

Harwich Community Center News



February 2023



Phone: 508-430-7568

Building Fee Structure Meeting

Feb 27th, at both 9AM & 5:30PM

SEE INSIDE FOR MORE DETAILS:



The building will be closed on the following date due to the holiday!
Presidents' Day – February 20, 2023



**The Harwich Community Center
turns 23 years old this month!**

Director's Update

Happy Birthday!

Congratulations Harwich, the Community Center is about to be 23!

I remember when the Community Center was the new building in town. Look how far the Town has come. A new fire station; changes at the harbor; a new high school and tech school, not to mention many other large renovation programs in our town. It has been my sincere privilege to serve as the director of the Harwich Community Center; it and you have been completely awe-inspiring. I am truly grateful for the experience and opportunities, but mostly for all of you who have helped to shape and build the Center and our community.

Moving forward, I would like to ask for your input about the ongoing task of growing the building and the use of it. Ideas and thoughts of how to progress from you, the people that utilize the space/building, are vital components of advancing our goals and commitment to the community.

That being said, I invite all of you to come to "Tea with Me" on February 27th at either 9:00am or 5:30pm to share your thoughts and ideas. During these gatherings, people are invited to share their suggestions concerning the room usage fee structure that will be developed for the upcoming fiscal year. Please understand, the sole purpose of these meetings is to hear you and collect your ideas. The information gathered at these meetings will be recorded and utilized by the Harwich Community Center Facilities Committee as they work to carve out a new *Room Use Fee* structure.

Happy birthday, Harwich Community Center. Looking forward to seeing what we will be in 2023!
~ Carolyn Carey

FREE! Decorate a Duck! FREE!

Pick up a duck from the Community Center front desk anytime from
February 1st – 7th

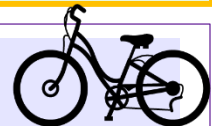


~ Limit to 1 duck per person ~

All decorated ducks should be turned back in to the front desk by Feb 18th for the "Ducks on Display" event during the week of school vacation, Feb 21st- 24th. People can vote for their favorite duck, and prizes will be handed out to the winners.



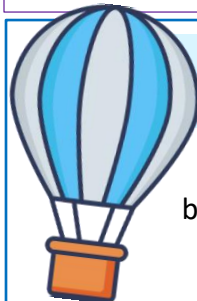
Bike Basics – Maintenance & Repair
February 15th, at 5:30PM



Join us and Cape Cod Bikefit for this FREE bicycle info session!

- Maintenance schedule (every ride & monthly)
- Selecting & checking tire pressure
- Removing a wheel
- Chair care
- Fixing a flat

No pre-registration required!
Free to attend!



Mad Science – Up, Up, & Away!
February 21st, at 2PM

This spellbinding special event introduces children to the principles of air pressure and flight. Children see a hot air balloon rise into the air, flying toilet paper, and even get the chance to watch a hovercraft in action.

No preregistration required. FREE to attend!

Indoor Community Yard Sale

February 23rd, 10AM - 4PM

in the Multi-Purpose Room

Registration required & limited spaces are available for just \$20! Call us at 508-430-7568 to sign up.



Event Calendar & Schedule

Monday – Building closes at 6PM

Walking Club	6:00AM – 8:00AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Rec Sit/Fit Class	9:30AM – 10:30AM
Cranberry Rug Hookers	9:30AM – 1:00PM
Quilt Bank	9:00AM – 2:00PM
Indoor Walking Club	11:00AM – 11:45AM
Men's 55+ Basketball	12:00PM – 2:00PM
Ukulele Class: Strumming	1:00PM – 2:00PM
COA-Mindful Meditation	1:00PM – 2:00PM
Ukulele Class: Beginners	2:00PM – 3:00PM
After School Youth Rec	2:30PM – 5:00PM
Newcomers Cornhole Toss	3:00PM-5:00PM
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
SHINE	9:30AM – 12:30PM
Tai Chi	10:00AM – 11:00AM
Indoor Walking Group	10:00AM – 10:45AM
Balance Boosters	10:00AM – 11:15AM
Senior Volleyball	11:00AM – 1:00PM
COA-Mindful Meditation	1:00PM – 2:00PM
Homeless Prevention Council	1:00PM – 3:00PM
Mah Jongg	1:00PM – 4:00PM
COA-Computer Basics	1:30PM – 2:30PM
After School Youth Rec	2:30PM – 5:00PM
Rec Youth Basketball	5:00PM – 7:30PM
Children's Pajama Playgroup	5:30PM – 6:15PM
18+ Co-Ed Basketball	7:30PM – 8:45PM

