

# Harwich Community Center News



December 2022



Phone: 508-430-7568

## Director's Update

As we approach the holiday season and the close of 2022, I find myself struggling to wrap my mind around the enormity of this last year.

I look forward to welcoming 2023 with renewed hope and enthusiasm. I hope you have had an opportunity to take advantage of all the programming we have been doing here at the Community Center, including our 'Try It, You Might Like It' series.

We are excited about so many of the activities coming up. The *Grab a Bow, Ho Ho Ho...* is a chance to win a prize just for stopping in. Check out the information on the *Grab a Bow* program in this newsletter. Equally as important is our *Grab a Tea with Me* event on Dec 9<sup>th</sup>, when we will discuss Room Fees for the Community Center. Please try to stop in and share your thoughts or concerns. Mark your calendar for the *Winter Solstice Drum Circle* event with members of the *Drumma Queens* on Dec 20<sup>th</sup>.

Wow, so much going on! Don't forget to drop off your letter to Santa, now through Dec 14<sup>th</sup>. We have it on good authority he always writes back.

I wish you a safe holiday season filled with joy, health, family and friends!

~ Carolyn Carey

The building will be closed on the following dates due to the holiday!

Christmas Day (Observed) – December 26<sup>th</sup>

New Year's Day (Observed) – January 2<sup>nd</sup>, 2023

## Try It You Might Like it!

### December – Health

#### Blood Pressure Clinic – Mondays, 4PM-5PM

Susan Jusell, Town Nurse, is in the Community Center on Mondays, from 4pm-5pm, for a walk-in blood pressure clinic. Meet with her to have your blood pressure taken, ask health-related questions, or discuss your health needs.

## American Red Cross - Blood Drive

**Dec 21st, 1:30PM-5:30PM – Pre-registration is required.**

Please call 1-800-RED CROSS (1-800-733-2767) or visit [RedCrossBlood.org](http://RedCrossBlood.org) to sign up for this blood drive, or any other nearby blood drive.



## Grab a Tea with Me!

Dec 9<sup>th</sup>, starts at 11:30AM

Join us for a FREE cup of tea (or coffee) to discuss any ideas or concerns you might have about the Community Center. You can ask questions, get information, say *Hi*, or just grab a cup of coffee or tea!

## Mail your letter to the North Pole!

A mailbox in the lobby of the Community Center offers direct delivery to Santa in the North Pole. Drop your letter in the mailbox with a clearly written return address by December 14<sup>th</sup> to assure a return response.



## Mitten Tree 2022

Help to provide gifts for kids and families in need across Cape Cod during the Holiday Season! This year's Mitten Tree will once again be done virtually. **To view the online wish list, visit the link here:** [https://www.amazon.com/hz/wishlist/ls/U4F0WJTQZUV2?ref=\\_wl\\_share](https://www.amazon.com/hz/wishlist/ls/U4F0WJTQZUV2?ref=_wl_share)

For more details about participating, see inside this newsletter →

You can also view the Wish List by scanning the QR code here:



# Event Calendar & Schedule

## Other Events

- **Lumi Yoga & Wellness:** Dec 7<sup>th</sup> & 14<sup>th</sup>, 5PM-6:15PM & Dec 1<sup>st</sup>, 6<sup>th</sup>, 8<sup>th</sup>, 13<sup>th</sup> & 15<sup>th</sup>, 9AM-10:15AM
- **Newcomers Game Night:** Dec 1<sup>st</sup>, 6:30PM-8:45PM
- **COA Brown Bag Program:** Dec 2<sup>nd</sup>, 8AM-12PM
- **Garden Club Holiday Boutique:** Dec 3<sup>rd</sup>, 9AM-1PM
- **Historical Society Christmas Sale:** Dec 3<sup>rd</sup>, 9AM-1PM
- **KD Quilters:** Dec 5<sup>th</sup> & 19<sup>th</sup>, 9:30AM-1PM
- **Sight Loss:** Dec 6<sup>th</sup>, 9:30AM-12:30PM
- **Insight Meditation:** Dec 6<sup>th</sup>, 7PM-9PM
- **Fishing Partnership Support:** Dec 7<sup>th</sup>, 9AM-5PM
- **Friends of COA:** Dec 7<sup>th</sup>, 10AM-11:30AM
- **Foot Care Clinic:** Dec 7<sup>th</sup>, 14<sup>th</sup> & 28<sup>th</sup>, 9AM-2:30PM
- **Women's Club Santa's Workshop:** Dec 7<sup>th</sup>, 3PM-7PM
- **Tea with Me:** Dec 9<sup>th</sup>, starts @ 11:30AM
- **Community Orchestra Arts & Crafts Show:** Dec 10<sup>th</sup>, 9AM-3PM
- **Harwich Republicans:** Dec 15<sup>th</sup>, 5PM-6PM
- **Big Screen Movie Day:** Dec 16<sup>th</sup>, 1PM-3PM
- **Mobile Dental Clinic:** Dec 16<sup>th</sup>, 9AM-3PM
- **Cranberry Rug Hookers:** Dec 17<sup>th</sup>, 9:15AM-1:15PM
- **Rec 18+ Basketball:** Tues & Wed, 7:30PM-8:45PM
- **Town Band Holiday Concert:** Dec 18<sup>th</sup>, @ 2PM
- **Winter Solstice Drum Circle:** Dec 20<sup>th</sup>, 5PM-7PM
- **Red Cross Blood Drive:** Dec 21<sup>st</sup>, 1:30PM-5:30PM

