

Harwich Community Center News



April 2022



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

Director's Update

Flowers are blooming and colors are bursting from everywhere! Spring is here!

I cannot begin to tell you how gratifying it is to see and hear our clubs, organizations and citizens alike returning to experiences at the Community Center.

For a host of good reasons, each and every one of you—our friends, clubs, organizations and community can clearly recognize all the things we are doing today, and can also foresee an even brighter future for the Harwich Community Center. As we move forward to advocate for new and innovative ideas for the building, your words will always speak louder than mine.

Please share with me what your thoughts, ideas, and visions are as we take on new adventures.

I leave you with a thought to ponder: Concentrate on what kind of a community center you want Harwich to be, then make it happen! I do.

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

April 18th – Patriots Day

Do you want to get on our email list? Stop by the front desk to sign up, or you can call us at **508-430-7568**



FOLLOW US ON FACEBOOK
@HarwichCommunityCenter

DIY *Take-home kits* EGG Hunt



The Harwich Community Center will be handing out at the front desk Do-it-Yourself Egg Hunt Kits so that you can set up your very own egg hunt at home!

Available Pick-Up Times:
April 11th - April 13th
9AM-3PM

Call the Community Center by April 6th to schedule a pick-up time for your kit, let us know how many kids you have, and we will supply the filled eggs

By Appointment Only
Call to schedule your Egg Hunt Kit pick-up today!
508-430-7568

Easter Coloring Pages are available at the front desk!



Guess-and-Win Jelly Bean Contest!

Guess how many jellybeans are in the jar. The closest guess that doesn't go over wins a prize! Two prizes will be given out—one for adults, and one for children.

Submit your guess at the front desk by 2PM, Friday, April 15th. Winners will be contacted that same day.



Center Stage: Guild of Harwich Artists

Established in 1979, The Guild of Harwich Artists boasts over 80 members. Artists and those interested in art are encouraged through education, fellowship, and exhibitions. Throughout the year, The Guild also engages in charitable work that benefit Harwich residents. This year, The Guild donated to the Harwich Children's Fund, the Children's Center and the Harwich Fund. Yearly scholarships are also awarded for achievements in the field of art to graduates of Monomoy High School, Cape Cod Tech and those who are home schooled.

If you are curious about The Guild, check out their seasonal artwork and 'Meet the Artist' events that are showcased at The Art Gallery of The Guild of Harwich Artists located at 551 Main Street in Harwichport. Visitors are encouraged to speak with the artists and watch them in action.

Monthly meetings are held on Saturdays at the Community Center, and the public is always welcome. Each meeting features a well-known Cape Cod artist who demonstrates their craft. For more information, please visit www.guildofharwichartists.org, or visit their facebook page called The Guild of Harwich Artists.



Fitness Room Updates

Fitness Room Member Spotlight!

Caroline Russell

A resident of both Harwich and Melrose MA, a full time college student, and a part time server at Embers, Caroline Russell is one busy and well-rounded young lady!

At the age of 22, Caroline is finishing her senior year at the College of the Holy Cross in Worcester, MA with a major in International

Studies. It is no surprise that she keeps just as active at school as she does at home. Caroline is the Co-Director of the Student Government Association, and also volunteers her time as a prospective admissions tour guide. She is also involved in the college outreach program. Upon graduation, Caroline will be getting her masters in Russian Studies at Georgetown University.

A member of the Harwich Community Center Fitness Room since 2021, Caroline makes great use of all of the equipment, and truly enjoys chatting with other members. She states, *"Everyone is so nice and they have taken such an interest in me. I look forward to seeing everyone on my college breaks and during the summer. We always have a lot to catch up on."*

We wish Caroline great success in all of her endeavors!



