

# Harwich Community Center News



December 2021



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

## Director's Update

The Harwich Community Center is on the rise. Building on our foundation, we would like to deepen the experiences the Center has to offer for the entire community. We seek to drive programmatic innovation to respond to emerging community needs.

Leveraging our collective creativity, courage, and resilience, we have come a long way since opening in 2000. I am excited to celebrate all the Community Center has become and what lies ahead.

I am so proud of the grace and commitment of our community. In a time when so much about the future is uncertain, the essence of the Harwich community—its extraordinary care of all its members—remains a familiar constant. The changes brought from this year's challenges have allowed us to seize new opportunities, reimagine the unimaginable, and develop meaningful genuine relationships that will outlast these temporary challenges.

~ Be safe and well!

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

December 24<sup>th</sup> & 25<sup>th</sup> – Christmas Holiday

December 31<sup>st</sup> & January 1<sup>st</sup> – New Year's Holiday

## La Keisha Lockhart is a new hire for the front desk part-time evenings at the Harwich Community Center!

La Keisha has an associate degree in Business Administration from Bristol Community College and is currently attending University of Massachusetts-Dartmouth pursuing a bachelor's degree in Economics, concentration Health Services Administration. La Keisha has spent 10 years in administration and 6 years in the medical administration field. Originally from Stoneham MA, she now resides in Harwich, with her greatest accomplishment being a mother of a ten-year-old daughter.

La Keisha admits that her interests are as eclectic as she is, from reading and researching history, listening to music (50s era to 2000), and enjoying Sci-Fi and horror movies. Le Keisha hopes to incorporate her eclectic personality and become an asset to the friendly group at the Community Center.

Please come by and introduce yourself!

## New Energy Efficient Light Bulbs in Building

Rise Engineering, and authorized energy efficiency company working in conjunction with National Grid, has been busy in the building upgrading fluorescent lighting with LED bulbs. The comprehensive program is complementary and will reduce the environmental footprint and operating expenses for the Community Center.

 **Congrats to the winners of our Guess How Many Candy Corn contest!** 

The results of our Guess the Candy Corn contest from back in October are in! Congrats to our contest winner, Steve C. who was only 10 candy corn off!

## Harwich Sweatshirts are back in stock!

We have all adult sizes available, from Small to 3XL. Just \$30 each! In addition to dark blue, sweatshirts are now available in gray. (Dark blue sweatshirts have a hood). Stop by the front desk to purchase yours today!



The Mitten Tree program is back—20 years of helping to provide gifts for kids and families in need across Cape Cod during the Holiday Season!

This year the Mitten Tree is all being done virtually

To view the online Wish List, visit the link here:

[www.amazon.com/hz/wishlist/ls/U4F0WJTQZUV2?ref\\_=wl\\_share](http://www.amazon.com/hz/wishlist/ls/U4F0WJTQZUV2?ref_=wl_share)



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



 **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 16<sup>th</sup> to assure a return response.



## Center Stage: Chatham Harwich Newcomers Club

Chatham Harwich Newcomers is a social club for full or part-time residents of Chatham and Harwich, who are seeking to connect with other members for fun and enrichment while participating in a variety of activities here at the Community Center and throughout Cape Cod. If you are new to the area, or a seasoned resident, as a member, you can choose from one or many diverse programs that include biking, hiking, book clubs, golf, cooking, corn hole toss, ping pong, photography, bowling, Mah Jongg, and so much more.

In addition to a wide array of programs and activities, the group has introduced a new format called “pop ups”, which are spur of the moment events and gatherings. They are becoming very popular and run throughout the year.

With over 600 members, there is something for everyone and it’s a great opportunity to meet new people! If you are interested in finding out more about Chatham Harwich Newcomers, please visit:

[www.chathamharwichnewcomers.org](http://www.chathamharwichnewcomers.org), or visit their Facebook page called Chatham-Harwich Newcomers.