Wednesday

Walking Club	6:00AM – 8:00AM
Jill's Exercise Class	9:30AM – 10:30AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12:00PM
Wednesday Stitches	10:00AM – 2:30PM
Newcomers Ping Pong	10:00AM – 11:00AM
Indoor Walking Group	10:00AM – 11:45AM
QiGong	10:00AM – 11:00AM
Men's 55+ Basketball	12:00PM – 2:00PM
COA Sign Language	1:00PM – 2:00PM
Cranberry Mah Jongg	1:00PM – 4:00PM
Bereavement Support Group	1:30PM – 2:30PM
COA-Girl Power	2:30PM – 4:30PM
After School Youth Rec	2:30PM – 5:00PM
Rec Youth Basketball	5:00PM – 7:30PM
Community Orchestra	6:00PM – 8:40PM
18+ Co-Ed Basketball	7:30PM – 8:45PM
NA	7:30PM – 9:00PM

Open Gym Schedule

Tuesdays

1:00PM-2:30PM

Thursdays

12:00PM-2:30PM

Saturdays

9:00AM-11:00AM (Family/Children*)

12:00PM-3:45PM (All ages)

*Children must be accompanied by an adult

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
Children's Playgroup	10:00AM – 12:30PM
Indoor Walking Group	11:00AM – 11:45AM
Open Gym	12:00PM – 2:00PM
Balance Boosters	12:15PM – 1:00PM
Harwich Artists Open Painting	1:00PM-3:30PM
Bayberry Quilters	1:00PM – 4:00PM
After School Youth Rec	2:30PM – 5:00PM
Rec Youth Basketball	5:00PM – 7:30PM
Zumba	5:30PM – 6:30PM
Adult Volleyball	6:30PM – 8:45PM
Sound Dunes Swing Band	6:30PM – 8:30PM

Friday

Walking Club	6:00AM – 8:00AM
Jill's Exercise Class	9:30AM – 10:30AM
Rec Sit/Fit Class	9:30AM – 10:30AM
Tai Chi	10:00AM – 11:00AM
Senior Volleyball	11:00AM – 1:00PM
COA-Computer Basics	1:30PM – 2:30PM
Men's 55+ Basketball	1:00PM – 3:00PM
After School Youth Rec	2:30PM – 5:00PM
Al-Anon	5:30PM-6:30PM

Saturday

Lumi Yoga & Wellness	9:00AM – 10:00AM
Open Gym	12:00PM – 3:45PM

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.

