

Harwich Community Center News



February 2022



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

Director's Update

Happy Birthday!

Congratulations Harwich, your Community Center is 22!! It's been magnificent working with the Community again this year.

This has certainly not been an ordinary year in any sense of the word, but we worked hard, stayed focused, took advantage of every opportunity, and faced challenges/obstacles head on and together.

What this building represents matters to individuals, families, and the community we share.

Our year was challenging, educational, and hopefully fun. We are more than ready to forge ahead and see what possibilities await us in the next year.

Happy Birthday, Harwich Community Center. May all our wishes come true as we turn twenty-two.

The building will be closed on the following dates due to the holidays!
February 21st – Presidents Day

The Harwich Community Center turns 22 years old this month!

Thank you to everyone in our community for 22 years of support, and for all the fun and adventures we've had. We look forward to serving this wonderful community for many more years to come!

Duck Toss Event!

February 5th, Starting at 1PM

In celebration of our 22nd Birthday, we are hosting a special Duck Toss event! Bring in your signed rubber duck, or pick one up at the front desk, for this fun, FREE duck throwing event. There will be lots of prizes to win! (*one per person please*)

This event is fun for the whole family, so be sure to *duck* in to the Community Center and help us celebrate!

Congratulations to all of our Duck Hunt Winners!

We hope you had as much fun finding the rubber ducks as we did hiding them.

****See inside for winner pictures!****



Sign Up for Emergency and Routine Notifications

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. For emergency alert sign ups as well as Community Center alerts, Brooks Free Library, Election notices, Employment alerts, Beach info, Police Detours, etc. – Visit the website here:

harwich-ma.gov/home/pages/notifications

For information about weather-related closures of the Harwich Community Center, tune in to any of the following radio stations:

- WCOD 106.1
- WXTK 95.1
- WOMR 92.1
- WQRC 99.9

MASK MANDATE

Per the Harwich Board of Health/Health Department, face masks are required in all Town Buildings. See Harwich-ma.gov for more details

Building Hours of Operation

Monday: 6AM - 6PM
Tuesday—Friday: 6AM - 9PM
Saturday: 8AM - 4PM
Sunday: Closed

Center Stage: Harwich Woman's Club

Founded in 1970, The Harwich Woman's Club (HWC) is a non-profit organization dedicated to enhancing the Harwich community through philanthropic activities and volunteer service, while fostering women's friendships. They are official members of the General Federation of Women's Clubs (GFWC), which is the largest international organization of women volunteers in the world.

Holding true to their mission since their first gathering in 1940, the Harwich Woman's Club continues to provide for a stronger community through their support and service to numerous local charities and organizations. Their holiday toy collection and wreath fundraiser to benefit the Monomoy Family Resource Center, and their collection of toiletries for our local veterans are only a few examples of their important work.

Monthly meetings take place at the Community Center from September through May. There are always great opportunities to become involved and connect with other members of the Harwich community. If you are interested in finding out more about the Harwich Woman's Club, please visit:

www.harwichwomansclub.org or check out their facebook page called Harwich Woman's Club.



Fitness Room Updates

Fitness Room Member Spotlight!

Kathy Munday

Originally from Wellesley, Ma, where she raised her family, Kathy Munday and her husband Fred have enjoyed residing in Harwich for over 20 years.

A woman of many interests, Kathy enjoys exercising, spending time with her family and husband of 54 years, and dabbling in art. She believes the Cape is her muse, where she is inspired by the beauty that surrounds her. Her decorative crafts, paintings, and unique gifts can be found at The Artist Colony in Harwich, and various craft fairs around the Cape.

Kathy has been a Weight Room Member since 2012! With a long and established career in physical therapy, she understands the value and importance of exercise. Where does the motivation come from? Kathy believes that "the camaraderie certainly makes it a lot easier!"



Sleep zzzz



Did you know that...

Sleep can boost your immune system! And it reduces stress! Sleep elevates mood, increases productivity, enhances exercise performance, and improves memory. So be sure to get a good night's sleep, and if you sleep with your cellphone nearby, either set it to *sleep mode* or turn off notifications. The quietest **Ping** from your phone can disrupt your sleep cycle even without fully waking you up.

