhole Toss	3:00PM-5:00PM
Wellness Clinic	4:00PM – 5:00PM
Zumba	5:00PM – 6:00PM

Tuesday

Walking Club	6:00AM – 8:00AM
Lumi Yoga & Wellness	9:00AM – 10:15AM
Coffee Connections	9:00AM – 10:00AM
Mah Jongg	9:30AM – 12:30PM
COA SHINE	9:30AM – 12:30PM
Intermediate Tai Chi	10:00AM – 11:00AM
Indoor Walking Group	10:00AM – 10:45AM
Balance Boosters	10:30AM – 11:15AM
COA – Canasta	10:30AM – 11:30AM
Beginner Tai Chi	11:15AM – 12:15PM
Senior Volleyball	11:00AM – 1:00PM
Homeless Prevention Council	1:00PM – 3:00PM
Mah Jongg	1:00PM – 4:00PM
COA – Open Play	2:00PM – 3:00PM
After School Youth Rec	2:30PM – 5:00PM
Rec Youth Basketball	5:00PM – 7:30PM
Town Band	6:30PM – 8:00PM
18+ Co-Ed Basketball	7:30PM – 8:45PM

Wednesday

Walking Club	6:00AM – 8:00AM
Jill's Senior Fit	9:15AM – 10:15AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12:00PM
Wednesday Stitchers	10:00AM – 2:30PM
Newcomers Ping Pong	10:00AM – 11:00AM
QiGong	10:00AM – 11:00AM
COA – Open Play	10:30AM – 11:30AM
Indoor Walking Group	11:00AM – 11:45AM
Men's 55+ Basketball	12:00PM – 2:00PM
COA Sign Language	1:00PM – 2:00PM
Cranberry Mah Jongg	1:00PM – 4:00PM
COA Fit & Strong	1:30PM – 3:00PM
COA – Rummikub	2:00PM – 3:00PM
After School Youth Rec	2:30PM – 5:00PM
Rec Youth Basketball	5:00PM – 7:30PM
Community Orchestra	6:00PM – 8:40PM
18+ Co-Ed Basketball	7:30PM – 8:45PM
NA	7:30PM – 9:00PM

Council on Aging Activities

- **Cape Media Presentation:** April 6th, 10AM-11AM
- **Chair Yoga:** April 12th & 26th, 11AM-12PM
- **Beyond The Book:** April 13th, 10AM-11AM
- **Men's Breakfast:** April 14th, 9:15AM-10:30AM
- **Men's Book Club:** April 14th, 11AM-12PM
- **Shingles Clinic:** April 14th, 12:45PM-2:30PM
- **Horticulture Happy Hour:** April 20th, 10AM-11AM
- **Medicare Fraud Workshop:** April 25th, 1PM-2PM
- **AARP Safety Course:** April 24th & 27th, 10AM-12PM
- **Singing Group:** April 27th, 10AM-11AM
- **Mobile Dental Clinic:** April 28th, 9AM-3PM
- **Women's Breakfast:** April 28th, 9:15AM-10:30AM

Thursday

Walking Club	6:00AM – 8:00AM
CC Business Referrals	7:00AM – 8:30AM
Zumba	7:30AM – 8:30AM
Lumi Yoga & Wellness	9:00AM – 10:15AM
Indoor Walking Group	11:00AM – 11:45AM
Men's Social Hour	11:30AM – 12:30PM
Balance Boosters	12:15PM – 1:00PM
Open Gym	12:00PM – 2:00PM
Harwich Artists Open Painting	1:00PM-3:30PM
Bayberry Quilters	1:00PM – 4:00PM
COA – Bridge	1:00PM – 4:00PM
After School Youth Rec	2:30PM – 5:00PM
Rec Youth Basketball	5:00PM – 6:30PM
Zumba	5:30PM – 6:30PM
Adult Volleyball	6:30PM – 8:45PM
Sound Dunes Swing Band	6:30PM – 8:30PM

Friday

Walking Club	6:00AM – 8:00AM
Jill's Senior Fit	9:15AM – 10:15AM
Rec Sit/Fit Class	9:30AM – 10:30AM
Intermediate Tai Chi	10:00AM – 11:00AM
COA – Open Play	10:30AM – 11:30AM
Beginner Tai Chi	11:15AM – 12:15PM
Senior Volleyball	11:00AM – 1:00PM
COA – Cribbage	1:00PM – 2:30PM
Men's 55+ Basketball	1:00PM – 3:00PM
COA Fit & Strong	1:30PM – 3:30PM
After School Youth Rec	2:30PM – 5:00PM
Al-Anon	5:30PM-6:30PM