**Note: The Game Room is unavailable on Thursdays from 10AM-11PM.*

Council on Aging Activities

Valentine's Day Card Making

Feb 6th, 4PM-5PM

CPR Class

Feb 13th, 10:30AM-11:30AM

Beyond The Book

Feb 14th, 10AM-11AM

Heart Health Talk

Feb 15th, 2PM-3PM

Mobile Dental Clinic

Feb 24th, 9AM-3PM

Other Events

- **Decorate a Duck:** Feb 1st – 7th @ the front desk
- **Newcomers Game Night:** Feb 2nd, 6:30PM-8:45PM
- **COA Brown Bag Program:** Feb 3rd, 8AM-12PM
- **Master Gardeners:** Feb 3rd, 10th, 16th & 24th, 1PM-5:30PM
- **Bayside Brawlers:** Feb 3rd & 17th, 6PM-8PM
- **Harwich Democrats:** Feb 4th & 11th, 10AM-11AM
- **Harwich Conservation Trust Winter Talks:** Feb 4th & 11th, 1PM-2PM
- **KD Quilters:** Feb 6th & 27th, 9:30AM-1PM
- **Sight Loss:** Feb 7th, 9:30AM-12:30PM
- **Harwich Garden Club:** Feb 7th, 1PM-3:30PM
- **Insight Meditation:** Feb 7th, 7PM-9PM
- **WILPF:** Feb 7th, 5:30PM-7:45PM
- **Friends of COA:** Feb 8th, 10AM-11:30AM
- **Women's Club:** Feb 9th, 1:30PM-3:30PM
- **Cub Scouts:** Feb 11th, 11AM-12PM
- **Front Porch Rug Braiding:** Feb 11th, 10AM-3PM
- **Sharing Kindness:** Feb 14th & 28th, 5:30PM-7:30PM
- **Bike Info Session:** Feb 15th, starting @ 5:30PM
- **Harwich Republicans:** Feb 16th, 5PM-6PM
- **Big Screen Movie Day:** Feb 17th, 1PM-3PM
- **Artists Monthly Meeting:** Feb 18th, 2PM-4PM
- **Cranberry Rug Hookers:** Feb 18th, 9:15AM-1:15PM
- **Harwich Children's Fund Meeting:** Feb 22nd, 4PM-6PM
- **CMSC Driving School:** Feb 21st – 25th, 3:30PM-6:45PM
- **Mad Science – Up, Up, & Away!:** Feb 21st, starting @ 2PM
- **Indoor Community Yard Sale:** Feb 23rd, 10AM-4PM
- **Dance Therapy Fund Raiser:** Feb 24th, 6:30-8:30PM
- **Women's Book Club:** Feb 27th, 2PM-3:30PM
- **Grab a Tea with Me:** Feb 27th, 1st meeting @ 9AM, 2nd meeting @ 5:30PM
- **Country Meadow Condo Association:** Feb 28th, 6PM-9PM



Harwich Conservation Trust Winter Talks



February 4th, 1PM - 2PM – Sea Education Association

Learn about Woods Hole's Sea Education Association's (SEA) mission to educate ocean scholars, stewards, and leaders, as well as discuss some of the important ongoing research conducted by its students and faculty. This research includes ocean plastics, coral reef conservation, the Sargasso Sea, and much more.

February 11th, 1PM-2PM

Sharks of the North Atlantic Ocean with Tom Burns

Join us for a shark photo odyssey to learn about fascinating research and close encounter experiences with Dr. Tom Burns. Enjoy images captured beneath the surface while diving with mysterious shark species near and far. With a focus on the western North Atlantic Ocean, learn how the water properties of the Gulf of Maine and the Gulf Stream attract these oceanic apex predators and hear about the threats facing sharks today.



February 25th, 1PM - 2PM

Galapagos Adventures

Learn about the unique features, origins, and animal life of the western and eastern Galápagos Islands. Enjoy photos of birds, mammals, and reptiles endemic to the islands captured on two expeditions in 2021 and 2022 by artist and wildlife enthusiast (a HCT volunteer!), Andrea Petitto. Visitors to the famed island archipelago enjoy great observations of social behavior among the many unusual wildlife species, which also allows for fascinating photography. Andrea will discuss the adaptations of various species to the challenges of living on volcanic islands and how they have evolved from their continental ancestors.

Grab a Tea with Me! – BUILDING FEE STRUCTURE MEETING February 27th – First Meeting @ 9AM & Second Meeting @ 5:30PM

Join us for a FREE cup of tea or coffee! Some of this month's topics will be about room rates, booking procedures, cancellation fees, excess cleaning fees, and building storage. We invite everyone to come and share their thoughts and suggestions regarding these topics, or any other item surrounding group building usage. Two sessions are being held to accommodate all working schedules.

Be sure to stop by and share your ideas – we are listening!