### Council on Aging Activities

**Holiday Card Making:** Dec 8<sup>th</sup>, 10AM-11:15AM  
**RMV Real ID Workshop:** Dec 13<sup>th</sup>, 11AM-12PM  
**Cookie Exchange:** Dec 15<sup>th</sup>, 1PM-2:15PM

For more information about specific classes, as well as contact information for groups & instructors, please contact the Community Center at 508-430-7568. For info on all events, please check our event schedule online: [harwich-ma.gov/community-center](http://harwich-ma.gov/community-center)

## December 2022 - GYMNASIUM SCHEDULE

**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.*

### Open Gym Times:

**Tues:** 1PM-2:30PM    **Thur:** 12PM-2:30PM    **Sat:** 12PM-3:45PM

Monday	Tuesday
<b>Walking Club:</b> 6AM-8AM	<b>Walking Club:</b> 6AM-8AM
<b>Indoor Walking:</b> 11AM-11:45AM	<b>Indoor Walking:</b> 10AM-10:45AM
<b>Men's 55+ Basketball:</b> 12PM-2PM	<b>Senior Volleyball:</b> 11AM-1PM
<b>After School Youth Rec:</b> @ 2:30PM	<b>Open Gym:</b> 1PM-2:30PM
	<b>After School Youth Rec:</b> @ 2:30PM
	<b>18 + Co-Ed Basketball:</b> 7:30PM-8:45PM

Wednesday	Thursday
<b>Walking Club:</b> 6AM-8AM	<b>Walking Club:</b> 6AM-8AM
<b>Senior Fit:</b> 9:15AM-10:15AM	<b>Children's Open Gym:</b> 10AM-11AM
<b>Indoor Walking:</b> 11AM-11:45AM	<b>Indoor Walking:</b> 11AM-11:45AM
<b>Men's 55+ Basketball:</b> 12PM-2:30PM	<b>Open Gym:</b> 12PM-2:30PM
<b>After School Youth Rec:</b> @ 2:30PM	<b>After School Youth Rec:</b> @ 2:30PM
<b>Rec Youth Basketball:</b> 5:15PM-8:30PM	<b>Adult Volleyball:</b> 6:30PM-8:45PM
<b>18 + Co-Ed Basketball:</b> 7:30PM-8:45PM	

## Monday – Building closes at 6PM

Walking Club	6AM – 8AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Rec Sit/Fit Class	9:30AM – 10:30AM
Cranberry Rug Hookers	9:30AM – 1PM
Quilt Bank	10AM – 2PM
Men's 55+ Basketball	12PM – 2PM
Newcomers Cornhole Toss	3PM-5PM
Blood Pressure / Wellness Clinic	4PM – 5PM
Zumba	5PM – 6PM

## Tuesday

Walking Club	6AM – 8AM
Mah Jongg	9:30AM – 12:30PM
Tai Chi	10AM – 11AM
Indoor Walking Group	10AM – 10:45AM
Balance Boosters	10:30AM – 11:15AM
Senior Volleyball	11AM – 1PM
Homeless Prevention Council	1PM – 3PM
Mah Jongg	1PM – 4PM
Children's Pajama Playgroup	5:30PM – 6:15PM

## Wednesday

Walking Club	6AM – 8AM
Senior Fit	9:15AM – 10:15AM
Jill's Exercise Class	9:30AM – 10:30AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12PM
Wednesday Stitches	10AM – 2PM
Indoor Walking Group	11AM – 11:45AM
QiGong	11AM – 12:15PM
Men's 55+ Basketball	12PM – 2PM
COA Sign Language	12:45PM – 2:15PM
Cranberry Mah Jongg	1PM – 4PM
NA	7:30PM – 9PM

