

Harwich Community Center News



August 2022

Phone: 508-430-7568 • Fax: 508-430-7085



Director's Update

Hello everyone,

Happy August to you all. I hope each of you is enjoying the beautiful warm weather and longer days.

As I start to write my note to you for this month, I am excited with the "Sounds of the Center" that I can hear from my office. Those sounds make me stop to reflect on some of the things I have witnessed and learned from being in our Community Center.

Everyone has a unique story to tell: I have been struck by the rich history and wealth of experience that resides within all the people who visit or use this building. I find that the unique stories you share are often the link that connects us to others and this building. Thank you for sharing them!

There is always a *next chapter*: I have witnessed that life is lived in stages and no matter your age, young or old, there is always something that comes next.

Each chapter is important. Some chapters are exciting, filled with suspense and action-packed. Other chapters are filled with important details that will be reflected on later in the book. The great thing is we don't know what is coming up in the next chapter, so we keep moving forward to find out.

I could go on and on about what I have witnessed in this amazing building, but that would be my story. This building is about writing your own "Next Chapter." So I encourage you to keep telling stories and turning pages.



Harwich Community Center Community Yard Sale!

Friday, August 5th

9AM-1PM

In Brooks Park

(Rain date will be on Sat, Aug 6th in Brooks Park or the Community Center)

Over 30 different participants will be selling a variety of items. Be sure to stop by and check it out!

The Community Center is no longer selling Beach Stickers

Beach stickers and dump passes are now only available at:

Harwich Town Hall (508-430-7513), MON – FRI: 8:30AM-4PM

The Chamber of Commerce (508-432-1600)

MON – FRI: 9AM – 4PM • SAT: 10AM-4PM • SUN: 10AM-2PM



New Technology

We are slowly but surely integrating a new sign-in system here at the Community Center, for both fitness room members and for people attending our various groups and activities. As people sign up for new Fitness Room memberships, we will be introducing them to our new system.

For now, the sign-in kiosk is set up for anyone with a fitness room card to scan in, but our end goal is to have anyone who wants to 'join' the Community Center to have a sign-in card for our various groups and activities. **Stop by the front desk to check out our new kiosk, and we can show you how it works!**

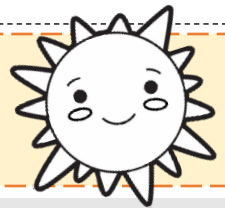
Free College Essay Writing Workshop

Planning to apply to college soon? This workshop, led by Allison Ramos, M.A., of Las Puertas College Coaching, is designed to help students on their college application essays. Participants will learn what makes a strong application essay, get help brainstorming topics, and practice writing parts of their essay. Parents are also welcome to attend.

Questions? Contact Allison at 617-833-0506

WHEN: Saturday, August 13th at 11:00am

Summer Coloring Pages are available in the front lobby!



Do you want to get on our email list?

Stop by the front desk to sign up, or you can call us at **508-430-7568**



FOLLOW US ON FACEBOOK
@HarwichCommunityCenter

Center Stage: Harwich Conservation Trust



Since 1988, the nonprofit Harwich Conservation Trust (HCT) has been preserving land that protects woods, water, wildlife, and the shared quality of life in Harwich. They are considered leaders in creating public-private land conservation partnerships that sustain Harwich as a livable, vibrant community for current and future generations. By preserving land and restoring habitats with sound stewardship, the HCT has successfully kept drinking water safe from development threats, and pollution from entering the bays and marshes that serve as nursing grounds for our long-standing fishing industry.

The HCT sponsors many diverse and engaging programs throughout the year. **'Preschooler Explorers'**, and **'Hikin' for Lichens'** are just a

few of their popular programs. Volunteers lead guided walks, boundary markings, herring counts and stewardship projects.