## Fitness Room Updates

### Fitness Room Member Spotlight!



### Dorothy Harrington

A full time Harwich resident for over 20 years, and a faithful 10-plus year Weight Room member, “Dot” has made staying in shape a lifetime commitment. At a spry 89 years young, and a complete hip replacement at the age of 87, Dot is hardcore when it comes to her fitness routine. Her mornings start

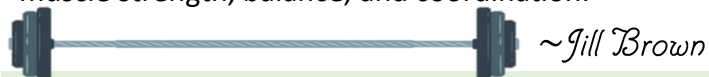
with a brisk walk on the treadmill, followed by freeweights, floor exercises, and many a member can attest to her sit-up regiment!!

Dot’s zest for life extends far beyond the Weight Room. After raising her 5 children, Dot returned to college at the age of 55. She received her degree in early childhood education, and was a beloved kindergarten teacher in Sudbury, MA for several years.

Presently, Dot is an active member of the Harwich United Methodist Church, loves to read, play canasta, and dine out with friends. When asked how she maintains her active lifestyle, Dot states, “It’s not easy getting out of bed at 5AM, but for me, it starts the day right.” – Great words to live by!

### ~ Bone Density ~

Did you know that bone density decreases with age? Exercise is so important to maintain healthy bones! Strength training and weight bearing exercise helps to increase bone density along with improving muscle strength, balance, and coordination.



As a complimentary benefit to all Weight Room members, **Jill Brown, our certified personal trainer, is available every Monday and Thursday from 9:15AM to 11:15AM** to demonstrate the proper use of the gym equipment, and to answer any questions pertaining to exercise.

### 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 for new equipment.

# Event Calendar & Schedule

## Monday

|                       |                   |
|-----------------------|-------------------|
| Walking Club          | 6AM – 8AM         |
| Table Tennis          | 8:30AM – 10:30AM  |
| Bit of Bliss Yoga     | 9:30AM – 10:30AM  |
| Cranberry Rug Hookers | 9:30AM – 1:00PM   |
| Quilt Bank            | 10AM – 2PM        |
| Adult Tennis          | 10:30AM – 12PM    |
| Beginner Tai Chi      | 11:15AM – 12:15PM |
| Men's 55+ Basketball  | 12PM – 3PM        |

## Tuesday

|                             |                  |
|-----------------------------|------------------|
| Walking Club                | 6AM – 8AM        |
| Yogi Nomad                  | 9AM – 10AM       |
| Mah Jongg                   | 9:30AM – 12:30PM |
| Senior Volleyball           | 11AM – 1PM       |
| Homeless Prevention Council | 1PM – 3PM        |
| Mah Jongg                   | 1PM – 4PM        |
| Open Gym                    | 1PM – 2:30PM     |
| Zumba                       | 5PM – 6PM        |
| Town Band                   | 6:30PM – 8:30PM  |

## Wednesday

|                      |                  |
|----------------------|------------------|
| Walking Club         | 6AM – 8AM        |
| Bit of Bliss Yoga    | 9:30AM – 10:30AM |
| Wednesday Stitchers  | 10AM – 2PM       |
| Walking Group        | 11AM – 11:45AM   |
| Men's 55+ Basketball | 12PM – 3PM       |
| Cranberry Mah Jongg  | 1PM – 4PM        |
| QiGong Class         | 1:30PM – 2:30PM  |
| Swing Band           | 6:30PM – 9PM     |

## Thursday

|                       |                   |
|-----------------------|-------------------|
| Walking Club          | 6AM – 8AM         |
| CC Business Referrals | 7:15AM – 8:30AM   |
| Table Tennis          | 8:30AM – 10:30AM  |
| Yogi Nomad            | 9AM – 10AM        |
| Wellness Clinic       | 9:30AM – 12PM     |
| Adult Tennis          | 10:30AM – 12PM    |
| Beginner Tai Chi      | 11:15AM – 12:15PM |
| Open Gym              | 12PM – 2:30PM     |
| Zumba                 | 5:30PM – 6:30PM   |
| Adult Volleyball      | 7PM – 8:45PM      |