## Thursday

Walking Club	6AM – 8AM
CC Business Referrals	7:15AM – 8:30AM
Zumba	7:30AM – 8:30AM
Children's Playgroup	10AM – 12:30PM
Indoor Walking Group	11AM – 11:45AM
Balance Boosters	10:30AM – 11:15AM
Harwich Artists Open Painting	1PM-3:30PM
Bayberry Quilters	1PM – 4PM
Zumba	5:30PM – 6:30PM
Adult Volleyball	6:30PM – 8:45PM
Swing Band	6:30PM – 8:30PM

## Friday

Senior Fit	9:15AM – 10:15AM
Jill's Exercise Class	9:30AM – 10:30AM
Rec Sit/Fit Class	9:30AM – 10:30AM
Tai Chi	10AM – 11AM
Senior Volleyball	11AM – 1PM
Men's 55+ Basketball	1PM – 3PM
Al-Anon	5:30PM-6:30PM

## Friday

<b>Walking Club:</b> 6AM-8AM
<b>Senior Fit:</b> 9:15AM-10:15AM
<b>Senior Volleyball:</b> 11AM-1PM
<b>Men's 55+ Basketball:</b> 1PM-3PM
<b>After School Youth Rec:</b> @ 2:30PM

## Garden Club of Harwich Holiday Boutique

**Dec 3rd, 9AM-1PM**

The Garden Club of Harwich is holding their Holiday Boutique sale here at the Community Center! There will be holiday centerpieces & decorations, hand crafted gifts, fresh evergreen wreaths, and home-made baked goods available for sale.



## Harwich Historical Society

### Christmas Sale

**Dec 3rd, 9AM-1PM**

Join the Historical Society for their annual December Christmas Sale from their gift shop. There will be a great selection of books for all ages—many from local Cape Cod authors. There will also be children's items and gifts available.



*Harwich Community Center  
with members of the Drumma Queens*

## Winter Solstice Drum Circle



**Tuesday, Dec 20th  
5PM-7PM**

Come join others in a peaceful gathering of community drumming to honor the shortest day of sunlight in the year. Bring something to drum, shake, or ring. Some percussion instruments will be provided. No experience necessary, just a desire to join others at this momentous moment as we welcome winter.

For more information. call 508-430-7568

**Part of our 'Try It, You  
Might Like It' series!**

## Holiday Arts & Crafts Show Saturday, Dec 10<sup>th</sup> 9AM-3PM

Come support your local artists! Hand-made holiday arts & crafts will be available for sale.

Sponsored by:



## Harwich Women's Club Santa's Workshop Dec 7th, 5:30PM-6:30PM

The Harwich Women's Club is hosting a toy drive! Drop off new unwrapped toys between 5:30PM-6:30PM on Dec 7<sup>th</sup>. All toys go to children in need in the Monomoy School System.



**Come & Celebrate our Town at the Holidays!**

## Music of the Season Harwich Town Band



**FREE!**  
**Sunday, Dec 18<sup>th</sup>  
2:00PM**

**At the Harwich  
Community Center**

**Carol Sing-along • Intermission with refreshments**

## Center Stage: Drop-in Walking Club



Walking is beneficial for so many important reasons! It improves fitness, cardiac health, alleviates depression and fatigue, improves mood, creates less stress on joints and reduces pain, can prevent weight gain, reduces the risk of cancer and chronic disease, improves endurance, circulation and posture, and the list goes on... The Community Center has many walking options that might be just right for you!

The **Drop-In Walking Club** is the easiest way to start your walking journey. They are an informal group of early morning risers, who walk laps at their own pace indoors at the Community Center's gymnasium. It is perfect for those who prefer a well-lit and level surface without worrying about the weather. The gym is reserved Monday thru Thursday from 6:00am to 8:30am for anyone who wishes to drop in for a walk. Twenty-One laps is approximately one mile.

For those preferring a later morning walk in the gym, the Recreation Department offers **Walk & Talk** on Mondays, Wednesdays and Thursdays from 11:00am to 11:45am, and on Tuesdays from 10:00am to 10:45am. Led by Susan Fraser, there is always fun music and great conversation!