When not "out in the field", many of their informational meetings take place at the Community Center. **If you are interested in learning more about the Harwich Conservation Trust, please call them at (508) 432-3997, or visit harwichconservationtrust.org.**



Fitness Room Updates

"Every day is another chance to get stronger, to eat better, to live healthier, and to be the best version of you."
~ Unknown

Fitness Room Member Spotlight!

Aidan Kelly

Aidan is a proud 22 year old Harwich resident, with three sisters. Currently a full-time student at University of Massachusetts-Boston (UMASS Boston), with a major in Environmental Studies. His hobbies include baseball and working out.

Aidan's motivation is the convenience of the fitness room, and he likes the feeling of working out. He has been coming to the Community Center fitness room since he was sixteen years old.



The Benefits of Rest

Getting enough sleep is essential for helping a person maintain optimal health and well-being.

- Healthier heart
- Weight control
- Improved athletic ability
- Sharper brain function
- Better mood
- Balanced blood sugar
- Immune boost
- Reduced depression
- Better concentration



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.



Fitness Room Hours

Monday, 6AM-6PM
Tuesday – Friday, 6AM-8PM
Saturday, 8AM-4PM



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.

Event Calendar & Schedule

Other Events

- **KD Quilters:** Aug 1st & 15th, 9:30AM-1PM
- **Community Yard Sale:** Aug 5th, 9AM-1PM
- **COA Brown Bag Program:** Aug 5th, 8AM-12PM
- **Country Meadow Condo Assoc:** Aug 6th, 9AM-2PM
- **Cape & Islands Rowing:** Aug 9th & 11th, 10AM-3PM
- **Friends of COA:** Aug 10th, 10AM-11:30AM
- **College Essay Workshop:** Aug 13, 11AM
- **Harwich Democrats:** Aug 13th, 9:30AM-11AM
- **Foot Care Clinic:** Aug 17th & 31st, 9AM-2:30PM
- **Community Orchestra Rehearsals:** Aug 17th & 24th, 6:30PM-8:30PM
- **Harwich Republicans:** Aug 18th, 5PM-6PM
- **Jill's Exercise:** Aug 19th, 24th, 26th & 31st, 9:30AM-10:30AM
- **Big Screen Movie Day:** Aug 19th, 1PM-3PM
- **Family Pantry Meeting:** Aug 22nd, 10AM-4PM
- **Rec Mad Science:** Aug 25th, 1PM-4PM
- **Mobile Dental Clinic:** Aug 29th, 9AM-3PM
- **Women's Book Club:** Aug 29th, 2PM-3PM

Council on Aging Activities

Osteoporosis Presentation: Aug 18th, 10AM-11AM
How Can CORD Help You?: Aug 22nd, 1PM-2PM
Ladies Social Hour: Aug 31st, 1PM-2:30PM

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

harwich-ma.gov/community-center

**THE TIME TO
GIVE BLOOD
IS NOW**



**American
Red Cross**

Blood Drive

Aug 26th, 1:30PM-5:30PM

Pre-registration is required.

Call 1-800-RED CROSS to sign up.

August 2022 - GYMNASIUM SCHEDULE

Please Note: All children must be supervised by an accompanying adult at all times

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-12PM.*

****NOTE: THERE IS NO OPEN GYM IN SUMMER DUE TO SUMMER CAMP****

Monday	Tuesday
Walking Club: 6AM-8AM	Walking Club: 6AM-8AM
Rec Summer Camp: 8AM-5PM	Rec Summer Camp: 8AM-5PM
Men's 55+ Basketball: 12PM-2PM	Senior Volleyball: 11AM-1PM

Wednesday	Thursday
Walking Club: 6AM-8AM	Walking Club: 6AM-8AM
Rec Summer Camp: 8AM-5PM	Rec Summer Camp: 8AM-5PM
Men's 55+ Basketball: 12PM-2:30PM	Adult Volleyball: 6:30PM-8:45PM
Rec Youth Basketball: 5PM-8PM	