Saturday

Lumi Yoga & Wellness	9:00AM – 10:00AM
Open Gym	12:00PM – 3:45PM

Other Events

- **Harwich Democrats:** April 1st, 10AM-11:30AM
- **KD Quilters:** April 3rd & 24th, 9:30AM-1PM
- **Girl Scouts:** April 3rd, 10th & 24th, 4:15PM-6:15PM
- **Sight Loss:** April 4th, 9:30AM-12:30PM
- **Insight Meditation:** April 4th, 7PM-9PM
- **WILPF:** April 4th, 5:30PM-7:45PM
- **Senior Softball Meeting:** April 4th, 2PM-4PM
- **Harwich Garden Club Meeting:** April 4th & 19th, 1PM-3:30PM
- **Grab a Tea with Me:** April 5th & 18th, at 10AM
- **Newcomers Game Night:** April 6th, 6:30PM-8:45PM
- **Pictures with the Easter Bunny:** April 7th, 4:30-5:30PM
- **COA Brown Bag Program:** April 7th, 8AM-12PM
- **Front Porch Rug Braiding:** April 8th, 10AM-3PM
- **Insight Meditation Book Group:** April 10th, 1:30PM-3PM
- **Sharing Kindness:** April 11th & 25th, 5:30PM-7:30PM
- **Friends of COA:** April 12th, 10AM-11:30AM
- **Women's Club Meeting:** April 13th, 1:30PM-3:30PM
- **Master Gardeners Meeting:** April 14th, 12:30PM-3:30PM
- **Jelly Bean Guess & Win:** Entries are due by April 20th
- **Handbell Spring Ring Concert:** April 15th, 3PM-4PM
- **Cranberry Rug Hookers:** April 15th, 9:15AM-1:15PM
- **Magic Show:** April 18th at 2PM
- **Harwich Republicans:** April 21st, 5PM-6PM
- **Big Screen Movie Day:** April 21st, 1PM-3PM
- **Artists Monthly Meeting:** April 22nd, 2PM-4PM
- **Women's Book Club:** April 24th, 2PM-3:30PM
- **Cranberry Festival Meeting:** April 26th, 6:30PM-9PM
- **Tour de Trash:** April 29th, 8:30AM-1PM

Schedule is subject to change.

For more information about specific classes, as well as contact information for groups & instructors, please contact the Community Center at 508-430-7568. For information on all events, please check our event schedule online:

harwich-ma.gov/community-center

Game Room Hours: The Game Room is open for general use during normal building hours.

**Note: The Game Room is unavailable on Thursdays from 10AM-11PM.*

Open Gym Schedule

Tuesdays

1:00PM-2:30PM

Thursdays

12:00PM-2:30PM

Saturdays

9:00AM-11:00AM

(Family/Children*)

12:00PM-3:45PM (All ages)

**Children must be accompanied by an adult*

April Vacation Open Gym Hours

April 18th

(Family) 8:30AM-10AM
(All Ages) 1PM-7PM

April 19th

(All Ages) 2PM-5PM

April 20th

(Family) 8:30AM-10AM
(All Ages) 1PM-7PM

April 21st

(All Ages) 3PM-5PM

APRIL

Spring Ring Hand Bell Choir Concert

Saturday, April 15th, 2PM-3PM

Handbell ringers from across the Cape and from as far away as New Jersey will be gathering to ring together as part of the 8th Cape Cod Spring Ring!

The day will culminate in a public performance at 2pm in the gymnasium of the Harwich Community Center. The concert will feature mass ring selections under the direction of Boston's Back Bay Ringers founding artistic director Griff Gall along with pieces rung by each participating choir.

A donation will be collected at the conclusion of the concert.

Harwich's 8th Annual Tour de Trash

Saturday, April 29th, 9:30AM-12PM

Join us to help clean up Harwich!

Gather your friends, family, co-workers, and neighbors to register for Harwich's Annual *Tour de Trash* volunteer event! Help us clean up Harwich by ridding our roadsides of litter. *Tour de Trash* is a joint effort between the Town Conservation Department and the Harwich Conservation Trust, with assistance and support from Americorps Cape Cod, the Police, Fire, and Highway Departments.

