

Harwich Community Center News

Phone: 508-430-7568



December 2023



Director's Update

As we approach the holiday season and the close of another year, I find myself struggling to wrap my mind around the enormity of this year and what is to come in 2024.

I would like to take the opportunity to thank Kerry Lotti and wish her all the best as she begins a new adventure in her life journey.

Kerry, a familiar, friendly, knowledgeable and upbeat spirit will be leaving us on December 14th, 2023. We have all benefited from her warmth, involvement and experience—which has made her respected and well-regarded by colleagues and members of the community.

Kerry has demonstrated her commitment through unwavering support of the community. She has consistently continued to provide a solution, create an idea, or respond to a patron's needs.

The community is indeed fortunate to have had her—an energetic and loyal individual that has gone above and beyond, each and every day.

I wish Kerry the very best and extend my deepest gratitude for all she has shared. She will be impossible to replace. I wish her great joy and happiness in this next part of her journey, and I am so thankful to call her my friend.

Kerry, you make me want to be a better person and do more. Thank you for everything!

Please join us on Dec 14th, 9AM-11AM, to share some coffee and wish Kerry well in her retirement.

Wishing everyone a safe holiday season filled with joy, good health, family and friends.

~ Carolyn Carey
Community Center Director

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

Christmas Day – December 25th

New Year's Day – January 1st, 2024



Sound Dunes Swing Ensemble Holiday Concert

Dec 6th, 6PM-8PM
Join us for music, dancing & light refreshments!



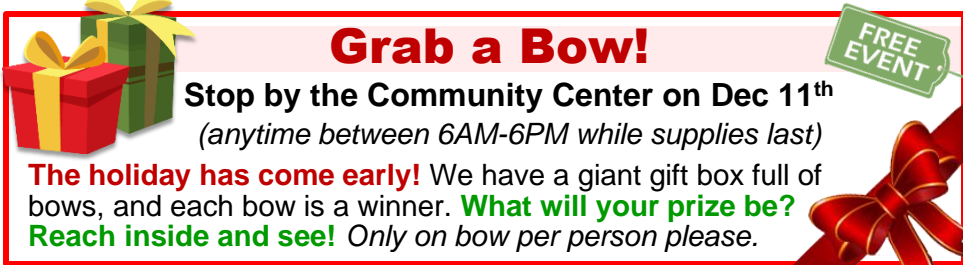
Ornament Decorating Workshop

Dec 7th, starting at 6PM

Join us for this ornament decorating workshop with *Hammer & Stained Cape Cod*! Make 3 ornaments for \$15, & choose from the following styles:

- Sea glass tree ornament
- Mini-framed sign ornament
- Liquid glass ornament

Please note: This workshop is for adults only. Registration required. Call 508-430-7568 to sign up.



Grab a Bow!

Stop by the Community Center on Dec 11th
(anytime between 6AM-6PM 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 your prize be? Reach inside and see!** Only on bow per person please.



Ugly Sweater Decorating Workshop

Dec 15th, 6PM

Get into the holiday spirit and come design your own Ugly Sweater!

At the end of the night, we'll have a fashion show and pick a winner. Bring your own sweater, and we'll provide the decorating materials. (A limited number of sweatshirts are available if you don't have your own.)

This event is open to people of all ages!

Winter Solstice Drum Circle

Dec 21st, 5PM

Join us for a drum session honoring the shortest day of sunlight in the year. Bring something to drum, shake or ring.

Some percussion instruments will be provided. No experience necessary. **This event is FREE!**



Cape Cod Military Museum Lecture

Dec 22nd, 2:30PM (Free Event!)