Monday – Building closes at 6PM

Walking Club	6AM – 8AM
COA Chair Barre	9:15AM – 10:30AM
Rec Sit/Fit Class	9:30AM – 10:15AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Cranberry Rug Hookers	9:30AM – 1:00PM
Quilt Bank	10AM – 2PM
COA Chair Yoga	10:30AM – 11:30AM
Men's 55+ Basketball	12PM – 2PM
Wellness Clinic	4PM – 5PM
Zumba	5PM – 6PM

Tuesday

Walking Club	6AM – 8AM
Lumi Yoga & Wellness	9AM – 10:15AM
Mah Jongg	9:30AM – 12:30PM
Beginner Tai Chi	10AM – 11AM
Balance Boosters	10:30AM – 11:15AM
Senior Volleyball	11AM – 1PM
Homeless Prevention Council	1PM – 3PM
Mah Jongg	1PM – 4PM
Insight Meditation	7PM – 9PM

Wednesday

Walking Club	6AM – 8AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12PM
Wednesday Stitches	10AM – 2PM
Men's 55+ Basketball	12PM – 2PM
Cranberry Mah Jongg	1PM – 4PM
QiGong	11AM – 12:15PM
Youth Rec Basketball	5PM – 8PM
NA	7:30PM – 9PM

Thursday

Walking Club	6AM – 8AM
CC Business Referrals	7:15AM – 8:30AM
Zumba	7:30AM – 8:30AM
Lumi Yoga & Wellness	9AM – 10:15AM
Rec Sit/Fit Class	9:30AM – 10:15AM
Balance Boosters	12:15PM – 1PM
Harwich Artists Open Painting	1PM-3:30PM
Zumba	5:30PM – 6:30PM
Adult Volleyball	6:30PM – 8:45PM

Friday

Beginner Tai Chi	10AM – 11AM
Senior Volleyball	11AM – 1PM
Men's 55+ Basketball	1PM – 3PM
Al-Anon	5:30PM-6:30PM

Friday

Walking Club: 6AM-8AM
Rec Summer Camp: 8AM-5PM
Senior Volleyball: 11AM-1PM
Men's 55+ Basketball: 1PM-3PM
Rec Youth Basketball: 5PM-9PM



Gardening Tips from Toni

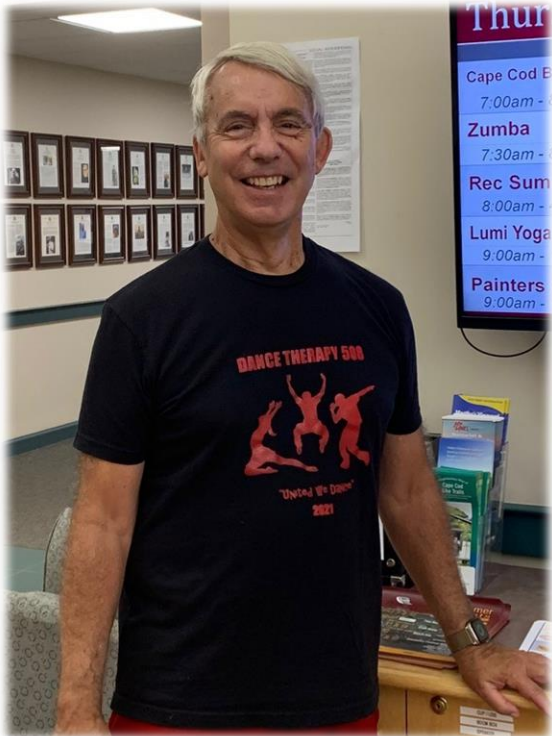
Try Hybrid Musk roses! A partially shaded situation at the edge of a woods is perfect. Large clusters of fragrant flowers on arching branches have room to spread out and soften the transition between manicured yard and forested areas. Lavender Lassie, Elmshorn, Lyda Rose, Felicia and Ballerina are good choices; however, I have never seen one that wasn't wonderful. To prevent rabbit damage, circle the base of your rose with a 14 inch high cylinder of hardware cloth. Online sources include: Heirloom Roses and The Antique Rose Emporium.