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

Other Events

- **Sight Loss:** Feb 1st, 10:15AM-12:15PM
- **COA Memoir Writing:** Feb 1st, 8th & 15th, 1:30PM-2:30PM
- **Foot Care Clinic:** Feb 2nd, 15th & 16th, 9AM-3:30PM
- **Machine Embroidery:** Feb 3rd, 11AM-3PM
- **Covid Support Group:** Feb 3rd & 17th, 1PM-2:30PM
- **COA Obituary Writing:** Feb 4th & 11th, 1PM-2PM
- **COA Brown Bag Program:** Feb 4th, 8AM-12PM
- **Harwich Democrats:** Feb 5th, 10AM-11:30AM
 - Feb 19th, 1:30PM-4PM
- **KD Quilters:** Feb 7th & 28th, 9AM-2PM
- **Friends of COA:** Feb 9th, 10AM-11:30AM
- **Harwich Women's Club Meeting:** Feb 10th, 1:30PM-3:30PM
- **Harwich Artists Meeting:** Feb 12th, 10AM-1PM
- **Cranberry Rug Hookers:** Feb 19th, 10AM-1PM
- **Big Screen Movie Day:** Feb 18th, 1PM-3PM
- **COA Brain Longevity:** Feb 18th & 25th, 1:30PM-3:30PM
- **Mobile Dental Clinic:** Feb 25th, 9AM-3:30PM
- **Women's Book Club:** Feb 28th, 2PM-3PM

COA – Reframing Valentine's Day: March 14 – 1PM-2PM

Valentine's Day may be romantic for some, but for many of us who are single, or whose partner is chronically ill, or those of us who haven't had a romantic moment in a long time, February 14th can be a real downer. Join the COA for an insightful look into the complex emotions we have around Valentine's Day.

FEBRUARY 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.**

****Saturday Open Gym is from 12PM-3:30PM****

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
Winter Walking	11AM – 11:45AM
Quilt Bank	10AM – 2PM
Men's 55+ Basketball	12PM – 3PM
COA Philosophy & Film	1PM – 4PM

Tuesday

Walking Club	6AM – 8AM
Yogi Nomad	9AM – 10AM
Mah Jongg	9:30AM – 12:30PM
Winter Walking	10AM – 10:45AM
Senior Volleyball	11AM – 1PM
Homeless Prevention Council	1PM – 3PM
Mah Jongg	1PM – 4PM
Open Gym	1PM – 2:30PM
Zumba	5PM – 6PM

Wednesday

Walking Club	6AM – 8AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12PM
Wednesday Stitches	10AM – 2PM
Winter Walking	11AM – 11:45AM
Men's 55+ Basketball	12PM – 3PM
Cranberry Mah Jongg	1PM – 4PM
Community Orchestra	6PM – 8:40PM
Swing Band	6:30PM – 9PM
NA	7:30PM – 9PM

Thursday

Walking Club	6AM – 8AM
CC Business Referrals	7:15AM – 8:30AM
Table Tennis	8:30AM – 10:30AM
Yogi Nomad	9AM – 10AM
Winter Walking	11AM – 11:45AM
Open Gym	12PM – 2:30PM
Open Painting Session	1PM – 3:30PM
Zumba	5:30PM – 6:30PM
Adult Volleyball	7PM – 8:45PM

Friday

Winter Walking	10AM – 10:45AM
Senior Volleyball	11AM – 1PM
Men's 55+ Basketball	1PM – 3PM
Backyard Horticulture Mtg	1:30PM-5:30PM
Al-Anon	5:30PM-6:30PM

Monday

Walking Club: 6AM-8AM
Table Tennis:
 8:30AM-10:30AM
Winter Walking:
 11AM-11:45AM
Men's 55+ Basketball:
 12PM-2:30PM
After School Rec Youth:
 Starts @ 2:30PM

Tuesday

Walking Club: 6AM-8AM
Winter Walking:
 10AM-10:45AM
Senior Volleyball:
 11AM-1PM
Open Gym: 1PM-2:30PM
After School Rec Youth:
 Starts @ 2:30PM
Rec Youth Basketball:
 5PM-7PM

Wednesday

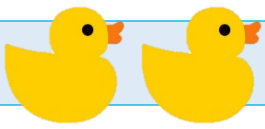
Walking Club: 6AM-8AM
Open Gym:
 8:30AM-10:30AM
Winter Walking:
 11AM-11:45AM
Men's 55+ Basketball:
 12PM-2:30PM
After School Rec Youth:
 Starts @ 2:30PM
Rec Youth Basketball:
 5PM-7PM

Thursday

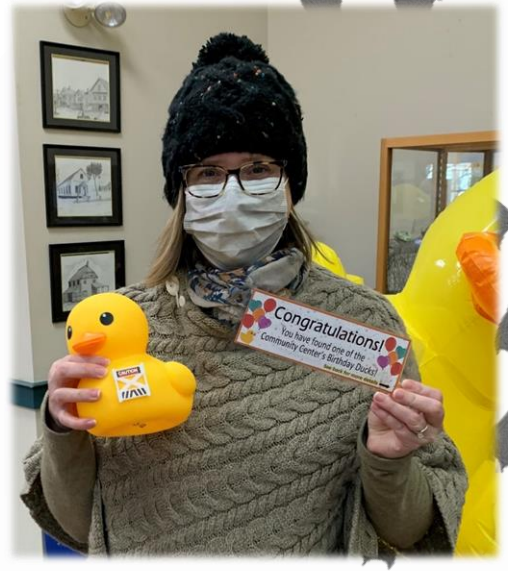
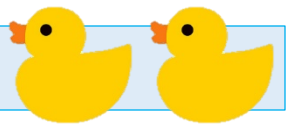
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After School Rec Youth:
 Starts @ 2:30PM
Rec Youth Basketball:
 5PM-7PM
Adult Volleyball:
 7PM-8:45PM