## Friday

|                       |                  |
|-----------------------|------------------|
| Jill's Exercise Class | 9:30AM – 10:30AM |
| Senior Volleyball     | 11AM – 1PM       |
| Men's 55+ Basketball  | 1PM – 3PM        |
| Al-Anon               | 5:30PM-6:30PM    |

## Other Events

- **Foot Care Clinic:** Dec 1, 15 & 28<sup>th</sup>, 9AM-3:30PM
- **Support Group for Women Who Live Alone:**
  - Dec 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup>, 1PM-2PM
- **Machine Embroidery:** Dec 2<sup>nd</sup>, 11AM-3PM
- **Open Painting Sessions:** Dec 2, 9 & 16<sup>th</sup>, 1PM-3:30PM
- **COA Brown Bag Program:** Dec 3<sup>rd</sup>, 8AM-12PM
- **Harwich Democrats:** Dec 4<sup>th</sup>, 10AM-11:30AM
- **KD Quilters:** Dec 6<sup>th</sup> 20<sup>th</sup>, 9AM-2PM
- **Resiliency Training:** Dec 6<sup>th</sup> & 13<sup>th</sup>, 1PM-2PM
- **Sight Loss:** Dec 7<sup>th</sup>, 10:30AM-12PM
- **Garden Club Mtg:** Dec 7<sup>th</sup>, 1PM-3:30PM
- **Friends of COA:** Dec 8<sup>th</sup>, 10AM-11:30AM
- **Big Screen Movie Day:** Dec 17<sup>th</sup>, 1PM-3PM
- **Mobile Dental Clinic:** Dec 17<sup>th</sup>, 9AM-3:30PM
- **Cranberry Rug Hookers:** Dec 18, 10AM-2PM
- **WILPF:** Dec 28<sup>th</sup>, 7PM-8:30PM

**Harwich Garden Club – Holiday Boutique:** December 4th – 9AM-1PM

**Harwich Town Band - Holiday Concert:** December 19th – 2PM-4PM

**COA – Talent Show:** December 29th – 1PM-3PM

**Harwich Women's Club – Toy Drive:** December 8th – 2PM-6PM

For more information about specific classes, as well as contact information for groups & instructors, please contact the Community Center at **508-430-7568**

## DECEMBER 2021 - 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.**

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| <b>Walking Club:</b> 6AM-8AM                       | <b>Walking Club:</b> 6AM-8AM                       | <b>Walking Club:</b> 6AM-8AM                       | <b>Walking Club:</b> 6AM-8AM                       | <b>Walking Club:</b> 6AM-8AM                       |
| <b>Table Tennis:</b><br>8:30AM-10:30AM             | <b>Family Rec Open Gym**:</b><br>8:30AM-10:30AM    | <b>Open Gym:</b><br>8:30AM-10:30AM                 | <b>Table Tennis:</b><br>8:30AM-10:30AM             | <b>Open Gym:</b><br>8:30AM-10:30AM                 |
| <b>Adult Tennis:</b><br>10:30AM-12PM               | <b>Senior Volleyball:</b><br>11AM-1PM              | <b>Walking Group:</b><br>11AM-11:45AM              | <b>Adult Tennis:</b><br>10:30AM-12PM               | <b>Senior Volleyball:</b><br>11AM-1PM              |
| <b>Men's 55+ Basketball:</b><br>12PM-2:30PM        | <b>Open Gym:</b><br>1PM-2:30PM                     | <b>Men's 55+ Basketball:</b><br>12PM-2:30PM        | <b>Open Gym:</b><br>12PM-2:30PM                    | <b>Men's 55+ Basketball:</b><br>1PM-3PM            |
| <b>After School Rec Youth:</b><br>Starts at 2:30PM | <b>After School Rec Youth:</b><br>Starts at 2:30PM | <b>After School Rec Youth:</b><br>Starts at 2:30PM | <b>After School Rec Youth:</b><br>Starts at 2:30PM | <b>After School Rec Youth:</b><br>Starts at 2:30PM |
|  | <b>Rec Youth Basketball:</b><br>5PM-7PM            | <b>Rec Youth Basketball:</b><br>5PM-7PM            | <b>Rec Youth Basketball:</b><br>5PM-7PM            | <b>Rec Youth Basketball:</b><br>5PM-7PM            |
|  |  |  | <b>Adult Volleyball:</b><br>7PM-8:45PM             |  |

# Highlights & Updates

## We wanted to take this opportunity to highlight and share information on the work and events at the Community Center in FY 21 and the beginning of FY 22.