Volunteers will begin at 9:30AM at the Harwich Community Center to sign in and gather their supplies. They will then spread out across Harwich to clean their assigned routes, returning with bags of trash and recycling at noon.

Following the clean-up, volunteers will be provided with lunch. Please wear a bright colored shirt (safety vests will be provided), boots or closed-toe shoes, and bring work gloves. Disposable, non-latex (nitrile which is a synthetic rubber) gloves will also be available.

On-Site Child Care for Town Meeting

The Harwich Rec Department will be providing on-site childcare for the upcoming Town Meeting on:



Monday, May 1st & Tuesday, May 2nd

Beginning at 7PM / No Cost!



Preregistration is required! Contact the Harwich Rec Dept. at 508-430-7553 to reserve your spot.

Reservations must be made by 12PM on May 1st – No walk-ins!



Gardening Tips from Toni March & April in the Garden

Today is March 18th. A cold, windy, cloudy typical March day. On a brighter note, there is a cheerful yellow Witch Hazel tree blooming on the South side of COA. The Hellebores and Daffodils are getting ready to bloom. About the only thing that needs doing in the garden is cutting off last year's brown and dried up leaves on the Helleborus (Lenten Roses).

Leaves that have blown into the garden during the fall and winter form a protective insulating layer around perennials. This covering prevents root damage from early spring frost heave which is caused by temperature fluctuations. Resist the temptation to remove these leaves. Later in May pull them back a little from perennials but leave them in the garden. There are thousands of soil organisms that benefit from decomposing leaves and organic matter.

The last week in April and the first week in May is a great time to cut back the tops of last year's perennials, chop them up a bit and leave them as mulch. The only leaves I remove from the garden are rose leaves-these are often infected with Black Spot spores.

On warm days at the end of March and April roses can be pruned. Mulch can be added to the garden in the Spring or Fall. The Community Center Rose garden gets a 3 inch layer of composted steer manure in the Fall.



Center Stage: Bit of Bliss Yoga of Cape Cod



Janet Bettey, a Yoga Alliance Experienced Registered Yoga Teacher, and trained "Path of Raja Yoga" teacher, is passionate about sharing her holistic approach to strengthening the body both physically and mentally.

Her teaching style is that of compassion-centered philosophy, and the belief that life should be lived with joy, gratitude and dedication to being present in the moment.

Janet guides her students in gentle classes with poses that 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 are experienced practitioners and have a desire to go deeper.

Classes are held on Mondays and Wednesdays at the Community Center from 9:30 AM to 10:30 AM. Janet offers a single drop-in fee, as well as a multiple sessions rate (classes do not need to be taken consecutively).

For more information and to reserve your spot, please visit bitofblissyogaofcapecod.com or contact her at bitofblissyoga@outlook.com or call (978) 500-2390.



VOLUNTEER OPPORTUNITIES

We are seeking volunteers for our many fun projects throughout the year. Whether you have a special talent, a special interest or a desire to make new connections in the community, we would love your help! **To find out more about current volunteer opportunities, please call us at 508-430-7568.**

Fitness Room Updates

Group Fitness

There are many benefits of group fitness! Group classes motivate people and give them a sense of community. We offer several different types of group classes and our instructors are wonderful. We invite people to try, and we will work with any physical limitations or health conditions to create a beneficial and safe environment.

Personal Trainer Available

Our Fitness Room certified personal trainer, Jill Brown, is available every **Monday and Thursday, from 9:15AM-11:15AM** to guide members through the proper use of the gym equipment. This special service is complimentary to all Fitness Room members!



Sign Up for Our Fitness Room Today!

Monthly Memberships available for just \$15

The fitness room is available to Harwich residents with a membership and to Silver Sneakers members. Sign up at the front desk today. Proof of residency or a Silver Sneakers membership card must be provided to sign up.

How can we improve our fitness room?

We are always interested in making the fitness room even better! Please let us know if you have any ideas or suggestions.

Fitness Room Member Spotlight! Jeannine Lindstrom



Jeannine has been a Harwich resident for 12 years now, originally hailing from Pittsfield before moving to Chicago where she spent most of her adult life. When she had first started looking for a home on Cape Cod, the realtor told her about the Community Center as one of the benefits of living in Harwich.