Current Room Rates:

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



Center Stage: Children's Playgroup(s)

The *Cape Cod Children's Place*, a family resource center, offers a variety of drop-in programs for young children at the Community Center. Come join the fun Tuesday evenings from 5:30pm to 6:30pm, where toddlers can wiggle those pre-bedtime waggles away at **Pajama Playgroup**, and on Thursdays from 10am to 11am for **Family Open Gym**, followed by **Circle Time** from 11am to 12pm.

It is through playgroups like these that offer toddlers the opportunity to develop their social, emotional, intellectual, and physical skills through interactions with other children in a safe environment with the support of their parents or caregivers.

Children must be accompanied by a supervising parent or caregiver at all times. Since dates and times may change, please call Cape Cod Children's Place at (508) 240-3310 or visit www.capecodchildrensplace.com for more information and complete listings of all their programs.



Fitness Room Updates

TAKE CARE OF YOUR HEART

February is American Heart Month

People are encouraged to focus on their cardiovascular health. Proper diet and exercise are encouraged for all people regardless of age. Stop by our fitness room and speak to Jill, our Personal Trainer, for tips and guidelines for cardiovascular exercise! **Jill is available in the fitness room every Monday & Thursday from 9:15AM-11:15AM.**



Happy Heart Month!

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!

Anthony Caretti

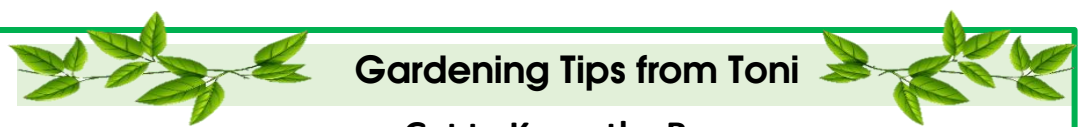


Anthony hails from Providence RI, where he studied Digital & Analog Electronics at the Rhode Island School of Electronics. He has been a Harwich resident for 12 years, working as an industrial electronics technician. During his free time, Anthony enjoys hiking, and has in fact hiked Mount Washington 27 times!

Anthony is new to our fitness room, attending for just one month now. His workout routine is spread out day-to-day, focusing on a lower body workout for the first day, the mid-section the next day, and following that up with an upper-body workout on the third day. When asked what he likes about our workout room, Anthony said he finds it well-outfitted with a variety of exercise equipment, and he enjoys the convenience of it being just one mile from his home.

Welcome to our fitness room, Anthony!

We are happy to have you as a new member!



Gardening Tips from Toni



Get to Know the Roses

Mister Lincoln and the 1965 All American Rose Society Award.

Many of the hybrid tea roses in the Harwich Community Center's rose garden were selected around 20 years ago from the AARS Awards list. Mister Lincoln is one of these and has huge disease issues in an organic garden. AARS Awards were not handed out for winning trials in the field, but were primarily made by a group of nurserymen trying to figure out what would be the best sellers.

Our three Mr. Lincoln roses defoliate every summer but manage to produce a few velvety red very fragrant blooms. They remain in the garden because they are part of gardening history even though they look a bit rough in the summer. The rose variety called *Desmund Tu Tu* has been added to this part of the garden. It is a disease resistant, bushy, red *Kordes Rose* that blooms in late June and July.



Meet our new part-time Weight Room person! - Laurie Roles

I have been a Cape Cod resident for 25 years. I have a fitness background, and am an avid beach comber. I am also an artist who uses found marine materials. I am excited to be part of the Harwich Community Center. I will be working at the front desk and as a weight room program aid. I hope you stop by and introduce yourself!

Town of Harwich – Hall of Fame Hannah Small Stokes Inducted May 3, 2016

“This remarkable woman, though tiny in stature, had the heart to overcome tragedies and the vision to provide for her community in the wake of the recession that followed upon Civil War inflation...”