This month's topic: "The Yankee Division WWII"



Event Calendar & Schedule



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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
Indoor Walking Club	10:30AM – 12:00PM
COA Grab & Go Meals	11:30AM – 12:30PM
Jill's Exercise Class	11:30AM – 12:30PM
Men's 55+ Basketball	12:00PM – 2:00PM
Ukulele Beginner 1	1:00PM – 2:00PM
Ukulele Absolute Beginner	2:00PM – 3:00PM
COA Line Dancing	3:00PM – 4:00PM
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
Mah Jongg	9:30AM – 12:30PM
Beginner Tai Chi	10:00AM – 11:00AM
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
Grief Support Group	1:00PM – 2:00PM
Mah Jongg	1:00PM – 4:00PM
Town Band	6:30PM – 8:00PM
Insight Meditation	7:00PM – 8:30PM

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
Qi Gong	10:00AM – 11:00AM
Indoor Walking Group	11:00AM – 12:00PM
Men's 55+ Basketball	12:00PM – 2:00PM
COA Sign Language	1:00PM – 2:00PM
Cranberry Mah Jongg	1:00PM – 4:00PM
Shooting Stars Basketball	5:15PM – 8:45PM
Sound Dunes Swing Band	6:00PM – 8:30PM
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 – 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

Friday

Jill's Senior Fit	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 – Cribbage	1:00PM – 2:30PM
Men's 55+ Basketball	1:00PM – 3:00PM
Shooting Stars Basketball	5:15PM – 8:45PM
Al-Anon	5:30PM-6:30PM

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.

Open Gym Schedule

Tuesdays
1:00PM-2:30PM

Thursdays
12:00PM-2:00PM

Saturdays
12:00PM-4PM

*Children must be accompanied by an adult

Other Events – A Brief Overview

- **Letters To Santa:** Dec 1st – 13th (Drop off in special mailbox in lobby)
- **Mitten Tree:** Unwrapped presents due back by Dec 12th.
- **Garden Club Holiday Boutique:** Dec 2nd, 9AM-11AM
- **Historical Society Xmas Sale:** Dec 2nd, 9AM-1PM
- **KD Quilters:** Dec 4th & 18th, 9:30AM-1PM
- **Women's Book Club:** Dec 4th, 2PM-3:30PM
- **Sight Loss Services:** Dec 5th, 10:30AM-12PM
- **Swing Band Holiday Concert:** Dec 6th, 6PM-8PM
- **Friends of COA:** Dec 6th, 9:45AM-12PM
- **Newcomers Game Night:** Dec 6th & 20th, 6:30PM-8:45PM
- **Ornament Decorating Workshop:** Dec 7th, 6PM
- **Grab a Bow:** Dec 11th, (All day while supplies last)
- **Red Cross Blood Drive:** Dec 11th (Registration Required)
- **Women's Club Santa Event:** Dec 14th, 4:30PM-6:30PM
- **Ugly Sweater Decorating Contest:** Dec 15th, 6PM
- **Cranberry Rug Hookers:** Dec 16th, 9:30AM-1:30PM
- **Town Band Holiday Concert:** Sunday Dec 17th, @ 2PM
- **Harwich Republicans:** Dec 21st, 5PM-6:30PM
- **Winter Solstice Drum Circle:** Dec 22nd, 5PM-7PM
- **Military Museum Talk:** Dec 22nd, 2:30PM

December

Council on Aging Activities

- **Brown Bag Program:** Dec 1st, 8AM-12PM
- **Beyond The Book:** Dec 7th, 1PM-2PM
- **Suicide Prevention:** Dec 7th, 10AM-11AM
- **Men's Breakfast:** Dec 8th, 9:30AM-10:30AM
- **Chair Yoga:** Dec 13th & 27th, 11AM-12PM
- **Singing Group:** Dec 14th & 28th, 2PM-3PM
- **Cocoa & Carols:** Dec 14th, 1:30PM-3PM
- **Big Screen Movie Day:** Dec 15th, 1PM-3PM
- **Cookie Swap:** Dec 18th, 1PM-2PM
- **Women's Breakfast:** Dec 22nd, 9:30AM-10:30AM

For more information on COA Programs, you can call **508-430-7550**

Cape Cod Children's Place Activities

Circle Time

Wed, 10:30AM-11:30AM

Playgroup/Open Gym

Thur, 9:30AM-10:45AM

Pajama Playgroup:

Thur, 5:30PM-7:30PM

Harwich Recreation Department 18+ Billiards League

Saturdays, 12PM-4PM

~ \$20 Entry Fee ~



For more information, or to sign up, contact the Rec Dept. at 508-430-7553.