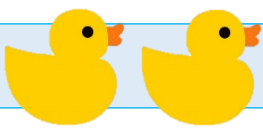
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Walking Club: 6AM-8AM
Winter Walking:
 10AM-10:45AM
Senior Volleyball:
 11AM-1PM
Men's 55+ Basketball:
 1PM-3PM
After School Rec Youth:
 Starts @ 2:30PM
Rec Youth Basketball:
 5PM-7PM

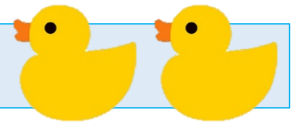


Congrats to all of our Duck Hunt Winners!





Congrats to all of our Duck Hunt Winners!



These ducks & more were found at the following locations:

- Brooks Academy
- Community Center
- Town Hall
- Albro House
- Library Box
- Chamber of Commerce
- Community Garden
- Harbor
- Bike Path Rotary
- Pump Station (on Church St)
- Baptist Church Cemetery
- Thompson's Field
- Exit 10 Commuter Lot
- Harwich Junior Theater
- Overlook (Main St. H. P.)
- Doane Park
- Herring Run

****Save the date** – Building Fees Discussion Meet-Up**

The Facilities Committee would like to invite you to come to an informal discussion on the current *Fee Structure* for Room Rentals in the building.

The current rates are:

ACTIVITY ROOMS

Single use (**Non-Profit & Public Groups**): \$40.00

Single use (**For-Profit & Private Groups**): \$80.00

Yearly Fee (**Non-Profit & Public Groups**): \$165.00 – Limit 104 uses *

Yearly Fee (**For-Profit & Private Groups**): \$330.00 – Limit 104 uses *

MULTI-PURPOSE ROOM

Single use (**Non-Profit & Public Groups**): \$60.00

Single use (**For-Profit & Private Groups**): \$120.00

Yearly Fee (**Non-Profit & Public Groups**): \$275.00 – Limit 104 uses *

Yearly Fee (**For-Profit & Private Groups**): \$550.00 – Limit 104 uses *

GYMNASIUM

Single use (**Non-Profit & Public Groups**): \$125.00

Single use (**For-Profit & Private Groups**): \$250.00

Yearly Fee (**Non-Profit & Public Groups**): \$450.00 – Limit 104 uses *

Yearly (**For-Profit & Private Groups**): \$900.00 – Limit 104 uses *

In order to try and accommodate everyone, we will be holding two idea and thought-sharing sessions. One will be held in the evening on **March 14th at 6PM**, and the other will be held during the daytime on **March 15th at 11AM**. Both meetings will be held in the Multi-Purpose Room.

Thank you to everyone that supported and gave generously to the Mitten Tree Program!

Every year, the success of this program is only possible thanks to your support. It is because of your donations that we are able to provide a happy holiday season to children & their families.

Thank you

The Family to Family Giving Program &
The Massachusetts Department of Children and Families
truly appreciates

Harwich Community Center and its Patrons

Your generosity has helped fulfill the wishes of the children and families that we work with
this holiday season

Your support is sincerely appreciated

Kathleen Eccleston & Michelle Canto



Important Notice Regarding Passport Fees

Passport Book Fee Increase:

Effective as of Monday, December 27th, 2021 – the fee for the passport book has increased by \$20. However, there is no increase in the fee for a passport card or expedited service.

One-to-Two Day Delivery Fee Increase:

Effective as of Monday, January 10th, 2022 – The optional one-to-two (1-2) day return delivery fee has increased from \$17.56 to \$18.32. This fee is in addition to the recent \$20 increase for the passport book that went into effect on Monday, December 27th, 2021.

