

Harwich Community Center News



August 2023



Phone: 508-430-7568

Director's Update

It's August! Always a great time of year in Harwich.

I hope you will make the Harwich Community Center part of your summer routine.

One of our primary objectives is to be inclusive in all that we do. I heard someone earlier today refer to the Center as a pot of gold at the end of the rainbow. What a compliment! The facility allows for people to gather and participate in specific activities and programs, to utilize shared spaces, to meet up with social service agencies, attend fitness or wellness classes, seek assistance from the Town Recreation Department, the COA, Channel 18, Veterans Services, the Cemetery Department, get passport assistance, or to just hang out with or meet new friends.

For more information on the classes and events, I have added the link to our Activity Booklet: tinyurl.com/b8xfxs3b

I feel so lucky we have this beautiful building filled with equally amazing people. Please don't wait another minute to discover all that is available! We live in an incredible community, and what makes my job so special is that I get to try and make it even better every day.

I hope to see you at the Community Center. Grab your own piece of gold from the end of the rainbow!

~ Carolyn Carey
Community Center Director

Jungle Jim – Wild About Balloons Magic Show



August 3rd

Starting at 2PM

(Seating is limited to 90 people)

This balloon magic performance is a fully interactive and exciting adventure that combines comedy, magic, storytelling, and improv!

Jungle Jim uses his skills and humor to perform an energy-driven, family-focused balloon magic show that leaves audiences delighted and inspired. You won't want to miss it!

Children of all ages are welcome!



Harwich Community Center Community Yard Sale!

Friday, August 4th

9AM-1PM

In Brooks Park



(In the event of rain, the yard sale will be held in the Community Center gym)
30 vendors have signed up and will all be offering items for sale at this year's Community Yard Sale. Stop by to check it out!

Open Mic Poetry: August 8th, 6PM-7:30PM

To share the spoken word of poetry

A purposeful event to join the Community

To open up and welcome Cape-wide poets to share their work

Hopeful to inspire others to have the courage over time, to perhaps put pen to paper and write.

Come in up to ½ hour before the event to sign up for an open mic time-slot.

15 slots are available with 4-5 minutes to share.



Find The Cause Breast Cancer Foundation presents

Cancer: Environmental Causes & Prevention

Tuesday, August 15th at 5PM

Reduce exposure to toxic chemicals in your everyday life.

The best way to end cancer is to prevent it in the first place. Join us for a one-hour presentation highlighting steps you can take in your everyday life to reduce your exposure to dangerous chemicals and learn how researching the environmental causes of cancer can lead to prevention. **This presentation is free to attend!**



FIND THE CAUSE

Breast Cancer Foundation

Event Calendar & Schedule

Monday – Building closes at 6PM

Walking Club	6:00AM – 8:00AM
Bit of Bliss Yoga	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 Grab & Go Meals	11:30AM – 12:30PM
Men's 55+ Basketball	12:00PM – 2:00PM
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
Rec Sit/Fit	9:30AM – 10:30AM
Mah Jongg	9:30AM – 12:30PM
Intermediate Tai Chi	10:00AM – 11:00AM
Balance Boosters	10:30AM – 11:15AM
Senior Volleyball	11:00AM – 1:00PM
Homeless Prevention Council	1:00PM – 3:00PM
Mah Jongg	1:00PM – 4:00PM
Insight Meditation	7:00PM – 8:30PM

Wednesday

Walking Club	6:00AM – 8:00AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Jill's Exercise Class	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12:00PM
Wednesday Stitchers	10:00AM – 2:30PM
QiGong	10:00AM – 11:00AM
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
Rec Youth Basketball	5:00PM – 7:30PM
Sound Dunes Swing Band	6:00PM – 8:00PM
NA	7:30PM – 9:00PM

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
Balance Boosters	12:15PM – 1:00PM
Artists' Open Painting	1:00PM – 3:30PM
COA – Bridge	1:00PM – 4:00PM
Adult Volleyball	6:30PM – 8:45PM

Friday

Walking Club	6:00AM – 8:00AM
Rec Sit/Fit Class	9:30AM – 10:30AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Intermediate Tai Chi	10:00AM – 11:00AM
Senior Volleyball	11:00AM – 1:00PM
COA – Cribbage	1:00PM – 2:30PM
Men's 55+ Basketball	1:00PM – 3:00PM
Al-Anon	5:30PM-6:30PM
Pound	5:30PM – 6:30PM
Rec Youth Basketball	5:30PM – 8:40PM

Saturday

Lumi Yoga & Wellness	9:00AM – 10:00AM
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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.