Think outside the gift box!



American Red Cross

(800) 733-2767



Blood Drive

Dec 11th, 12PM-4PM

Registration required to donate



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 13th to assure a return response.



Garden Club of Harwich *Holiday Boutique*

Dec 2nd, 9AM-11AM

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 **Gift Shop Christmas Sale** **Dec 2nd, 9AM-1PM**

Our Annual December Christmas Sale from the Gift Shop at the Harwich Historical Society. There is a great selection of books for all ages—many of whom are local Cape Cod authors. Children's items and gifts will also be for sale.



FREE! Harwich Town Band **FREE!** *Holiday Concert*

Sunday, Dec 17th, 2023 @ 2PM

Come and celebrate our town for the holidays!
There will be carol sing-alongs and refreshments!



Santa Claus is Coming to Town!

December 14th, 4:30PM-6:30PM

Stop by for a North Pole themed celebration at the Harwich Community Center.

- Visit Rudolph's Book Nook and pick up a FREE children's book (1 per family while supplies last).
- At Elfie's Art Works you can make a craft chain link for your tree or write a letter to Santa.
- Mrs. Claus will be waiting with a sweet treat and a cup of cheer.

Bells Ringing ♦ Carolers Singing ♦ Come visit Santa in his workshop ♦ Bring a camera and Santa's helper will snap a photo to capture the moment

This event is **FREE** to people of all ages—from children to seniors. Everyone can enjoy the fun festive holiday gathering!

Sponsored by the **Harwich Women's Club** in collaboration with **Monomoy Family Resource Early Childhood Program**, and other local non-profits.

Toy donations are welcome!

(In the event of inclement weather closing the Center, the make-up snow date will be December 19th)



Mitten Tree 2023!

This year's Mitten Tree is back in Person!

For the past three years, we have been hosting our Mitten Tree virtually—but this year we are back to doing everything in person!

To participate, choose a mitten from the tree that bears the name of a child on Cape Cod. Stop by the front desk and let us know which mitten you selected, so we can ensure that every child gets a gift. You may then purchase the item or items that the child and their family have requested.

*(Monetary donations are also welcomed & appreciated.
These funds are used to purchase any non-filled wishes)*

Please drop off your **unwrapped** gifts labelled with the child's name at the Community Center by:

Tuesday, December 12th

Happy holidays to you and yours!



Town of Harwich – Hall of Fame Peter Lawrence Hughes Inducted May 2011



“Peter L. Hughes has served the Town of Harwich in its Christmas Programs and presentations for many years, exemplifying by his actions a deep commitment to civic responsibility and service. For years as Santa Claus, he rode to Brooks Free Library in the fire trucks to greet about seventy-five children who would sit on his lap, pull his whiskers and wait for candy in his pack. He was instrumental in initiating “Lighting up the Harwiches” which was enjoyed and continues to this day. Peter would gather groups for caroling and walking around businesses wishing everyone a Merry Christmas.

He arranged the yearly Cranberry Harvest Pancake breakfast which benefits some high school graduates that are on their way to higher education. His tireless efforts as a member of the Harwich Chamber of Commerce have benefited the Town as a whole and have been examples of good citizenship influencing the growth and progress of our community. The Board of Selectmen of Harwich tendered a Certificate of Recognition and Appreciation to Peter in gratitude for his many acts and generous contributions, and for the time and effort spent towards the betterment of Harwich—the town he loved.”

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.



Wellness Fair

Saturday, December 9th, 9AM-12PM

For many, it can be over whelming where to start or what is available when it comes to finding a healthy lifestyle and maintaining it. Join a community of local health and wellness professionals at the Harwich Community Center to learn more about resources available to help you reach your optimal health. There are small changes that can be made to start feeling better and living happier. Meet with herbalists, nutritionists, yoga and mindfulness teachers, photographers and more to discuss how they can help you!



STEP CHALLENGE WINNERS!