ADULT APPLICANTS (16 Years and Older)

What are you applying for?	Use Form	Application Fee <small>*Paid to the U.S. Department of State</small>	Execution Fee (Acceptance Fee) <small>**Paid to the Acceptance Facility</small>
First-time Adult Passport Book	DS-11	\$130	\$35
First-time Adult Passport Card <small>Not valid for international air travel. Valid only for travel by land and by sea to Canada, Mexico, Bermuda, and the Caribbean.</small>	DS-11	\$30	\$35
First-time Adult Passport Book & Card	DS-11	\$160	\$35

ALL MINOR APPLICANTS (Under 16)

What are you applying for?	Use Form	Application Fee <small>*Paid to the U.S. Department of State</small>	Execution Fee (Acceptance Fee) <small>**Paid to the Acceptance Facility</small>
Minor Passport Book	DS-11	\$100	\$35
Minor Passport Card <small>A passport card is valid only for travel by land and by sea to the following locations: Canada, Mexico, Bermuda, and the Caribbean.</small>	DS-11	\$15	\$35
Minor Passport Book & Card	DS-11	\$115	\$35

OPTIONAL FEES (Paid to the U.S. Department of State)

Expedite Fee	Paid per application, in addition to required fees. Provides faster processing than routine service.	\$60
1-2 Day Delivery	Paid per application for 1-2 day delivery of an issued passport book from the Department of State to the customer. Only applies to mailing addresses within the United States. Not valid for passport cards.	\$18.32

ADULT RENEWALS (16 Years and Older) To renew your passport, you must apply by mail or in person at a passport agency, if you are traveling within 14 days. A \$60 expedite fee is charged at passport agencies. Below are the fees for basic renewals. Optional fees may apply.

What are you renewing?	Use Form	Application Fee <small>*Paid to the U.S. Department of State</small>
Adult Passport Book	DS-82	\$130
Adult Passport Card <small>Not valid for international air travel. Valid only for travel by land and by sea to Canada, Mexico, Bermuda, and the Caribbean.</small>	DS-82	\$30
Adult Passport Book & Card	DS-82	\$160

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

The Community Center Facilities Committee consists of five (5) members. With one appointee by the Rec & Youth Commission, and one appointee by the Council on Aging, and three appointees by the Board of Selectmen.

The Community Center Facilities Committee is charged to:

1. Establish communications with the COA, the Rec & Youth Commission, and other community groups & organizations to determine the potential demand for use of the Community Center.
2. Develop, implement, and oversee policies & procedures for the use of shared areas of the Community Center and for the general operation of the building and grounds, including but not limited to: procedures for providing balanced access to various shared areas; distribution of information as needed to community groups & citizens with respect to those policies; development of procedures for dispute resolution (Adoption of any such policies, including additions or amendments to existing policies, shall be subject to the prior approval of the Board of Selectmen).
3. Develop and submit to the Town Administrator, in accordance with established practice, an annual budget for the maintenance and operation of the facility.
4. Undertake such other responsibilities relative to the use and maintenance of the facility as the Board of Selectmen may from time to time direct or charge.
5. Periodically update the Board of Selectmen as to the status of its operations & current or potential problems.
6. Meet no less than once per month and maintain minutes of all meetings and file copies of those minutes in a timely fashion with the Town Clerk and Board of Selectmen.
7. Submit to the Board of Selectmen an annual report suitable for inclusion in the Town Report, no later than December 31st of each year.
8. Observe the requirements of the Open Meeting Law, the Charter of the Town of Harwich, and Roberts Rules of Order in the conducts of its business.
9. Refrain from entering into any negotiations, contracts, or other discussions, or activities which might be perceived as a commitment or an obligation on the part of the Town without prior consultation with, and an affirmative vote of, the Board of Selectmen.

For the next few months, we will highlight a member of the Committee for you to get to know them better.

Vahan “Van” Khachadorian, a long serving member of the Harwich Recreation & Youth Commission, has been appointed as liaison to the Community Center Facilities Committee.

Since his move to Harwich some thirty years ago, with his wife Sheila and their children, Pamela, Michael and Tom, Van has served on several Boards and Committees. During his residence in Harwich, Van was elected to the Harwich School Committee (1993-1996); he is appointed the chair of the Police Chief Search Committee; a member of the Council on Aging; alternate member Board of Appeals; and is currently on the Harwich Recreation and Youth Commission.

While in retirement, Van was contacted by Cape Cod Community College Admin to join the staff as Director of Tech Prep Program, a Federally Funded Grant Alternative whose mission was to develop a cooperative effort, linking local high schools and the Community College, offering juniors and seniors the opportunity to earn free college credits which would be transferred to MA colleges and universities following their graduation.

Following Completion of eight years as Program Director, and with over six-hundred students successfully enrolled in the Tech Prep Program—each awarded their college credits to numerous Massachusetts institutions of higher learning—he decided to again devote more time with his wife, family, and softball activities.

Van is indeed pleased to be appointed to his new assignment on the Facilities Committee and is eager to be “working with, and supporting the outstanding efforts of Carolyn Carey, Facilities Director, and her dedicated staff as they continue to serve the citizens of Harwich.”

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