She started using our fitness room for the first time this year, and reports that she is blown away by how immaculate it is, both with how clean the space is kept, and how all the equipment is new and kept up-to-date. She also enjoys using the smaller cardio room for a more private workout.

At first, she didn't know how to use the exercise equipment, but had heard about our personal trainer, Jill Brown. Among all of the fitness clubs she's been a part of both here and in Chicago, she said that she has never had access to a personal trainer free of cost before. "Jill is a treasure, and set up a workout plan made especially for me within my first hour of meeting her."

In her free time, Jeannine enjoys gardening, golfing, and playing Bridge. She also enjoys taking relaxing walks with her dog, a standard poodle named GoGo.



Get to Know the Roses



Teasing Georgia

An Austin English rose that works in an organic garden

Tough, disease resistant yellow roses are rare! Because our climate doesn't suit them, most *Austin English* roses are notorious for disliking gardens in the US and they have an especially difficult time in an organic garden.

This rose is an exception. We have ten *Teasing Georgia* roses in a group at the South East corner of the rose garden. Every June there are loads of double, very fragrant golden blooms. It's a rose that is always in bloom through the

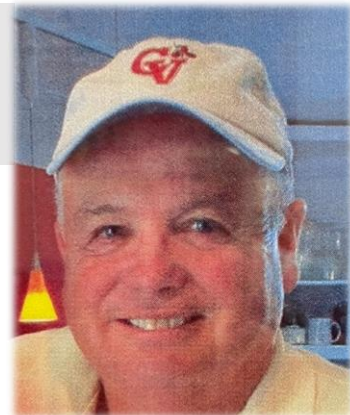
dog days of Summer and well into Fall. A versatile rose, it can be used as a short climber or pillar rose, or used as a hedge, it can stand alone, although a group of three or more is better.

Why is *Teasing Georgia* so much better than other *Austin* roses? It's a member of the *Leander* breeding group and all the roses in this breeding program had Gene Boerner's rose *Aloha* in their parentage. Most likely as a pollen parent. There are around 15 *Austin* roses in this program- *Abraham Darby* being one of them. However, *Teasing Georgia* seems to me to be the very best!



Town of Harwich – Hall of Fame G. Raymond Jefferson Inducted May 6, 2014

“Ray Jefferson’s love and commitment to his adopted community of Harwich was second only to his wife and family and ran neck and neck with golf. Ray was born and raised in Wareham, and graduated from Mass Maritime Academy with a degree in engineering. After a four year stint in the Navy, and a 32 year career with Pratt and Whitney, Ray and his wife, Carol, retired to Harwich, building a house near Cranberry Valley Golf Course.



Upon settling in Harwich, Ray quickly became active at Cranberry Valley serving as President of the men’s golf association, member of the Harwich Golf Committee, working as a course ranger and as a member of the clubhouse renovation project building committee. It was in this activity that Ray’s contribution to the Town is most pronounced.

Ray freely gave of his years of experience in engineering and management to help the Town oversee the design, bidding, and completion of the three major town construction projects of the last 14 years. Ray served as member and chairman of the Harwich Elementary School renovation and expansion, a logistically challenging project conducted while school was still in session...”

To learn more about Raymond Jefferson and other important Harwich residents of the past, visit the Harwich Community Center’s *Hall of Fame*.

The Town of Harwich Hall of Fame is a display honoring Harwich residents, both past and present, who have had a significant impact on our town and community. It is located in the main hallway outside of the Community Center’s gymnasium.

To nominate someone for the Hall of Fame, you must:

1. Complete a Hall of Fame Nomination Form (available at Town Hall) and return it to the Selectmen’s Office
2. Provide a 5X7 photo of the individual
3. Include a written summary of who the person is and why they should be included in the hall of fame

Once a completed packet is received, it must go before the Board of Selectmen for approval.

Grab a book at our Little Book Nook!

Stop by to check out the Harwich Community Center’s “**Little Book Nook,**” where kids, along with their families, caregivers and teachers can pick out a book from our book shelf to take home and enjoy. Donations of new and gently used children’s books are always welcome!



Reflections – A look back at last month...



The Community Center celebrated *International Women's Day* with thank you cards and paper flowers that were available to anyone wishing to show appreciation to the women who inspire you. All paper flowers were "planted" in the Community Center *Garden of Inspiring Women* for the month of March.