Coming next month Get to Know the Roses Series...

We are excited to present a new feature in our monthly newsletter called "Tips from Toni." As many know, Toni is the amazingly talented gardener, who works tirelessly maintaining the beautiful rose gardens outside the Community Center. She has a wealth of knowledge and expertise in cultivating roses, as well as proper maintenance of the spectacular perennials that you see blooming periodically throughout the summer months. The attention Toni gives to the gardens start well beyond the splendor you see. So our hope is that this "Tips from Toni" segment will give you pointers about caring for your garden throughout the seasonal changes here on Cape Cod.



Volunteer of the Month – Andy Falconio



The Harwich Community Center would like to express its sincere appreciation to Andy Falconio, one of our dedicated volunteers who contributed his time, support, and energy to handing out "goody bags" for our Annual Trick or Treat Drive Thru this past fall. With Andy's help, we were able to serve over 300 very excited and grateful children and families.

Andy's spirit of volunteerism extends to the larger Cape Cod community, where he volunteers his time as a board member at The Cove Club, a support club for individuals with mental health conditions. He is also on the program committee for WOMR FM radio station based in Provincetown, and has been singing baritone for the OuterCape Chorale for several years.

Originally from Western, NY, Andy was an elementary school social worker for several years in the N.Y school system. After moving to the Cape full time in 2005, Andy has stayed active in mental health counseling, and also as a realtor for Kinlin Grover Compass Realty in Harwichport.

Thank you Andy for lending a helping hand to the Harwich Community Center!

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.

Little Book Nook – TAKE A BOOK!

Did you know that books create warm emotional bonds between adults and kids when they read together? Books are interactive, help develop critical thinking, nourish imaginations, and best of all – they are free! Please check out the Harwich Community Center “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 books are always welcome!



FREE RAPID AT HOME COVID TESTS FOR HARWICH RESIDENTS!

Free at-home Covid tests are available in the Community Center front lobby. Tests are available on a first-come, first served basis. Quantities are limited (Harwich residents only). One test available per person, while supplies last.



Tests can be picked up at :

- Health Department (732 Main Street, 2nd floor)
- Brooks Free Library (739 Main Street)
- Public Safety Complex (175/183 Sisson RD)
- Harwich Community Center (100 Oak Street)

Check out some of our Exercise Programs!

Bit of Bliss Yoga

MON & WED, 9:30AM-10:30AM

\$15 Drop-in (or \$60 for 6 classes)

Contact: Janet Bettey

Phone: 978-500-2390

Join Janet Bettey, RYT of Bit of Bliss Yoga of Cape Cod on the mat to experience the connection between yoga and a healthy life! These gentle, stress-relieving classes stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body. Recommended for those who are looking for a soothing, relaxing and nourishing experience. Beginner friendly! Join us anytime and find your bliss!

Zumba with Alissa

MON, 5PM-6PM & THU, 7:30AM-8:30AM

\$10 Drop-in

Contact: Alissa Krieger-Dewitt

Phone: 617-959-4922

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!

Lumi Yoga & Wellness

TUE & THU, 9AM-10:15AM

\$15 Drop-in (or \$75 for 6 classes)

Contact: Samantha Brintnall

Phone: 774-722-7328

Sam is a Kind Yoga graduate and incorporates breathing techniques & meditation into her practices. Classes are great for any level and all are welcome.

Zumba with Alice

THU, 5:30PM-6:30PM

\$10 Drop-in

Contact: Alice Carter

Phone: 508-237-7904

Zumba is a fun, effective dance workout that is a good option for people who enjoy upbeat music and an energetic group exercise environment. All ages and fitness levels welcome!

Sit and Get Fit with the Harwich Rec Department!