Youth Winners:

- **1st Place:** Morgan Wilda - Steps 282,605
- **2nd Place:** Addison Wilda - Steps 139,901

Adult Winners:

- **1st Place:** Michael Steidel - Steps 573,396
- **2nd Place:** Nick Garland - Steps 513,993
- **3rd Place:** Laura Marshall - Steps 423,688

Senior Winners:

- **1st Place:** Andy Falconio - Steps 513,847
- **2nd Place:** Dottie Callaghan - Steps 463,336
- **3rd Place:** Bruce Dyer - Steps 343,598

Food Safety Tips from the Harwich Health Department

Quick food safety tips for your holiday gatherings!

- Keep hot foods hot at 140°F or warmer.
- Use slow cookers, chafing dishes, and warming trays to keep food hot on the buffet table.
- Keep cold foods cold at 40°F or below.
- Use small serving trays and replace them often with fresh platters from the refrigerator, or place serving dishes in bowls of ice, so they stay chilled.

Remember the 2-Hour Rule

- Discard any perishables left out at room temperature for more than 2 hours, unless you're keeping it hot or cold.
- If the buffet is held in a place where the temperature is above 90 °F, the safe holding time is reduced to 1 hour. Watch the clock with leftovers, too!

Cook Meat and Eggs to Safe Internal Temperatures

www.cdc.gov/foodsafety



145°F



Pork Roast

Rack of Lamb



Beef Brisket

After cooking, let meat rest for 3 minutes before serving.

145°F



Fish Fillet

160°F



Ground Beef



Egg Dish

165°F



Turkey

Ground Turkey



Chicken

Leftovers

For food safety by events & season, scan the QR Code here, or check our the link below:

<https://www.foodsafety.gov/keep-food-safe/food-safety-by-events-and-seasons#winter>



To get the App, see the link below, or scan the QR Code:



Curious how long you can keep your leftovers for?

Download the FoodKeeper App!

- The FoodKeeper helps you understand food and beverages storage.
- It will help you maximize the freshness and quality of items. By doing so you will be able to keep items fresh longer than if they were not stored properly.
- It was developed by the USDA's Food Safety and Inspection Service, with Cornell University and the Food Marketing Institute.
- It is also available as a mobile application for [Android](#) and [Apple](#) devices.

<https://www.foodsafety.gov/keep-food-safe/foodkeeper-app>





Introducing a bright new meeting room in the Harwich Community Center!

The Courtyard Room is a fresh, newly designed space perfect for small meetings and groups. Located directly off the courtyard of the Community Center, this area offers “a room with a view” atmosphere that feels open and airy. The room has been freshly painted and is currently delineated by a temporary wall. We look forward to the winter when the permanent wall build begins, showcasing a unique half glass wall enclosure. This is part of the continued efforts to meet the needs of the Harwich community and the groups and organizations it serves.

Thank you to Toni Hollingsworth

The Harwich Community Center and all its staff would like to express their gratitude and thanks to Toni Hollingsworth. For over 6 years Toni has volunteered her time to coordinating and maintaining the beautiful gardens, including the Thomas “Tip” O’Neill Rose Garden, outside the Community Center. She has truly brought life back into the gardens, year after year, lighting up our building.

We will certainly miss Toni and her dedication to volunteering but wish her the best on a well-deserved retirement. If you are interested in helping maintain our beautiful outdoor space at the Community Center, please stop in or call us at 508-430-7568.



Fitness Room Updates



Did you know that weight bearing exercises are extremely important for bone density?

Equally as important as keeping your muscles strong, is taking care of your bone health. Eating a healthy diet and adding in weight bearing exercise can be beneficial!

Here at the Harwich Community Center Fitness Room we have several fitness machines to help you! Our Personal Trainer, Jill Brown can help you get started if you are new to the Fitness Room! **Jill Brown, is available every Monday and Thursday, from 9:15AM-11:15AM** to guide members through the proper use of the gym equipment.



Fitness Room Member Spotlight!

Keith Wilda



This month’s Fitness Room Spotlight is Keith Wilda. Keith is formally from Hadley, Massachusetts. But he and his family of six now call Harwich their home. Keith is married to the Harwich Community Center’s Program Specialist, Reagan Wilda. They have been married for thirteen years and have three daughters, twelve-year-old twins

Addison & Morgan and twenty-one-year-old Ella. The Wilda family also has two beloved dogs named Daisy & Odie

Keith comes from a large farm family; grew up in Western Massachusetts on a small farm. He graduated from UMASS Amherst in Resource Economics and became a fish farmer. His career in this industry has taken him around the world. He is the proud owner of three fish farms, one is located on Cape in West Barnstable and two oyster farms located off Cape. However, he and his family have chosen to settle on beautiful Cape Cod.