“Hannah tried to obtain temporary teaching positions in the district schools, and depended on what she could reap from operating a cent shop in her home. The Civil War was to provide a more secure means of livelihood. Wartime shortages had promoted purchase of ready-made clothing and Hannah saw the opportunities. With money from her father's estate, Hannah built and equipped an overall and shirt factory just east of her home. At its zenith, this factory had a hundred steam-powered sewing machines and employed about 200 workers. Since the machines could only stitch in straight lines, articles were taken to eager women in town to add buttonholes and finish seams. These piecemeal payments tided many a family over rough spots, as men lost their jobs at sea...”



To learn more about Hannah Small Stokes 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, it must go before the Board of Selectmen for approval.

Grab a book at our Little Book Nook!

Stop by to check out the Harwich Community Center's "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!





Find A Duck!

February 22nd – From 8AM until the last duck is found

10 ducks will be hidden at the Community Center. The master list of hidden ducks is located at the front desk. When you find a duck, bring it to the front desk for a prize.

This event is FREE to play, and one day only!



The Community Center Facility Committee is looking for 1 new member!

How to Apply:

To apply, please fill out a Citizens Activity Vacancy form. The form can be found on the Town of Harwich website under the Board of Selectmen page. Scan the QR code for quick access to the form:



The Community Center Facility 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.

Upcoming Meeting Schedule

The Committee meets on the second Friday of each month at 10AM in the Harwich Community Center. **Our next meeting is scheduled for February 10th at 10:00AM**

New long-sleeve t-shirts are available for just \$20!

We also have crew, hooded, and full-zip sweatshirts available for just \$30 (color and sizes are based on availability)—and grey quarter snaps are \$40.

Stop by today to see what we have in stock!



Free Covid Tests are available in the Community Center front lobby. Stop by to pick one up today!



Reflections – A look back at last month...



The New Year began on the right foot with January's **Winter Warrior Challenge!** Participants made their best effort to run or walk outside every day in the month of January.

Jan 7th – The Harwich Conservation Trust opened their **Winter Talk Series** with “Cape Cod: Once Around the Sun” with author Peter Trull.

Sponsored by the Harwich Conservation Trust



Jan 14th – Participants also enjoyed an informative discussion of “Nature Reflections with Dennis Minsky.”

Sponsored by the Harwich Conservation Trust



Jan 28th – Back by popular demand... “Snowy Owls with Norman Smith” engaged a lively audience with information on the roosting, hunting, and behavior of the elusive snowy owl.

Sponsored by the Harwich Conservation Trust

Jan 11th – The Community Center, in partnership with **Cape Cod Bikefit**, offered a free info session on the basics of bike handling, rules of the road, and group riding etiquette. Next session will be held on Feb 15th to learn more about bike maintenance.



Jan 21st – “I’d like to think we paint with wool!” This sentiment expressed by Janet Conner of the Cranberry Rug Hooking Guild exemplifies the sights and artistry displayed in the Multi-Purpose room at their most recent presentation and exhibit.



BLACK HISTORY MONTH

FEBRUARY

Celebrating Black History Month!

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”

– Harriet Tubman

Buried In Treasures Workshop

Tuesdays from 2:30pm—4:30pm, Starting February 21st for 16 weeks

Space is limited to 10 people. Call 508-430-7568 to reserve a spot

Cape Cod Hoarding Task Force will be sponsoring a multi-week *Buried in Treasures* workshop. The group will meet in Harwich, but is open to any and all who are interested. The workshop is based on the book, *Buried in Treasures: Help for Compulsive Acquiring, Saving and Hoarding* by David Tolin, Randy Frost and Gail Steketee.

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

Sign Up for Emergency and Routine Notifications

Harwich wants to make sure its citizens are safe and informed. The CivicReady mass notification solution is a communication service available to citizens wanting to receive emergency and routine notifications, as well as alerts about the Community Center, Brooks Free Library, Election notices, Employment alerts, Beach info, and Police Detours.

To sign up, scan the QR Code, or visit the website here:



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

Email: ccarey@town.harwich.ma.us

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 18: (508) 430-7569

Town Nurse: (508) 430-7505

Veterans' Affairs: (508) 430-7510

Cemetery Commission: (508) 430-7549

Cultural Center: (774) 212-3482



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