March 10th – (WILPF) Women's International League for Peace and Freedom celebrated 100 years and their 50 years on Cape Cod with fiddler Denya LeVine in the Multi-Room.



Harwich Conservation Trust Winter Talk

March 11th – Presenter Carole Ridley covered the topic of what lies ahead for the 1,200 acre Six Ponds District in East Harwich.



March 14th – Volunteer Harwich herring counters attended a kickoff meeting to learn more about how this important program helps scientists protect this species.

Sponsored by the Harwich Conservation Trust



March 20th – Members of the community were extended an open invitation to discuss with Carolyn Carey any ideas, concerns, to get information or just say "Hi" at **Grab a Tea with Me.**





March 20th - Led by Carolyn Carey, the **Sunrise Walk** began at 6:44am in celebration of the Spring Equinox.



March 30th – Spring Fever was in full bloom for **Join Us as We Grow**, where participants created their own planter garden!



Spring is here!! Toni Hollingsworth, our volunteer who works tirelessly maintaining our beautiful Thomas P. “Tip” O’Neill Rose Garden has begun the annual spring cleanup!



Harwich Cranberry Festival Update

SAVE THE DATES!!

Excitement is brewing! The Harwich Cranberry Festival is busy planning the events for the 2023 season.



Craft Fairs will be held at Brooks Park on July 8th & 9th as well as August 12th & 13th. A community yard sale will be held on August 4th at Brooks Park.

Children’s events will happen on BEACH DAY at Red River Beach on September 9th from 11AM-3PM. **FESTIVAL WEEKEND and CRANJAM** is September 16th & 17th at the Harwich Community Center. Mark your calendars and join in the fun! Information can be found on:

Facebook festival business page <https://www.facebook.com/Harwichcranberryfestival>

Cranberry festival’s website <https://www.harwichcranberryartsandmusicfestival.org/>

Please contact us if you wish to volunteer to assist at any event.

Long-sleeve t-shirts are available for just \$20!

We also have crew, hooded, and full-zip sweatshirts available for just \$30 (color and sizes are based on availability)—and grey quarter snaps are \$40.

Stop by today to see what we have in stock!



Free Covid Tests are available in the Community Center front lobby. Stop by to pick one up today!



Flag Disposal Station

Do you have a worn down flag that you need to properly dispose of? There is a drop box located on the Council on Aging side of the building for Unserviceable American Flags.



Passport Processing Times Have Increased!

Effective March 24, 2023, the passport processing times are as follows:

Routine Service: 10-13 weeks

Expedited Service: 7-9 weeks

PLEASE NOTE: Processing times begin the day your application is received at a passport agency or center, **not on the day the customer applied for a passport at an acceptance facility.** Mail times may vary across the country.

The Community Center's passport services are **by appointment only**, so if you would like to set up an appointment, **please contact us at (508) 430-7568.** Some of the services we offer are:

- Passport application processing for in-person applicants
- Passport photos (\$10.00)
- Assistance with passport-related questions

For information about how to apply, what documents you need to bring to your appointment, or for online applications to fill out, visit www.travel.state.gov.

Every day is a chance to begin again. Don't focus on the failures of yesterday, start today with positive thoughts and expectations.

— Catherine Pulsifer

Building Hours of Operation

Monday: 6AM - 6PM

Tuesday—Friday: 6AM - 9PM

Saturday: 8AM - 4PM

Sunday: Closed

Fitness Room Hours

Monday: 6AM-6PM

Tuesday – Friday: 6AM-8PM

Saturday: 8AM-4PM

Harwich Community Center

100 Oak Street

Harwich, MA 02645

Phone: 508-430-7568

Fax: 508-430-7085

Website: www.harwich-ma.gov/community-center

Email: ccarey@town.harwich.ma.us

If you would like to sign up for our Newsletter to be emailed to you, give us a call, or stop by the front desk today!

You can find earlier issues of our newsletter on our webpage

Community Center Phone Directory

Harwich Community Center: (508) 430-7568

Council on Aging: (508) 430-7550

Recreation Department: (508) 430-7553

Channel 18: (508) 430-7569

Town Nurse: (508) 430-7505

Veterans' Affairs: (508) 430-7510

Cemetery Commission: (508) 430-7549



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