Please note: Due to Summer Camp, there is NO Open Gym during July & August.

For more info, contact the Recreation Department
508-430-7553 or visit their website at:
harwich-ma.gov/recreation

Other Events

- **COA Brown Bag Program:** Aug 4th, 8AM-12PM
- **Harwich Democrats,** Aug 5th, 10AM-11:30AM
- **Friends of COA:** Aug 9th, 10AM-11:30AM
- **Senior Softball Mtg:** Aug 15th, 2PM-4PM
- **Harwich Children's Fund:** Aug 16th, 4PM-6PM
- **Community Orchestra:** Aug 16th & 23rd, 6PM-8:30PM
- **Big Screen Movie Day:** Aug 18th, 1PM-3PM
- **KD Quilters:** Aug 21st, 9:30AM-1PM
- **Cape & Islands Rowing:** Aug 22nd & 24th, 8:30AM-11AM
- **Women's Book Club:** Aug 28th, 2PM-3:30PM

Council on Aging Activities

- **Essential Oils,** Aug 1st, 1PM-2PM
- **Campfire Stories,** Aug 3rd, 1PM-2PM
- **Chair Yoga:** Aug 9th & 23rd, 11AM-12PM
- **Singing Group:** Aug 10th & 24th, 2PM-3PM
- **Men's Breakfast:** Aug 11th, 9:15AM-10:30AM
- **Beyond the Book:** Aug 21st, 11AM-12PM
- **Mobile Dental Clinic:** Aug 25th, 9AM-3PM
- **Women's Breakfast:** Aug 25th, 9:15AM-10:30AM

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



**August 28th
12PM-5:30PM**

Pre-registration is required. To register for this drive, you can contact the Red Cross at

1-800-RED-CROSS

Harwich Town Band – Free Summer 2023 Concerts Continue!

**Every Tuesday at 7PM
throughout August!
In Brooks Park**



The Harwich Town Band (HTB) is one of the oldest and proudest volunteer concert bands on Cape Cod. Founded in 1975, the Band has brought enjoyment to thousands of Cape residents and summer visitors through free weekly concerts at Brooks Park.



Harwich Police Soccer Club – Street Soccer 2023 finishes up for the season!

“Growing and Developing the game of soccer in partnership with the youth in our community.”



Where: Harwich Community Center Parking Lot

When: August 2nd & 9th

CO-ED Grades 3 – 12 / OPEN

- Grades 3 & 4: 5:30PM
- Grades 5-7: 6:30PM
- Grades 8 – 12/OPEN: 8:30PM

For more information, email: soccer@harwichpolice.com

Program is **FREE!** No registrations- Just show up and play!! HPD Soccer Alumni and parents are invited to play in High School Group.

Admission is \$12

(Free admission for children under 12)

Bayberry Quilters of Cape Cod 40th Anniversary Quilt Show

August 2nd, 3rd & 4th



This year's theme is Road Trip — come take a trip down quilting paths and trails with Bayberry Quilters! Travel paths and trails, walks and roads, sites and scenes with us!

WHERE: Cape Cod Tech, 351 Pleasant Lake Ave, Harwich



- 200+ quilts on exhibit
- Merchant mall
- Lectures & demos
- Quilt raffle

Quilt Show Hours:

Wednesday, 12PM-7PM

Thursday, 9:30AM-4PM

Friday, 9:30AM-3PM

www.bayberryquiltersofcapecod.com

Cranberry Festival – 2023 Summer Events Continues!