Tips to Eating Healthy

- Eat more fruits and vegetables
- Practice mindful eating
- Eat whole food and fewer processed foods
- Drink more water
- Treat yourself
- Plan and prep your meals



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

- **COA Brown Bag Program:** April 1st, 8AM-12PM
- **Harwich Democrats:** April 2nd, 10AM-11:30AM
- **KD Quilters:** April 4th & 25th, 9AM-2PM
- **Beginner Tai Chi:** April 4th, 7th, 12th, 15th, 19th, 22nd, 26th & 29th, 10AM-11AM
- **Sight Loss:** April 5th, 10:15AM-12:15PM
- **COA Qi-Gong:** April 6th, 1:30PM-2:30PM
- **Foot Care Clinic:** April 6th, 13th & 19th, 9AM-2:30PM
- **Machine Embroidery:** April 7th, 11AM-3PM
- **COA Computer Basics:** April 12th, 13th, 19th, 20th, 26th & 27th, 12PM-1:30PM
- **Friends of COA:** April 13th, 10AM-11:30AM
- **COA Skin Care Presentation:** April 14th, 10AM-11AM
- **Big Screen Movie Day:** April 15th, 1PM-3PM
- **Cranberry Rug Hookers:** April 16th, 10AM-1PM
- **Mobile Dental Clinic:** April 22nd, 9AM-3:30PM
- **Women's Book Club:** April 25th, 2PM-3PM

April 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.*

***Senior Fit schedule is subject to change or cancellation based on current mask mandates*

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

Monday	Tuesday
Walking Club: 6AM-8AM	Walking Club: 6AM-8AM
Table Tennis: 8:30AM-10:30AM	Spring Walking: 10AM-10:45AM
Spring Walking: 11AM-11:45AM	Senior Volleyball: 11AM-1PM
Men's 55+ Basketball: 12PM-2:30PM	Open Gym: 1PM-2:30PM
After School Rec Youth: @ 2:30PM	After School Rec Youth: @ 2:30PM
	Rec Youth Basketball: 5PM-7PM

Wednesday	Thursday
Walking Club: 6AM-8AM	Walking Club: 6AM-8AM
Senior Fit: 9:15AM-10:15AM**	Table Tennis: 8:30AM-10:30AM
Spring Walking: 11AM-11:45AM	Spring Walking: 11AM-11:45AM
Men's 55+ Basketball: 12PM-2:30PM	Open Gym: 12PM-2:30PM
After School Rec Youth: @ 2:30PM	After School Rec Youth: @ 2:30PM
Rec Youth Basketball: 5PM-7PM	Rec Youth Basketball: 5PM-7PM
	Adult Volleyball: 7PM-8:45PM

Monday – Building closes at 6PM

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
Zumba	5PM – 6PM

Tuesday

Walking Club	6AM – 8AM
Yogi Nomad	9AM – 10AM
Mah Jongg	9:30AM – 12:30PM
Winter Walking	10AM – 10:45AM
Balance Boosters	10:30AM – 11:15AM
Senior Volleyball	11AM – 1PM
Homeless Prevention Council	1PM – 3PM
Mah Jongg	1PM – 4PM
Open Gym	1PM – 2:30PM
Town Band Practice	6:30PM – 8:30PM
Insight Meditation	7PM – 9PM

Wednesday

Walking Club	6AM – 8AM
Senior Fit	9:15AM – 10:15AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Jills' Exercise Class	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12PM
Wednesday Stitchers	10AM – 2PM
Winter Walking	11AM – 11:45AM
Men's 55+ Basketball	12PM – 3PM
Cranberry Mah Jongg	1PM – 4PM
Community Orchestra	6PM – 8:40PM
NA	7:30PM – 9PM

Thursday

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

Friday

Senior Fit	9:15AM – 10:15AM
Jill's Exercise Class	9:30AM – 10:30AM
Senior Volleyball	11AM – 1PM
Men's 55+ Basketball	1PM – 3PM
Al-Anon	5:30PM-6:30PM

Saturday – Building closes at 4PM

Open Gym	12PM – 3:30PM
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Friday

Walking Club: 6AM-8AM
Senior Fit: 9:15AM-10:15AM**
Senior Volleyball: 11AM-1PM
Men's 55+ Basketball: 1PM-3PM
After School Rec Youth: @ 2:30PM
After School Rec Youth: Starts @ 2:30PM

Volunteer of the Month – Toni Hollingsworth

The Harwich Community Center would like to express its sincere appreciation to Toni Hollingsworth, an incredibly dedicated volunteer who works tirelessly maintaining our beautiful Thomas P. “Tip” O’Neill Rose Garden outside the Community Center. It is hard to believe that this will be her 6th year of breathing life into our roses!

We are fortunate that Toni has extensive knowledge of horticulture. She has a master’s degree in botany from the University of Iowa and previously owned a retail garden center for 15 years.

Toni also coordinates the volunteer program for its continuous maintenance. “It’s a team effort and it makes you feel good. It’s a fun place to work, especially when you see everything coming back to life.”

Thank you, Toni, for lending a helping hand to the Harwich Community Center!



VOLUNTEER OPPORTUNITIES

We are seeking volunteers for our many fun projects throughout the year. Whether you have a special talent, a special interest or a desire to make new connections in the community, we would love your help! From April 11th- April 13th, the Community Center will be handing out Do-It-Yourself Egg Hunt Kits at the front desk so that families can set up their very own egg hunt at home. If you would like to help put together the kits or distribute them at the front desk at designated times, we could use your help! **Please call us at 508-430-7568 today!**

Harwich Community Center Facilities Committee Member – Ralph Smith

Raised on a family farm, after graduation from Chatham (NY) High School, Ralph attended Yale on a Ford Foundation full scholarship, spending his junior year in Paris and graduation at age 19. After a year on Wall Street, he entered Navy flight training at Pensacola, Florida. He served six years of active duty based in Hawaii and Guam with regular deployments to Japan, Midway Island, and the Philippines. Later duty involved trips around the world on a special mission. Twenty more years in the Naval Air Reserve at NAS South Weymouth, including flights to and from Vietnam, ended with retirement as a Navy Captain. Upon completion of active duty and receipt of a full scholarship, he graduated from Albany Law School.



Following service as Albany County District Attorney and subsequently as Regional Director of the Attorney General’s Medicaid Fraud Unit, he was named Director of the New York Statewide Organized Crime Task Force. Later, after twenty years as a federal judge, he retired to Harwich Port where he resides with his wife, Barbara. His blended family of six children and four grandchildren are scattered across the country, unfortunately none in Massachusetts.

An avid pickleball and volleyball player, he has volunteered with the Consumer Assistance Council, Elder Services, the Family Pantry of Cape Cod, and the Harwich Council on Aging, serving as a member of the Board of Directors of the last two. As COA representative on the Community Center Facilities Committee, he has actively contributed to discussion of Center policies and activities, and strongly supports the tireless efforts of its Director, Carolyn Carey, and her competent staff in their service to the Harwich community.

Project 351: MA. State Leadership Program

Under the direction of Caitlyn Hall, 8th grade school guidance counselor, Monomoy Regional High School students are participating in a state-wide leadership program called Project 351. Student Ambassadors will be running a clothing drive to benefit Cradles to Crayons, an organization that provides children from birth through age 12, living in homeless or low-income situations, with essential items they need to thrive—at home, at school, and at play.

A donation bin for clothing will be in the lobby of the Community Center from April 4th—April 8th.

Thomas Chase and Xevi Pina Parker are two of the Student Ambassadors who are very passionate about this important project. The Harwich Community Center is proud to name them Students of the Month!

Students of the Month!

Thomas Chase

Hi, I'm Thomas Chase, and I am an 8th grade Ambassador from Monomoy Regional High School. As well as an 8th Grade Ambassador, I am also the Vice President of our Class, a Boy Scout, and participate in our school's Robotic team. I enjoy reading, drawing, researching, and supporting others, as well as being a part of Project 351. Project 351 is an amazing organization that strives to create safe spaces across Massachusetts, partnering with other organizations to create great drives and fundraisers. It also provides valuable leadership opportunities and skills for young leaders to use throughout their career. I'm passionate about this organization because it provides me with important information regarding leadership which I will be able to use for the rest of my life. The people running Project 351 are compassionate, understanding, and inspiring towards making a difference, which promotes being a better leader and overall person. I'm excited to create this event with my other ambassador, and I appreciate being able to have the opportunity to host this at the Harwich Community Center.

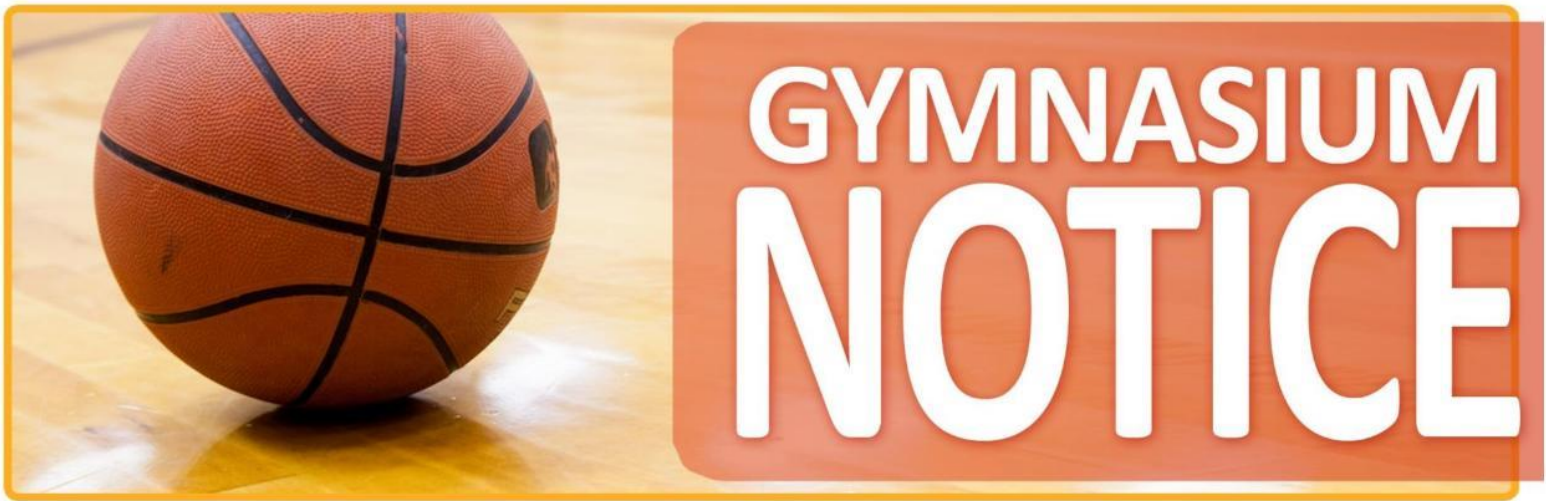


Xevi Pina Parker

Hi, my name is Xevi Pina Parker! I am an eighth grader at Monomoy Regional High School and one of Monomoy's ambassadors for Project 351. I love reading and writing and hanging out with my friends. I also love doing theater of any kind! Currently, I am in Alice in Wonderland at the Academy of Performing Arts. Project 351 is a truly amazing opportunity and learning experience. It is a leadership program and service project for eighth graders throughout Massachusetts. Our Spring Service is to put together a clothing drive in our community. That is exactly what we intend to do. Thomas and I are putting out bins at Monomoy High School, the Community Center, and



Brooks Free Library and are looking for clothing donations that will go to those in need. I am so grateful for the opportunity to be a part of this amazing project. It is truly inspiring.



**Gymnasium
will be
CLOSED**

April 21st – April 28th


The basketball gymnasium will be closed on Thursday, April 21st through Thursday, April 28th to allow for floor repairs. The Gym is expected to reopen on Friday, April 29th.

*As such, all gym activities will be cancelled.
We apologize for any inconvenience
this may cause you.*

Thank you for your patience!

Please note: this closure does NOT affect the Weight Room.

Bunny Photo Op!



**April 9th
9AM-11AM**

Stop by the Harwich Community Center to meet the bunny, who will be happy to take a picture with you!

**Don't forget to
bring your camera**

Rain or Shine!



**WHERE: 100 Oak Street
Harwich, 02645**

Solidarity with the people of Ukraine

Hoping to show support and solidarity for the citizens of Ukraine, former selectman Peter Hughes has organized approximately two dozen volunteers to wrap yellow tape around 1,500 blue fire hydrants in town. Armed with 50 rolls of yellow tape, safety vests, instructions, and a list of volunteers, the Community Center has been the designated place for Peter and the volunteers to meet and organize!

The idea came to Peter when he was walking the bike trail and noticed a fire hydrant. The hydrants in town are blue, similar to the shade of blue in the Ukraine national flag. "If we get 800 hydrants done, I'd be happy. We hope this serves as a constant reminder of the humanitarian crisis in the Ukraine", He said. Peter believes that the addition of a yellow band will serve as a great town-wide symbol of solidarity and support for the people of Ukraine.



GIVE BLOOD



You can make a difference.

American Red Cross Blood Drive

Friday, April 22nd – 2:30PM-7PM

Pre-registration is required. Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter HWCCommunity to schedule an appointment.

"Spring: a lovely reminder of how beautiful change can truly be."

~ Unknown

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 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