

Harwich Community Center News



November 2021

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Director's Update

The last few years have been marked by significant challenges for all of us. It was a time we learned a great deal about Harwich, our community, and self-expectations. As a result we have grown from experience, the challenge and the mutual support and encouragement we've extended to one another.

Although this time has been demanding, each of you have demonstrated your commitment through your support of the Community Center. You continue to help provide a solution, create an idea, or respond to the Center's needs. The Harwich Community Center is indeed fortunate to have energetic, loyal individuals that think of this as home.

On a personal note, I have benefitted from your genuine caring. I have learned from your high standards and have been enriched by them. As we approach Thanksgiving, I wanted to take just a moment to offer my sincere thanks and gratitude for all the support the Community Center receives. You make us want to be better and do more!

Thank you again,
~Carolyn Carey

Thank you to our volunteers!

We would like to give a shout out of thanks to all of our volunteers who helped with this year's Trick-or-Treat Drive-Thru. Your assistance was greatly appreciated, and we couldn't have done this without you!

Congrats to the winners of our Guess the Pumpkin's Weight contest!

Last month, we held a contest to guess the weight of our two pumpkins. The results are in, with **Pumpkin A** weighing in at 21lbs, and **Pumpkin B** weighing 18lbs. Congratulations to our contest winners, Norman P. and Denise M. for guessing the correct weight!



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

November 11th – Veterans Day Holiday

November 25th & 26th – Thanksgiving Holiday

Our Hours Are Changing!

Beginning Monday, November 8th, our new hours will be:



Monday – 6:00AM-6:00PM

Tues, Wed, Thur & Fri – 6:00AM-9:00PM

Saturday – 8:00AM-4:00PM



Please note: Fitness Room hours are different from building hours

Our Activities & Groups Booklet has been updated!

To view a PDF of the booklet, scan the QR code here, or you can stop by the Community Center front desk for a physical copy.



Thank You Everyone for your Generous Donations!

Every year, we throw some kind of Halloween Trick-or-Treat event, and every year we are only able to host such an event due to the generous donations of local businesses and members of our community. This October, we held a Trick-or-Treat Drive-Thru, and we wanted to give a special thanks to everyone who donated. As this newsletter is going out early to keep you in the loop about current events, we don't have the full list of our donors yet (*keep an eye out, as that list will be out soon*). However, we wanted to give thanks to everyone who has donated so far:

- Community individuals & Harwich residents!
- Cape Cod Five Cent Savings
- Christmas Tree Shop
- Consigning Women
- TD Bank
- Shaws/STAR – Harwich
- Stop & Shop – Harwich
- Hinkley Home Center
- Walgreens - Yarmouth
- Terry's TV & Appliance
- Karma & Company
- Chapman Funeral Home
- Staples – Orleans
- Moran Engineering Associates, LLC
- Harwich Police & Harwich Fire Dept.
- Wychmere Beach Club
- Ring Brothers
- RPM
- East Harwich Market
- Corner Store
- CVS – East Harwich & Harwich Port
- Zudy
- H&R Block
- Peterson's Market
- Dunkin Donuts
- Hart Farm
- Break Time Vending Co.
- Heather's Hair Port Salon & Spa
- Cape Cod Associates Real Estate
- Wequassett Resort & Golf Club
- U.S. Foods
- Mondovi Dental East Harwich
- Jack Conway Realtor
- Nauset Disposal
- Harwich Children's Fund
- Dr. Murray Johnson

This event would not have been possible without you!

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

Fitness Room Updates

Fitness Room Member Spotlight!

Anne Peck



A Harwich resident since 2020, Anne fell in love with Cape Cod on her second date with her husband 35 years ago!

With a full-time job in insurance, three grown children and four grandchildren, Anne still makes time to work out. She is an early morning fitness room regular arriving with the 6AM crowd.

A woman of many interests, Anne has actually competed in 3 triathlons, *The Warrior Dash*, and actually placed in a Strong Man Competition called the *Battle of the Belles*. Hard to believe that she was also a team member who participated in the Fed Ex Jet Pull competition!

It is not surprising that Anne is also a lover of dancing, and believes that "One should dance first thing in the morning; it sets the tone for the day!" – A great sentiment!

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.

Hours: Monday – Friday, 6AM-4PM
(These hours will be changing. Keep an eye out for notice of our new hours!)

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.

Cleaning Protocols

While masks are optional in the Fitness Room, cleanliness and proper sanitation are extremely important to us. For your convenience, we have placed individual packets of disinfecting wipes at each work out station, as well as large containers of wipes at the entrance and exit of the Fitness Room. Throughout the day, our staff is sanitizing, cleaning, and making sure that wipes are well stocked.