Operations during this period of time have been significantly impacted by COVID-19. As you can see below, even during the height of pandemic impacts, the Community Center found creative ways to serve our community. We are thrilled to be transitioning back to our ordinary scale of pre-pandemic operations.

In July 2020, the Community Center reopened to the public on a limited basis after closing several months earlier in March. Groups were welcomed back, within certain size and activity guidelines. Contact tracing procedures were implemented to ensure patrons could be reached in the event of a positive case onsite. Access to common equipment (coffee maker, hallway and reception seating areas, mats for fitness classes, etc.) was restricted. Group members were required to maintain social distancing and adhere to mask mandates. By July 2021, all activity type, capacity, and mask restrictions were lifted. Details on building use by community groups is outlined in more detail below.

The initial reopening policy also called for program and activity bookings to occur on a month-to-month basis. This is designed to ensure that building operations remain responsive to changes in local, state, and federal guidelines, to prevent groups from paying for a service they may be unable to utilize (in the event of further restrictions or closures), and to provide a framework for continuous check ins with the groups that use this space. Through the hard work of Community Center staff and the flexibility of groups and patrons, this process has continued successfully to the present.

In October 2020, the Community Center reopened its Weight Room. Fitness equipment was spaced out between multiple rooms to provide additional distance between machines. Members signed up for designated time slots, with a maximum of six participants signing up for any given slot. There was a window of time allocated between each slot to provide for full sanitation. Locker rooms and showers remained closed during this time. Beginning in July 2021, the Community Center was able to reopen its Weight Room at full scale, including locker room access, with no capacity or time slot restrictions. Personal Trainer Jill Brown is now back providing consultations and education to participants, ensuring everyone is safe and getting the most out of their membership. Membership details are available in the attached charts. Through each of these permutations, the Center was thrilled to find ways to make this tremendously popular resource available to members!



Passport services provided at the Community Center by the two certified agents, Carolyn Carey and Samantha Estabrook, continue to be heavily utilized. The Center processes new passport applications and assists residents in completing applications for renewals. For the 2021 calendar year to date, staff have processed 253 new applications and assisted with 122 renewals. While this is a bit lower than past years, it is impressive in light of restrictions on building access, as well as broader scale travel restrictions.



The Community Center is known not only as a space for community groups to host meetings and events, but also for a variety of new and recurring large events organized by staff. Undeterred by external factors, Director Carolyn Carey found ways to modify special events to ensure they were safe and enjoyable. In the spring, she spearheaded an Easter celebration where families could pick up prepackaged Easter eggs and other goodies in advance to enjoy at home.

Similarly in the fall, she coordinated the Halloween costume “Boo-tique” by appointment to ensure children and families had the opportunity to pick out costumes. For the second year in a row, the Center hosted a drive thru Halloween party with multiple stations to trick or treat on the property. We distributed lots of candy and other treats to over 320 kids! This was made possible with generous donations from community groups and individuals, volunteer support staffing the event, and the help of the Harwich Police Department providing lighting and traffic flow assistance!



The Fall has been a busy time overall. In September, the Center was able to provide building access for attendees of the annual Cranberry Festival. September was also marked by the Special Town Election to fill the vacant seat on the Board of Selectmen held in the Community Center gymnasium. In October, we were excited to host the first indoor Town Meeting since the start of the pandemic! October was also filled with three separate drive thru flu clinics organized by the Health Department, one for Town staff and two for the public. In the coming weeks, we look forward to continuing our annual partnership with the Department of Children and Families to collect holiday gift donations. All donations stay local and help ensure all kids on the Cape have a joyful holiday season. Letters to Santa will also be back – be sure to let the kids (and adults!) in your life know we’ll be shipping their letters to the North Pole soon. We’re also looking forward to a Holiday Concert with the Town Band on December 19<sup>th</sup>.