If indoor walking is not your "thing", feel free to walk anytime outdoors on the **Veteran's Memorial Field Complex** located behind the Community Center. It is a paved track, with 10 exercise stations around the perimeter; three laps around, equals one mile.



## Fitness Room Updates

### The Benefits of Meditation

- Manages Stress
- Increases Self-Awareness
- Focus on the Present
- Reduce Negative Emotions
- Increases Patience and Tolerance
- Anxiety Management
- Lowers Blood Pressure
- Improves Mood



### 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!

#### Barbara Piantedosi



A Harwich Resident since 2014, Barbara Piantedosi hails from Maryland and later moved to Harvard and Concord MA. She met her husband in Boston and they had two wonderful children together.

Prior to retiring, she ran a business in the gold industry, and later worked as an administrator at Concord Academy, a private boarding school.

Now that she's retired, Barbara spends her free time biking, playing Mah Jongg, volunteering at the Family Pantry, and being with friends and family. She especially enjoys traveling—having been to both Africa and Europe in the past—and would like to visit New Zealand for her next trip.

Barbara has been a member of our fitness room off and on for about two years now. Her workout routine includes the treadmill, the stationary bike, and use of the free weights. When asked what she likes about our fitness room, Barbara said that the people are friendly and the space isn't too crowded. More than that though, she finds that the biggest benefit is getting free expert advice from certified personal trainer, Jill Brown.

We couldn't agree more, Barbara, and we are happy to have you as a member of our fitness room!



## Gardening Tips from Toni

### Get to Know the Roses – *Delightful Phyllis*

*Phyllis* was the best hybrid raised by Ray Ponton, who was a retired Texas banker who became a rose breeder, introducing many varieties of roses. According to Mark Chamblee, owner of Chamblee’s Rose Nursery, *Phyllis* just wasn’t selling and that is how it ended up here in the Harwich Community Center Tip O’Neill Rose Garden.

What's so great about *Phyllis*? Just about everything. Exquisite beauty with complex coloring, disease free, fragrant with a low and bushy form, continually blooming and self-cleaning. Someone looking at her background would expect this since *Compassion (Harkness)* and *Betty Boop (Carruth)* were her parents. These two roses carry some mighty genes from Sam McGredy's hand painted roses: *Picadilly* and *Picasso*, to Meilland's *Peace*, and Tantau's *Prima Ballerina*. It’s fun to look at *Delightful Phyllis* and identify traits from her ancestors.



## Grab a Bow

*Ho Ho Ho!*

**FREE!**

Stop in to the Community Center on Dec 13<sup>th</sup>

(any time while supplies last)

The holiday has come early! We have a giant gift box full of bows, and each bow is a winner.

What will it be? Reach inside and you will see!

Only one bow per person.



**Part of our ‘Try It, You Might Like It’ series!**



## Volunteer of the Month – [Melissa Berard](#)

The Harwich Community Center would like to express its sincere appreciation to Melissa Berard, one of our dedicated volunteers who contributed her time and energy to assembling and handing out “goody bags” for our Annual Trick or Treat Drive Thru this past October. With Melissa’s participation, we were able to serve over 300 very excited and grateful children and families, who experienced the excitement of Halloween in a safe community setting.

You may have seen Melissa around town, since she is a bus driver for the pre-school, elementary and high school children of Harwich. With her engaging smile and wonderful disposition, it is no wonder that she is so popular with the kids in our community!

In her spare time, Melissa enjoys walking, home projects and has volunteered for several years with Hospice of Cape Cod. She truly believes that it is a privilege to comfort people in their time of need.

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

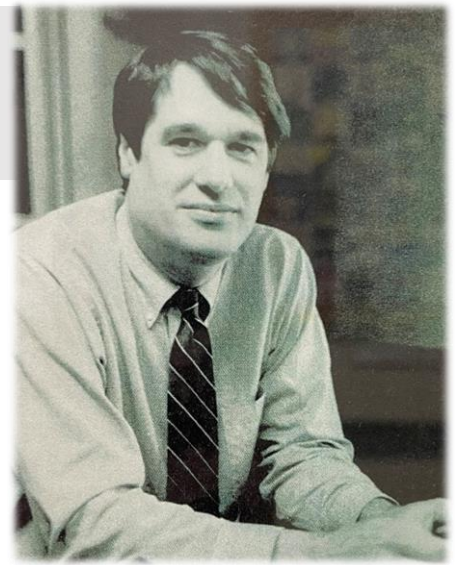


## Town of Harwich – Hall of Fame

### **Michael D. Ford** ***Inducted May 2011***

“...Michael is a land use and municipal attorney of great repute on the Cape and in the Commonwealth. In addition, he provides special real estate counsel to the Town of Harwich as well as assisting local residents with their legal needs. The Town of Harwich can be proud of the success of a local son, which reflects on his upbringing and education in the community, who also chose to remain and raise his family here.