Functional Fitness for the Over Fifties! Work your upper and lower body while seated. Great exercises and stretches. Moving to the music while going at your own pace.

\$15 per Session

Session 2: August 1st, 4th, 8th, 11th, 15th, 18th, 22nd & 25th

Registration required. Limited to 12 participants.

Stop by the Rec Dept. front desk to sign up, or you can call 508-430-7553

Summer Walking Group Outside

**Monday – Friday
10:30AM-11:30AM**

At the Harwich Community Center back fields. Bring a water bottle and wear comfy shoes! No need to sign up, just drop in!

Bayberry Quilt Guild – 39th Quilt Show

Thursday – Friday, August 4th - 5th • 9:30AM-4PM (\$10 Admission)

Saturday, August 6th • 9:30AM-3PM (\$10 Admission for two)

Children under 12 get in free with an adult

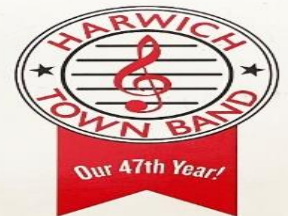
WHERE: Cape Cod Regional Technical High School, 351 Pleasant Lake Ave, Harwich

- ❖ Raffle to benefit local scholarships
- ❖ Exhibit of \$200 quilts
- ❖ Merchants mall
- ❖ Handcrafted Boutique
- ❖ Daily Lectures & demonstrations
- ❖ Quilts for sale



Harwich Town Band

Free Weekly Summer Concerts



**Tuesdays
at
7 PM**

**June 28
thru
August 30**

Brooks Park, Harwich Center
(corner of Oak & Main Streets)

Bring your family, friends, a quilt and a picnic dinner!



Summer Events 2022

**AUG 13th & 14th
9AM – 4PM**

Craft Show

Brooks Park
1 Oak Street, Harwich

**SEPT 10th
11AM – 3PM**

Beach Day

Free Event
Red River Beach

**SEPT 17th & 18th
9AM – 4PM**

Cranberry Festival
Weekend – Craft
Show

Harwich Community
Center
100 Oak Street

Cranjam Music Festival

Sep 17th, Saturday, 1PM-7:30PM

Sep 18th, Sunday, 12:30PM-2:30PM

Harwich Community Center – 100 Oak Street, Harwich

FREE!



**At the Harwich
Community
Center!**

Bike Basic Fix-it Tips

**August 23
Starting @ 5:30PM**

Join us at the Harwich Community Center for a demonstration on the use of our new bike repair station! Dr. Stephanie Soares, owner of Cape Cod Be Fit & Bike Fit, will be going over basic bike maintenance tips as well as showing how to use the new repair station.

No sign-ups required, and all are welcome!

**Free surprise gift bags will
be given out to attendees!**

(While supplies last)



Co-Sponsored with the Harwich Bikeways Committee

Student of the Month
Out for the summer!
Check back in Sept!

Wishing all our students, teachers,
faculty & staff a safe and happy
summer!

We Process Passport Applications!

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

Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your object. Nothing great was ever achieved without enthusiasm.

~ Ralph Waldo Emerson
1803-1882, Essayist, Lecturer and Poet

School Supplies Donation Drop-Box



The Harwich Women's Club is collecting school supplies (*In support of the Independence House in Hyannis*). A Donation box is set up in the front lobby. Suggestions of items they are collecting include:

- Calculators
- AA & AAA Batteries
- Watercolor paint
- Tissues
- Hand sanitizer
- Binder dividers
- Sticky notes
- USB Drives
- Colored markers & pencils
- Pencil sharpeners
- Blunt tipped scissors
- Pencil boxes & pouches
- 3 Ring binders
- Filler paper
- Book covers
- Index cards
- Folders
- Highlighters
- Rulers
- Glue sticks
- Dry erase markers
- Compass(es)

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 email list, 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

Cultural Center: (774) 212-3482