Craft Show

August 12th & 13th

9AM-4PM

WHERE: Brooks Park (1 Oak Street, Harwich)

Beach Day

FREE EVENT! Sept 9th
11AM-3PM

WHERE: Red River Beach, Harwich

Cranberry Festival Weekend - Sept 16th & 17th

Craft Show

9AM-4PM

Saturday & Sunday

Cranjam Music Fest

Saturday, 1PM-7:30PM

Sunday, 12:30PM-2:30PM

WHERE: Harwich Community Center (100 Oak ST, Harwich)

Cranfest in the Courtyard

Every Thursday in August

Starting at 5:45PM

WHERE: The 204 (204 Sisson Rd, Harwich)



Fitness Room Updates

Have you tried our outdoor fitness course?

The Community Center has a beautiful walking track out back with a built-in circuit workout. There are several stations with exercises posted!

Here are a few to check out:



Please stop by to get your picture taken for your membership account!



To better help us manage the Fitness Room, we ask that all members stop by the sign-in kiosk at the front desk to get their picture taken for their membership account. Your picture is taken through kiosk itself. Front desk staff are available to help.

Fitness Room Member Spotlight!

Tom Litrenta



This month's Fitness Room Spotlight is Member Tom Litrenta. He is originally from the Bronx, New York; he now calls the town of Harwich one of his

homes since September of 1985. He attended the Universities of Fordham and Iona, located in his home state of New York. Tom is now happily retired from his former profession as a software engineer, which afforded him the luxury of traveling to numerous countries throughout his career. He has been widowed for twenty-eight years and raised his forty-two-year-old twin daughters from the age of 13 years-old.

Some of Tom's hobbies and interests are travel, of which he has been to fifty countries, many pertaining to his former profession as a software engineer. He enjoys playing golf and is a member of the Harwich Port Golf Club. Tom is also an avid tournament chess player.

When we asked Tom what he likes about the Community Center Fitness Room and what keeps him motivated to work out, he stated that, "I like the availability & variety of the equipment. The members and staff are extremely friendly and make it so pleasant to be here." As far as what has kept Tom motivated to continually work out, he stated, "Many of my close relatives have died from heart related issues. I feel that working out, especially aerobics, is keeping me alive and in good shape."

Tom, the Community Center would like to say thank you for supporting our Fitness Room by being an active member, and for giving us a brief history of your life.

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.

Center Stage: Zumba with Alissa



Alissa Krieger-DeWitt is a Harwich resident and has been teaching Zumba with us at the Community Center since 2018. Alissa says her fun jobs are Maternity Nurse and Childbirth Educator for Cape Cod Hospital and her extra, extra fun job is Zumba Instructor! Alissa received her Zumba Instructor certification in 2013 and hasn't stopped dancing.

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!

Join Alissa for Zumba on Mondays, 5PM-6PM, & Thursdays, 7:30AM-8:30AM.

Just \$10 for a drop in! For more information, you can contact Alissa at 617-959-4922, or email her at AlissaKD@gmail.com

Gardening Tips from Toni

Get to Know the Roses: Tupelo Honey

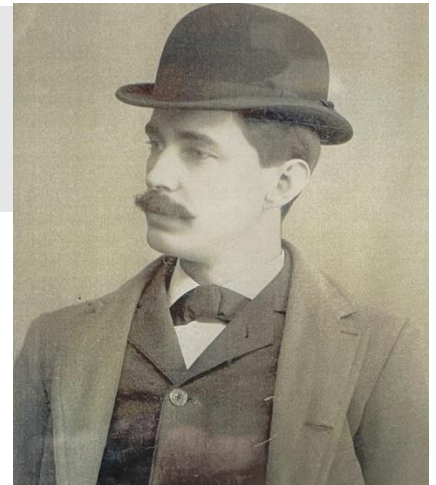


It's July 6, steamy and hot in the garden. Tupelo Honey is in full bloom with thick dark green leaves surrounding lemon chiffon-colored roses. English Lavender, Stokesia and pale lavender tall Phlox complete the picture making the garden a dreamy and calming place.

Tupelo Honey is a 4-5 foot Kordes Sunbelt, zone 5, self cleaning, fragrant rose that was alive to the tips of the canes after our zero degree day last winter.

Town of Harwich – Hall of Fame

Charles D. Cahoon
(1861 – 1951)
Inducted May 2010



Charles D. Cahoon was born on Parallel Street in Harwich Center. He was a prolific painter who became known for carefully detailed, peaceful landscapes and seascapes of Cape Cod views. It is thought that he created over 2,500 paintings, many of which were gifts to family and friends. It is believed that Charles Cahoon taught himself to draw when he was a cabin boy on his father's fishing vessel, using his spare time to sketch and paint.