Some of Keith’s hobbies and interests include playing golf, going fishing, and working out.

When we asked Keith what he likes about the Fitness Room he stated, that, “The atmosphere is inviting. The rooms have a lot of good equipment and are well maintained.” As far as what motivates him to workout consistently week after week Keith says, “My family is my motivation; that working out relieves stress and keeps me fit, allowing me to keep up with my active family.” Keith summed up his discipline & responsibility to stay fit by quoting American painter William Johnson: *‘If it is to be, it is up to me.’*

Keith, thank you for supporting the Harwich Community Center’s Fitness Room. It’s always nice to see your daily dedication to staying in shape!

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.

Reflections – A look back at last month...



Nov 3rd – Children of all ages were dazzled by our **Mad Science “Fire & Ice”** show. Amazing science experiments showed foggy dry ice storms, spectacular fireballs, and the chemical reactions behind ‘potions’ and states of matter. The show was both educational and eye-catching!



Nov 9th – Our **Teen Clothing Swap** was a big hit! Thanks to generous donations of both participating families and various people in the community, there were lots of clothing options and accessories to choose from. Teenagers of all ages then stopped by for Swap Night and “Shopped the Swap”, picking out a variety of clothes to take home with them (all for free!).



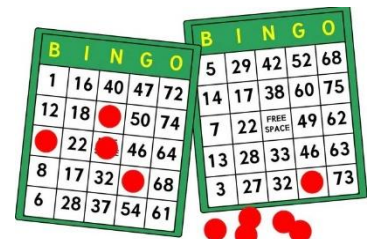
Nov 17th – WALKtober participants stopped by for our Celebration Night, enjoying both refreshments and prizes for a job well-done. *WALKtober winners listed inside this newsletter—we had categories for youth, adults, and seniors.*



Nov 21st – This month’s talk with the Cape Cod Military Museum was about “The Great War.” We went over the formation and training of New England’s own Infantry Division, and its deployment and actions in France. Our lecturer went over the big picture, augmented with personal stories. There was also a special appearance by the YD’s own Sgt. Stubby!



Nov 30th – Our **FREE Bingo Night** was open to all ages. Prizes were an assortment of fun items like: Puzzles, Candy baskets, Candles, Games, Holiday décor, Harwich apparel, and more! People of all ages stopped by to play.





“May your walls know joy, may every room hold laughter,
and every window open to great possibility.”

— Mary Anne Radmacher



Winter coloring
pages are
available at the
front desk!



The Best Christmas Pageant Ever

By Barbara Robinson

Fridays at 7PM

Dec 1, 8, 15, 22 & 29

Saturday & Sunday at 3PM

Dec 2, 3, 9, 10, 16, 17,
23 & 30

Additional performances on Dec 27th & 28th at 3PM

Directed by Susan Kosoff

*“The Best Christmas Pageant Ever” is presented by
arrangement with Concord Theatricals on behalf of
Samuel French, Inc.*

**CAPE COD
HARWICH JUNIOR THEATRE
COMPANY**

Box Office: 508-432-2002 • 105 Division St, West Harwich, 02671 •
CAPECODTHEATRECOMPANY.ORG • Wheelchair accessible & assisted listening devices available

Facilities Committee – New Board Members

The Harwich Community Center Facilities Committee is excited to welcome two new board members. Christina Joyce and Heath Eldredge were sworn in by the Town Clerk this past month. Both Christina and Heath have been long time residents of Harwich and have been extremely involved in many aspects of the community. Their experience and vision will be a great asset to the board and to the Community Center.

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@harwich-ma.gov

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 8: (508) 430-7569

Town Nurse: (508) 430-7505

Veterans' Affairs: (508) 430-7510

Cemetery Commission: (508) 430-7549