Did you know that exercise reduces stress, anxiety, and depression?

Along with all of the physical benefits of exercise, our mental health benefits as well! It is extremely important to give ourselves a little extra TLC as we navigate these stressful times, and Jill Brown, our certified personal trainer, is available to help you get started! As a complimentary benefit to all Weight Room members, **Jill 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.



Fall and Winter means Leaves and Rock Salt!

To prevent the tracking of debris from outside, we are asking all our Fitness Room Members to bring indoor workout sneakers to be used inside the Fitness Room, and to wear outdoor footwear for entering the building only.

You may store your outdoor footwear in the locker room. Locks and keys are provided at the front desk. You may also store them by the coat rack area.



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
Resiliency Training	1PM – 2PM

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	

Wednesday

Walking Club	6AM – 8AM
Senior Fit	9:15AM – 10:15AM
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

Thursday

Walking Club	6AM – 8AM
CC Business Referrals	7:15AM – 8:30AM
Yogi Nomad	9AM – 10AM
Wellness Clinic	9:30AM – 12PM
Adult Tennis	10:30AM – 12PM
Beginner Tai Chi	11:15AM – 12:15PM

Friday

Senior Fit	9:15AM – 10:15AM
Senior Volleyball	11AM – 1PM
Men's 55+ Basketball	1PM – 3PM
Alanon	2:50PM – 3:50PM

Other Events

- **KD Quilters:** Nov 1 & 15, 9AM-2PM
- **Sight Loss:** Nov 2nd, 10:30AM-12PM
- **Foot Care Clinic:** Nov 3rd, 17th & 23rd, 9AM-3:30PM
- **Dental Clinic:** Nov 19th, 9AM-3:30PM
- **Machine Embroidery:** Nov 4th, 11AM-3PM
- **Table Tennis:** Nov 4th, 8:30AM-10:30AM
- **Open Painting Sessions:** Nov 4th & 18th, 1PM-3:30PM
- **Swing Band Practice:** Nov 5, 12 & 17, 1:30PM-4PM
- **COA Brown Bag Program:** Nov 5th, 8AM-12PM
- **Bit of Bliss Yoga:** Nov 9, 16, 23 & 30, 2PM-3:15PM
- **Friends of COA:** Nov 10th, 10AM-11:30AM
- **Women's Club Meeting:** Nov 10th, 1PM-4PM
- **Support Group for Women Who Live Alone:** Nov 17th, 1PM-2PM
- **Master Gardeners Meeting:** Nov 18th, 9AM-10:30AM
- **Big Screen Movie Day:** Nov 19th, 1PM-3PM
- **Women's Book Club:** Nov 29th, 2PM-3:30PM



NOVEMBER 2021 - GYMNASIUM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Club: 6AM-8AM	Walking Club: 6AM-8AM	Walking Club: 6AM-8AM	Walking Club: 6AM-8AM	Walking Club: 6AM-8AM
Table Tennis: 8:30AM-10:30AM	Family Rec Open Gym**: 8:30AM-10:30AM	Senior Fit: 9:15AM-10:15AM	Table Tennis: 8:30AM-10:30AM	Senior Fit: 9:15AM-10:15AM
Adult Tennis: 10:30AM-12PM	Senior Volleyball: 11AM-1PM	Walking Group: 11AM-11:45AM	Adult Tennis: 10:30AM-12PM	Senior Volleyball: 11AM-1PM
Men's 55+ Basketball: 12PM-2:30PM	Open Gym: 1PM-2:30PM	Men's 55+ Basketball: 12PM-2:30PM	Open Gym: 12PM-2:30PM	Men's 55+ Basketball: 1PM-3PM
After School Rec Youth: Starts at 2:30PM	After School Rec Youth: Starts at 2:30PM	After School Rec Youth: Starts at 2:30PM	After School Rec Youth: Starts at 2:30PM	After School Rec Youth: Starts at 2:30PM

****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 Monday - Friday, 6AM-4PM (with one exception**)

****Please Note: The Game Room is unavailable on Thursdays from 10AM-12PM.**

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 or you can scan the QR code here. *You can also call us at 508-430-7568 for more information!*



Center Stage: Quilt Bank

Bayberry Quilters of Cape Cod was formed in 1990 and over the years the guild has grown to over 200 members from all over Massachusetts. The Quilt Bank is a branch of the guild and meets on Mondays from 10AM-2PM at the Community Center. The group welcomes quilters of all levels who share a common interest in the art of quilting and a love of community through their many important outreach programs.

Hundreds of quilts are made each year by the guild and donated to many local children and families who are grieving, seriously ill, or in turmoil. