

Harwich Community Center News

Phone: 508-430-7568



February 2024



Director's Update

Happy 24th Birthday!

Our tight-knit community of dreamers and doers can help you achieve anything. A supportive staff and peers accepts you as you are and sees who we can be. Feel empowered, break new ground, and get involved. We got you!

We challenge ourselves to transform our community every day. We welcome any and all ideas, explore new territories in programming and education, and hope to engage each and everyone of you in some way. That is our birthday promise to you.

We know you all have places to go and things to do. Our birthday wish is that you allow for the possibilities we have here at the Center.

If you try something new, or even just stop by, you may be surprised at what we have. So as we turn 24, join us on our journey. If you allow us, we will take you there and beyond, encouraging you to explore new ideas that may inspire you to get involved and connect more with the community.

Happy Birthday Harwich Community Center!

In 24, we will do more!

~ Carolyn Carey
Community Center Director



The building will be closed on the following dates for the holidays!
Presidents Day – February 19th, 2024

FREE Community Center Special Events!



The ducks are back to celebrate the Harwich Community Center's 24th Birthday!

See inside for more details about our Duck Decorating Contest, Ducks on Display, and our Duck Hunt! ▶▶▶▶▶▶▶▶



Imagination Stage – Youth Creative Drama Class February 8th, 5:30PM-7PM

Learn theatre skills through carefully crafted exercises and dramatizing stories and short plays. This is a great introduction for those thinking about acting and want to give it a try!

For Grades 4th-8th—In partnership with Cape Cod Theater Company



Valentines Day Bingo
February 13th – 6PM-8PM
Fun prizes! Open to all ages!



Community Spaghetti Dinner – February 15th

Served from 5:30PM-7PM (or until we run out of food)
Join us for a FREE spaghetti dinner! The meal includes spaghetti with meatless sauce, garlic bread, and drinks. Everyone is welcome! No reservations required!

Magic Show with Crazy Davy – February 20th at 2PM

Crazy Davy is BACK at the Community Center for a magic show that focuses on education, laughter, and fun, where children are the stars and actively participate in the magic.
~ Magic and illusion for ages 3 and up ~



Lend a Hand Painting – February 22nd, 10AM-2PM

Leave your handprint and help us decorate a wall at the Community Center!



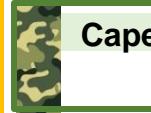
Family Dancy Party – February 23rd, 6PM-8PM

Drop in for a fun night of music and dancing with DJ Scott from Cape Tunes. Light refreshments will be served!



Cape Cod Military Museum Lecture – Feb 23rd, 6:30PM

This month's topic: "Iwo Jima"



We will be hosting a FREE ADVERTISING EVENT on March 30th

If you want to set up a table to advertise your business or program, call us at 508-430-7568,

OR email: reagan.wilda@harwich-ma.gov

Sign up by March 1st
(Space is limited!)



Event Calendar & Schedule



FOLLOW US ON FACEBOOK
@HarwichCommunityCenter

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
COA Ukulele Class	1:00PM – 2:00PM
COA Line Dancing	2:00PM – 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
Balance Boosters	10:30AM – 11:15AM
Senior Volleyball	11:00AM – 1:00PM
Homeless Prevention Council	12:30PM – 3:30PM
Mah Jongg	1:00PM – 4:00PM
Beginner African Drum Class	4:30PM – 6:00PM
Insight Meditation	7:00PM – 8:30PM

Wednesday

Walking Club	6:00AM – 8:00AM
Jill's Senior Workout	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
Community Orchestra	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
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 Workout	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 Chair Yoga	11:00AM – 12:00PM
Master Gardeners	12:30PM – 5:00PM
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
18+ Billiards League	12:00PM – 4:00PM

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

- **Duck Decorating Contest:** Pickup between Feb 1st – 12th
- **Harwich Conservation Trust Winter Talks:** Feb 2nd, 10th & 24th, 1PM-2PM
- **Harwich Democrats:** Feb 3rd, 10AM-11:30AM
- **KD Quilters:** Feb 5th & 26th, 9:30AM-1PM
- **Garden Club Meeting:** Feb 6th, 1PM-3PM
- **Sight Loss Services:** Feb 6th, 10:30AM-12PM
- **Newcomers Game Night:** Feb 7th & 21st, 6:30PM-8:45PM
- **Youth Creative Drama Class:** Feb 8th, 5:30PM-7PM
- **Women's Club Meeting:** Feb 8th, 1:30PM-3:30PM
- **Best Friends Dance:** Feb 9th, 6PM-8PM
- **Ducks on Display:** Feb 12th – 19th
- **Valentines Day Bingo:** Feb 13th, at 6PM
- **Friends of COA:** Feb 14th, 9:45AM-12PM
- **Harwich Republicans:** Feb 15th, 5PM-6:30PM
- **Spaghetti Dinner:** Feb 15th, 5:30PM-7PM
- **Front Porch Rug Braiding:** Feb 17th, 10AM-3PM
- **Harwich Artists Monthly Mtg:** Feb 17th, 1:30PM-4PM
- **Cranberry Rug Hookers:** Feb 17th, 9:30AM-1:30PM
- **Magic Show:** Feb 20th, starts at 2PM
- **Duck Hunt:** Feb 22nd, All Day
- **Lend-A-Hand Painting:** Feb 22nd, All Day
- **Parkinsons Meetup:** Feb 22nd, 2PM-4PM
- **Military Museum Talk:** Feb 23rd, 2:30PM-3:30PM
- **Family Dance Party:** Feb 23rd, 6PM-8PM
- **Holiday Wellness Event:** Feb 24th, 9AM-11:30AM
- **Community Organization:** Feb 24th, 9AM-11:30AM
- **Women's Book Club:** Feb 26th, 2PM-3:30PM

February

Council on Aging Activities

- **Chronic Disease Self-Management:** Thursdays, 1PM-3:30PM
- **Girl Power Volunteer Training:** Feb 1st, 3PM-4PM
- **Brown Bag Program:** Feb 2nd, 8AM-12PM
- **Dementia Friends:** Feb 6th, 1PM-2PM
- **DASH Diet:** Feb 7th, 2PM-3PM
- **Men's Breakfast:** Feb 9th, 9:30AM-10:30AM
- **Hearts & Paws Comfort Dogs:** Feb 12th, 10AM-11AM
- **Overdose Prevention Training:** Feb 13th, 5:30PM-6:30PM
- **Big Screen Movie Day:** Feb 16th, 1PM-3PM
- **Trauma First Aid:** Feb 16th, 9AM-11AM
- **Mah Jongg Clinic:** Feb 20, 22, 27 & 29, 9:30AM-11:30AM
- **Craft Workshop:** Feb 23rd, 1:30PM-3PM
- **Women's Breakfast:** Feb 23rd, 9:30AM-10:30AM
- **Hands Only CPR:** Feb 26th, 11AM-12PM

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

Recreation Department 18+ Billiards League

Saturdays, 12PM-4PM
~ \$20 Entry Fee ~
Call 508-430-7553 to sign up.

Adult Beginners West African Drumming Classes

Tuesdays 4PM-5:45PM

Learn how to properly play the Djembe and learn traditional rhythms of West Africa! This class is open to absolute beginners and anyone looking to hone their Djembe technique. No drop ins. **Please register with the teacher before attending—to register, email Brian at Djembefola727@gmail.com.** Must own or purchase your own Djembe if you plan to attend regularly.



Harwich Youth & Family Services invites you to attend a Life Skills Series for High School Students!

**Mondays, March 4th – May 6th
4:30PM-5:30PM**

Are you a high school student wondering about how to do things you need to be able to do to live on your own? Things like opening a bank account, nutrition on a budget, parenting, using your health insurance, going on a job interview, responding to an emergency, registering to vote, and dealing with emotions and grief? We've got you! Harwich Youth and Family Services invites you to attend a nine-week Life Skills Series where you'll be able to gain the skills you need to help get you started and feel like you know what to do.

Space is limited and registration is required. Please reach out to Ashley with questions and to sign up.

Call 508-430-7836

OR email

ashley.symington@harwich-ma.gov



Join the Harwich Conservation Trust for these educational talks!



Winter Talks - 2024

February 3rd, 1PM-2PM

DON WILDING: Cape Cod Storms

Join local author and HCT walk leader Don Wilding as he recounts the Cape's most severe weather events and their lasting impacts. Listen to the tales of hurricanes, nor'easters, and blizzards that have literally shaped Cape Cod over the past century, molding the beaches, displacing homes, and flooding coastal communities with their strong winds and tidal surges.

Storms discussed will include the infamous "Portland Gale" of 1898, the "Long Island Express" Hurricane of 1938, the benchmark "Blizzard of 1978", Hurricane Bob in 1991, and others.

February 10th, 1PM-2PM

GERRY BEETHAM: Whales 101

Would you like to discover the secrets and habits of our gentle giant neighbors, the whales? Join naturalist Gerry Beetham, who also leads walks and photographs for HCT, to become acquainted with these majestic marine mammals.

Learn why they visit Cape Cod's shores, tips to identify different species, and follow their life cycle from beginning to end. Finally, review the many threats they face today and learn how can you help protect them.



February 24th, 1PM-2PM

STEVE FURLONG: Aerial Adventures

Join commercial drone pilot Steve Furlong for an Aerial Adventures talk. Steve and his wife Eileen have covered all seven villages of Harwich while documenting local conservation lands as HCT volunteers. Rediscover Harwich Conservation Trust lands from above and witness changes through the seasons. Explore aerial perspectives of the ongoing ecological restoration construction at the Robert F. Smith Cold Brook Preserve in the heart of Harwich Port. Review the state of drone technology and rules governing its use. Learn how this bird's eye view can help protect our environment.



Holiday Wellness Event Feb 24th – 9AM-11:30AM



Take a step towards a healthier and more balanced lifestyle. Join local health and wellness professionals to discover the tools to nurture your well-being and find inner harmony.



Harwich Artists - Art Demonstration Feb 17th – 2PM-4PM

Well-known local artist Bill Lutz is the Guild of Harwich Artists' guest demonstration artist at the General Meeting in the Community Center Multi-Purpose Room. The demonstration, after the Guild's business meeting, is FREE and open to the public.



Veterans Outreach Center Donation Bin Help us to help our veterans!

There is a donation bin located in the Community Center front lobby. The five most wanted items are individually wrapped toilet paper, paper towels, shampoo/conditioner, soap, and Boost—but any donation is greatly appreciated! Drop off your donations for the Cape & Islands Veterans Outreach Center Food Pantry.



NEW Harwich Apparel for Sale!

We now have apparel for sale featuring the Community Center's new logo!

- Hooded Sweatshirts: \$40
- Hooded Long Sleeve Shirts: \$30
- T-Shirts: \$20

(Sizes Available:
Small, Med, Large,
XL, 2XL & 3XL)

**Stop in to get
yours today!**



In Celebration of the Harwich Community Center's 24th Birthday!



Decorate a Duck

Pick up a duck from the Community Center's front desk anytime between Feb 1st – 12th

(Limit to 1 duck per person. Participation is FREE!)

Decorate your duck however you want and return it by Feb 12th to be judged during "Ducks on Display."



Ducks on Display

Stop by between Feb 12th – 17th to vote for your favorite duck! On Feb 20th, winners will be announced and prizes can be picked up.



Duck Hunt - Feb 22nd

ONE DAY ONLY!

From 8AM until the last duck is found!

10 ducks will be hidden throughout the Community Center (all indoors). The *master list* of hidden ducks will be located at the front desk. When you find a duck, bring it to the front desk for a prize!



Town of Harwich – Hall of Fame

George Munsell Moody

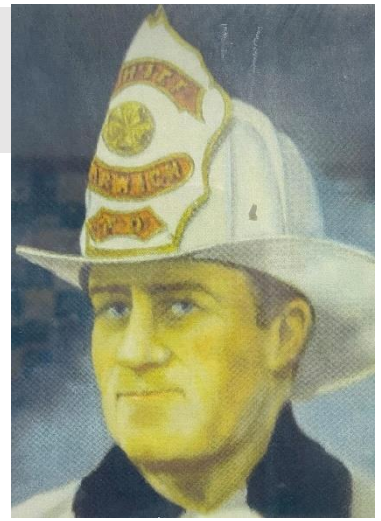
Fire Chief / Forest Warden – Inducted May 2005

George Munsell Moody was born on November 2, 1887, and was raised in Harwich, MA. In 1907, he married a local woman named Blanche Ryder, and they would later have three children, Doris Moody Clapp, Charles Moody, and Eunice Moody Staats.

In the early years, Mr. Moody worked for the Harwich Independent, one of the town's first newspapers, and he later started his own printing shop in Harwich Center adjacent to what is now known as Exchange Park.

Mr. Moody was appointed as Harwich's first Fire Chief in January 1928 and would serve in that capacity until his retirement in 1947. During his tenure, Chief Moody oversaw a volunteer fire department manned by on-call firemen. Additionally, Chief Moody served as Forest Warden for all of Cape Cod with an office in the lookout tower in the Exchange Hall.

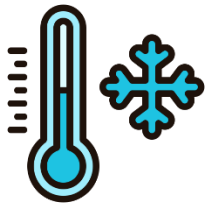
His life was devoted to the Town of Harwich and as a firefighter. George Munsell Moody retired approximately 15 years before his death on August 13, 1959.



To learn more about other important Harwich residents of the past, visit the 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 gym.

Fitness Room Updates



The weather is cold outside, but inside the Harwich Community Center it's warm! We have a weight room, a game room, and endless fitness and wellness classes for you to stay fit and warm! There are many benefits to group exercise, including accountability, sense of community, and social well-being. Check out our schedule!

Personal Trainer Available

Our Fitness Room certified personal trainer, Jill Brown, is available every **Monday and Thursday, from 9:15AM-11:15AM** to guide members through the proper use of the gym equipment. This special service is complimentary to all Fitness Room members!



Fitness Room Member Spotlight!

Chris Bruns



This Month's Fitness Room Spotlight Member is Chris Bruns. He has been a Harwich resident for ten years now; is originally from Washington, New Jersey and he has also lived in Philadelphia for twelve years.

Chris is a counselor in a program that serves adults who suffer from severe mental health disorders. It's a community-based program which aids people in serious need. He is also the father of twin daughters who are in college. One daughter attends Penn State College, and the other daughter attends Boston College.

Other than fitness, Chris loves music. He especially enjoys listening to heavy metal music. When we asked him what he likes about the Fitness Room, he stated, that he likes the recent changes- "It's been great!" "It's much more opened up having two rooms." Chris said, what keeps him working out is, "Fitness is more of a mental thing for me. I'm calmer and more grounded when I exercise."

Chris, thank you for supporting the Harwich Community Center's Fitness Room and for giving us the opportunity to get to know a little bit about your life!

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...

Jan 11th – We had a blast at our **Adult Comedy Improv Night**. Led by instructor Mike Devine from the Cape Cod Theater Company, the class consisted of a bunch of group exercises and fun improv activities that took everyone through the basics of improv such as taking risks, being present, and learning lifelong skills that can be used on and off stage. Everyone had a lot of fun learning about these interesting new skills.



If you're interested in learning more about improv, the Cape Cod Theatre Company offers classes at the Arts Center. For more information, visit capecodtheatrecompany.org/education/classes-for-adults/



Jan 12th – Zumba instructor Alissa Krieger-Dewitt helped us host a **free drop-in Zumba class**. Everyone had a great time with this total-body workout, which mixed music with low-intensity and high-intensity exercises. (Super effective and super fun!)



Jan 12th – This month's talk with the **Cape Cod Military Museum** was about animals in WWI. People stopped by for Joe Yukna's interesting and informative hour-long talk about all the ways animals were involved in the war. Special guest Sergeant Stubby—a beagle bulldog mix—also stopped in and showed off some great tricks.