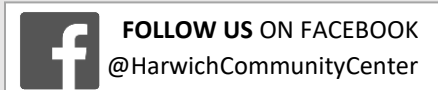


While we often focus on the success of the programs occurring inside the building, we would be remiss not to acknowledge the efforts that go into maintaining the beautiful exterior gardens. The gardens are maintained solely by volunteers – those volunteers completed over 130 hours or work towards that goal! Many visitors stop in and express their awe and gratitude for how well these gardens are tended. A special thanks to Toni Hollingsworth for managing that volunteer effort and putting in many hours herself.



When reopening in July 2020, the building hours were reduced, limited to Monday through Friday, 6 AM to 4 PM. We are thrilled to report that, as of November 8, 2021, the building has expanded its hours of operation. Currently, the building is open Mondays from 6 AM to 6 PM, Tuesdays through Fridays 6 AM to 9 PM, and Saturdays from 8 AM to 4 PM. Staff and Committee members are cognizant of the importance of this space to all residents – older adults, kids, and everyone in between – expanded hours will make it possible for everyone to utilize this resource.

Staff remains committed to getting information about programs and resources out to the community. Updates and events are posted on the website, social media, Channel 18, and local radio. We have updated our Activities Listing booklet to reflect current operations and program details. The Center has also created a new monthly newsletter, available online, by email, and in hard copy, to help people stay up to date.





# Harwich Community Center Mitten Tree 2021

Thank you for joining in our efforts to give children in need the special holiday season they deserve! This year the Mitten Tree will be processed completely online. An Amazon Wish List has been set up for every child on our 'tree.' To participate, you pick an item off the Wish List and order it via Amazon. The purchased item will then be sent directly to Child and Family Services, who will distribute the gifts to each child on our virtual tree.

**The 2021 Mitten Tree Wish List is available at:**

[www.amazon.com/hz/wishlist/ls/U4F0WJTQZUV2?ref\\_=wl\\_share](http://www.amazon.com/hz/wishlist/ls/U4F0WJTQZUV2?ref_=wl_share)

Or you can scan the QR code here:

For more information, you can contact the Community Center at 508-430-7568, or stop by our front desk.

*Happy Holidays to you and yours!*



**- Council on Aging -**

## Holiday Gift Drive

The COA is seeking donations for our holiday gift drive for seniors in need!

To donate, bring unwrapped gifts or gift cards to the COA through December 15<sup>th</sup> (Between 9AM-4PM)

Harwich Council on Aging – 100 Oak Street – 508-430-7550

*Know a senior without a local family in need of a gift?*

*Call today for yourself or a friend!*

# 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 16<sup>th</sup> to assure a return response.

*HO HO HO!!*



*Stop by the Center to see our many holiday decorations!*



## We Process Passport Applications!

The Community Center is pleased to offer passport services. 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

You **MUST** apply in person IF:

- You are applying for your first U.S. passport, OR
- You are under the age of 16, OR
- Your previous passport was issued when you were under 16, OR
- Your previous passport was lost, stolen, or damaged, OR
- Your name has changed since your U.S. passport was issued and you are unable to legally document your name change

For information about how to apply, what documents you need to bring to your appointment, or for online applications to fill out, you can visit [www.travel.state.gov](http://www.travel.state.gov) or you can scan the QR code here. *You can also call us at 508-430-7568 for more information!*



# Harwich Town Band

# OUR 46TH ANNUAL Holiday Concert

**WHEN: Sunday, December 19<sup>th</sup>  
@ 2:00PM**

**WHERE: Harwich Community Center**  
*\*This event is FREE to attend!*

**Come and celebrate our town at Christmas! There will be carol sing-alongs, and wonderful refreshments!**

## 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!**

**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