



Harwich Community Center Events – April

100 Oak Street (508) 430-7568

www.harwich-ma.gov/community-center



Monday – Building Closes at 6PM

Walking Club	6:00AM – 8:00AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Rec Sit/Fit	9:30AM – 10:30AM
Cranberry Rug Hookers	9:30AM – 1:00PM
Quilt Bank	9:00AM – 3:00PM
Rec Indoor Walking Club	10:30AM – 12:00PM
COA Grab & Go Meals	11:30AM – 12:30PM
Rec Men's 55+ Basketball	12:00PM – 2:00PM
Wellness Clinic	4:00PM – 5:00PM
Life Skills for Teens	4:30PM – 5:30PM
Zumba	5:00PM – 6:00PM

Thursday

Walking Club	6:00AM – 8:00AM
CC Business Referrals	7:00AM – 8:30AM
Zumba	7:30AM – 8:30AM
COA Tech Support	9:00AM – 10:00AM
Lumi Yoga & Wellness	9:00AM – 10:15AM
COA Chess	9:30AM – 11:30AM
Rec Indoor Walking Group	11:00AM–12:00PM
COA Balance Boosters	12:15PM – 1:00PM
Artists' Open Painting	1:00PM – 3:30PM
Pound Exercise Class	5:30PM – 6:30PM
Adult Volleyball	6:30PM – 8:45PM

Tuesday

Walking Club	6:00AM – 8:00AM
Lumi Yoga & Wellness	9:00AM – 10:15AM
Mah Jongg	9:30AM – 12:30PM
Beginner Tai Chi	10:00AM – 11:00AM
Rec Indoor Walking Club	10:00AM – 11:00AM
COA Balance Boosters	10:30AM – 11:15AM
Senior Volleyball	11:00AM – 1:00PM
Homeless Prevention Council	12:30PM–3:30PM
Mah Jongg	1:00PM – 4:00PM
Beginner African Drum Class	4:00PM – 6:00PM
Harwich Town Band	6:30PM – 8:00PM
Insight Meditation	7:00PM – 8:30PM

Friday

Jill's Senior Workout	9:15AM – 10:15AM
Rec Sit/Fit Class	9:30AM – 10:30AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Beginner Tai Chi	10:00AM – 11:00AM
Senior Volleyball	11:00AM – 1:00PM
COA Chair Yoga	11:00AM – 12:00PM
COA – Cribbage	1:00PM – 2:30PM
Rec Men's 55+ Basketball	1:00PM – 3:00PM
Al-Anon	5:30PM – 6:30PM

Special Town Election*: April 9th
Polls open 12PM-6PM

Wednesday

Walking Club	6:00AM – 8:00AM
Jill's Senior Workout	9:15AM – 10:15AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12:00PM
Wednesday Stitchers	10:00AM – 2:30PM
Qi Gong	10:00AM – 11:00AM
Rec Indoor Walking Group	11:00AM–12:00PM
Rec Men's 55+ Basketball	12:00PM – 2:00PM
COA Sign Language	1:00PM – 2:00PM
Cranberry Mah Jongg	1:00PM – 4:00PM
Mexican Train Dominos	1:00PM – 2:30PM
Sound Dunes Swing Band	6:00PM – 8:30PM
Community Orchestra	6:00PM – 8:30PM
NA	7:30PM – 9:00PM

Saturday

Lumi Yoga & Wellness 9:00AM – 10:15AM

Building Hours of Operation

Monday	6AM – 6PM
Tues – Fri	6AM-9PM
Saturday	8AM-4PM

****Closed on Sundays & major holidays****

• Closed on April 15th for Patriots Day

**Note: Gym activities are cancelled on Election Day*

Council on Aging Activities

- **KD Quilters:** April 1st & 22nd, 9:30AM-1PM
- **Sight Loss Services:** April 2nd, 10:30AM-12PM
- **Newcomers Game Night:** April 3rd & 17th, 6:30PM-8:45PM
- **Friends of COA:** April 3rd, 9:45AM-12PM
- **Harwich Democrats:** April 6th, 10AM-11:30AM
- **Local Comprehensive Plan Mtg:** April 6th, 1PM-3PM
- **Harwich Republicans:** April 9th & 18th, 5PM-6:30PM
- **Rug Braiding Guild:** April 20th, 10:30AM-3PM
- **Harwich Artists Monthly Mtg:** April 20th, 1:30PM-4PM
- **Cranberry Rug Hookers:** April 20th, 9:30AM-1:30PM
- **Community Organization:** April 20th, 9AM-11:30AM
- **Nordic Walking Club:** April 24th, 3:30PM-5:30PM
- **Best Friends Dance:** April 26th, 6PM-8PM
- **Spring Warbler Workshop:** April 27th, 12:30PM-3:30PM
- **Women's Book Club:** April 29th, 2PM-3:30PM

- **Jill's Exercise:** April 1, 8 & 22, 11:30AM-12:30PM
- **Line Dancing:** April 1 & 8th, 2PM-4PM
- **NHA On the Road:** April 3rd, 2PM-3PM
- **Mindful Meditation:** April 4 & 11, 9AM-11AM
- **Brown Bag Program:** April 5th, 8AM-12PM
- **Red Sox Watch Party:** April 9th, 2PM-4PM
- **Parkinsons Workshop:** April 11th, 1PM-2PM
- **Men's Breakfast:** April 12th, 9:30AM-10:30AM
- **Scam Workshop:** April 16th, 1PM-2PM
- **Elder Abuse Training:** April 18th, 1:15PM-3:15PM
- **Storybook/Crafting:** April 18th, 2PM-4PM
- **Big Screen Movie Day:** April 19th, 1PM-3PM
- **Hepatitis C Lecture:** April 22nd, 12:30PM-1:30PM
- **Women's Breakfast:** April 26th, 9:30AM-10:30AM
- **Craft Workshop:** April 26th, 1:30PM-4PM

- **Mad Science-The Flight Stuff:** April 16th @ 2PM
- **Game Night:** April 18th, 5:30PM-7:30PM
- **'Birds in My Closet' Book Signing & Crafts:** April 18th, 2PM-4PM
- **Moving to Music with Alice:** April 19th @ 5PM
- **Cape Cod Military Museum Talk:** April 26th @ 2:30PM
- **Alaska Talk with Betty Trummell:** April 30th, @2:30PM

FREE Community Center Special Events

Drop in!

Spaghetti Supper & Trivia Night
April 5th, Serve from 5:30PM-7PM
(or until we run out of food)

Ping Pong Tournament

April 11th, 5:30PM-8:30PM (Sign-Ups Required)

Monday	6AM – 5:45PM
Tues – Fri	6AM-8PM
Saturday	8AM-3:45PM

Closed on Sundays

Monthly Memberships available for just \$15!

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

Recreation Department

Open Gym*

Tues: 1PM-2:30PM Thur: 12PM-2PM
Sat: 1PM-4PM

**Excluding Special Events. Hours subject to change*
For more info, contact the Rec Department at
508-430-7553 or visit their website at:
harwich-ma.gov/recreation

Family Fun Friday: April 26th

Game Stations will be set up
around the Gymnasium!
5:30PM-6:30PM – Open to All
6:30PM-7:30PM – Harwich Residents Only