However, his role as Moderator is his greatest legacy. He is the Dean of Moderators in the Commonwealth, and one of the longest serving. Anyone who has seen Michael run a Town Meeting knows that the position is far more than ministerial. His expertise as a Moderator has caused other Cape towns to request his assistance at their own town meetings. His delivery and quick count of “hearing none” is priceless! Town Meeting is the legislative body of the town and democracy gets no purer than Harwich’s version of Town Meeting where every voter is entitled to attend, speak and vote...”



To learn more about Michael D. Ford, 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 this must go before the Board of Selectmen for approval.**

## **Winter Warrior Challenge!**

**The goal of the *Winter Warrior Challenge* is to start the New Year off with healthy Habits. Challenge yourself!**



The *Winter Warrior Challenge* is coming back in January. The challenge is to run or walk outside every day in the month of January. Information on this challenge is available at Marathon Sports.

If walking outside is not your thing, we invite you to join:

**Walk & Talk with Susan Fraser**

**Monday, Wednesday & Thursday: 11AM-11:45AM**  
**& Tuesday: 10AM-10:45AM**

This program is generously offered in partnership with the Harwich Recreation Department. This is an invitation to walk in the Community Center Gym at your own pace.

**No registration is required, and participation is FREE!**



## Mitten Tree 2022 Online

Thank you for your interest in joining our efforts to give children in need the special holiday season they deserve! For this year's virtual Mitten tree, an Amazon Wish List has been set up for every child on our 'tree.'

### How to Participate:

1. The link that is provided are for items that the children have asked for. We have included more than one wish. You do not have to buy all of the items on the list, just purchase what you are able to. All help is appreciated!!  
[https://www.amazon.com/hz/wishlist/ls/U4F0WJTQZUV2?ref\\_=wl\\_share](https://www.amazon.com/hz/wishlist/ls/U4F0WJTQZUV2?ref_=wl_share)
2. The mailing address is a residential address. The DCF office is under construction- so virtual gifts will be delivered to a home address and then brought to the social worker to bring to their family.
3. Please make sure to include a *gift note* for every purchase with the name of the child the gift is for and their assigned social worker. Amazon for example will allow you to do this for free. The noted information is in the comment box for each item.

Scan the QR Code below to view the Amazon Wish List:



### A brief look back at some of our successful 'Try It, You Might Like It' events!

Last month in November, we had our 'Don't Try this at home' Mad Science event and our Crafting Night. Both events were well attended by people of all ages. As we continue to move forward, we are excited about future 'Try It' events, and we hope to see you there!

Stop by the Community Center to find out more about any upcoming 'Try It' events, or you can sign up for our newsletter email list to stay up-to-date.

Mad Science Event



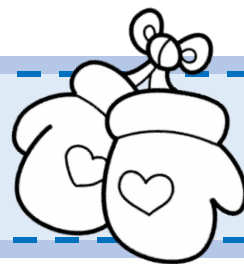
Crafting Night



“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: It is the time for home.”

 —Edith Sitwell, poet

Winter coloring pages are available in the front lobby!



### New Embroidered Harwich Sweat Shirts are available for sale!

In addition to our existing sweatshirt options, we now have long-sleeved quarter snap sweatshirts in grey with navy embroidery available for sale. (All adult sizes are in stock, from Small to 3XL)

**Just \$40 each!** Stop by the front desk to purchase yours today!



### Congrats to our raffle winner!

Last month we held a raffle for two tickets to see 'A Christmas Story: The Musical' performed by the Cape Cod Theatre Company. We would like to offer congratulations to our raffle winner, Susanna Cuff.

*We hope you enjoy the show!*

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For one-step notifications

**SIGN UP TODAY**

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### Sign up for Town Weather Alerts and other Emergency Alerts

We want to make sure our citizens are safe and informed. The CivicReady mass notification solution is a communication service available to our citizens to receive emergency and routine notifications.

**Visit the link here to sign up online:**

[www.harwich-ma.gov/home/pages/notifications](http://www.harwich-ma.gov/home/pages/notifications)

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

**Email:** [ccarey@town.harwich.ma.us](mailto: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!

### 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

You can find earlier issues of our newsletter on our webpage

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



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