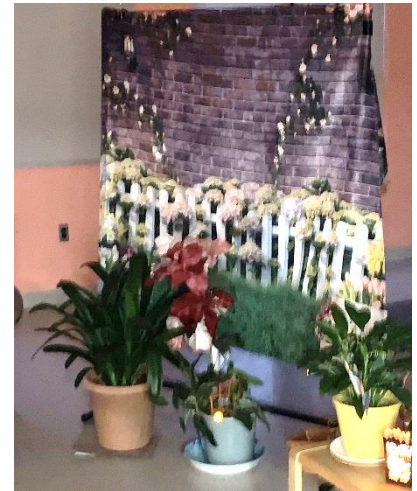


Jan 16th – The **Talent Show Auditions** included demonstrations of drumming, singing, poetry, and so much more! It was a great sneak-peak into what was to come for the Community Talent Show scheduled later in the month.





Jan 19th – We had two sessions set up for our **Family Murder Mystery Night**. Both families and solo murder mystery enthusiasts signed up ahead of time, and everyone had a lot of fun searching among the different rooms for clues. Adding to the role-playing atmosphere, we had an activity room set up as a library, a garden, and clue-goers had access to the kitchen as well. Once all the clues were found, players put together the pieces to figure out *whodunnit*.



Jan 24th – People of all ages attended our free **Game Night**, and everyone had a great time! With a wide variety of games to choose from, people split off into smaller groups to play Jenga, Bananagrams, Apples to Apples, and Rubicon. Some other games we had on hand were Uno, Dominos, Monopoly, Chess, Checkers, Yahtzee, Guess Who (and lots of others to choose from!) If you're looking for a night of easy-going fun, we hope to see you at our next Game Night.



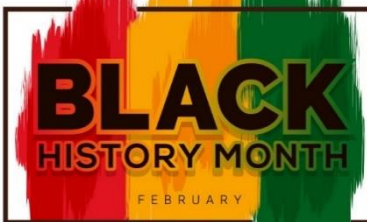
Jan 26th – It was a big turnout for our first ever **Community Talent Show**. The night started off with a drum display, and from there we had singing, acoustic guitar, poetry reading, and a skit. At the end of the night, the judges deliberated, and trophies were handed out. The first-place winner was Abigail Marino who sang "Tomorrow" from *Annie*. The second-place winner was Kirk Kelly who sang and played his guitar, and the third-place winner was Caroline Cronin who sang "We Are Young."



**What sort of programs are you looking for?
Fill out our survey and let us know!**

Harwich Community Center is always looking for ways to expand our program offerings. We would love to know what you would like to see added to our list of programs and events. Please take a moment to fill out the questionnaire, so that we can better serve our community. *Thank you!*





Celebrating Black History Month!

“Diversity is not about how we differ. Diversity is about embracing one another’s uniqueness.”

– Ola Joseph



Cape Cod Theatre Company / Harwich Jr. Theatre

Elephant & Piggie’s “We Are In A Play!”



February 10 – March 3

Saturdays and Sundays at 2pm

(Sunday Feb. 11 at 10am)

Vacation Matinees Feb. 20, 21, & 22 at 2pm

Sunday February 25 will be a sensory friendly performance.

WHERE: 105 Division St, West Harwich MA

Tickets: \$28 adults, \$25 seniors, and \$18 under 21

Our ducks have found new friends and they are hiding too! 3 pigs and 1 elephant are hidden around town (**indoors only**). If you find one, bring it into the Community Center and you will receive 2 free tickets to the Elephant & Piggie Show! (You also get to keep the plushie!)



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

You can also sign up for Emergency Alerts and Routine Notifications here:

harwich-ma.gov/home/pages/notifications

BLOOD SHORTAGE

Blood donors needed now



The American Red Cross is experiencing an emergency blood shortage as the nation faces the lowest number of people giving blood in 20 years. Blood donors of all blood types—especially type O—and platelet donors are needed now to help alleviate the shortage and ensure lifesaving medical procedures are not delayed.

Don't wait — make an appointment today to give blood or platelets to help ensure people receive the care they need. Book now by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling:

1-800-RED CROSS (1-800-733-2767)

For a listing of all upcoming local blood drives, visit RedCrossBlood.org

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