Leaving the sea as a young man, he spent a few years learning the photography business at his uncle's studio on Main Street in Harwich Center. He moved from Boston and worked for twenty years as a re-toucher in a photography studio. Around age 40, he decided to devote himself to painting, dividing his time between Cape Cod and the city. Finally, he decided to live only in Harwich—he became the "village artist." Charles Cahoon was recognized as the Cape's first master painter and his work is considered by many in the art world to be greatly under-appreciated.

To learn more about 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.

Reflections – A look back at last month...

Pebbles the Rock Snake

Adults and children of all ages stopped by to paint a rock throughout the month of July to help Pebbles the rock snake grow! With your help, and all of your amazingly creative designs, a total of 191 rocks were painted, and Pebbles stretched all the way down our sidewalk.

Pebbles has since slithered along on the property. Try and find her this month. She is located somewhere outside the Community Center.



July 5th, 19th & 26th – Kids of all ages, as well as parents and HPD soccer alumni, stopped by on Wednesdays throughout July to play street soccer with the Harwich Police Soccer Club. This event will be finishing up for the summer with two more meet-ups on August 2nd and 9th.





July 11th – We had 35 people attend our educational talk on dog and wolf behavior, presented by professional writer and editor, Bill Cannon. This event was also co-sponsored by the Harwich Conservation Trust.



Be sure to stop by and see all the lovely flowers outside the Community Center before they're gone for the season!



If any of these events have drawn your interest, we are always looking for new volunteers!

Our volunteers provide many of the greatest services to our community, and there are a myriad of opportunities that you can volunteer here at the Community Center. When you volunteer here, your energy and efforts will have an impact on peoples' lives and within our community. 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 about current volunteer opportunities, please call us at 508-430-7568.

For more information, scan the QR Code here to check out our Volunteer Handbook online:



**Little Free Libraries
Donations
Welcome!**



Stop by to check out our **Little Free Libraries**, located outside the Community Center front entrance and by the Rec Dept. side entrance! You can drop off books you would like to donate and share with others, or see what new books there are to explore. The doors to our Little Free Libraries are always open. Books of all genres and types are welcome! We would also like to thank Gail Marshall and her book group for helping keep the libraries stocked.

"Courage doesn't always roar.
Sometimes courage is the little
voice at the end of the day that
says I'll try again tomorrow."

– Mary Anne Radmacher

FY 2024 Holiday Calendar

The Community Center and other Town Buildings
will be closed for the following holiday dates:

- **Monday, Sept 4th, 2023** – Labor Day
- **Monday, Oct 9th, 2023** – Columbus Day
- **Friday, Nov 10th, 2023** – Veteran's Day (observed)
- **Thursday, Nov 23rd, 2023** – Thanksgiving
- **Friday, Nov 24th, 2023** – Thanksgiving Holiday
- **Monday, Dec 25th, 2023** – Christmas Day
- **Monday, Jan 1st, 2024** – New Year's Day
- **Monday, Jan 15th, 2024** – Martin Luther King Day
- **Monday, Feb 19th, 2024** – Presidents Day
- **Monday, April 15th, 2024** – Patriots Day
- **Monday, May 27th, 2024** – Memorial Day
- **Wednesday, June 19th, 2024** – Juneteenth Day

Get your passport before you need it!

Due to an unprecedented demand for passports, current processing times are exceptionally long. As of July 2023, the U.S. State Department has been receiving about 400,000 applications per week, so before you start planning your trip (or if you already have a trip coming up), make sure your passport is up-to-date!

We process Passport Applications here at the Community Center.

Whether you are renewing your passport, or getting one for the first time, we are here to help! Our 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.

You can also call us at 508-430-7568 for more information!



Building Hours of Operation

Monday: 6AM - 6PM

Tuesday–Friday: 6AM - 9PM

Saturday: 8AM - 4PM

Sunday: Closed

Fitness Room Hours

Monday: 6AM-5:45PM

Tuesday – Friday: 6AM-8PM

Saturday: 8AM-3:45PM

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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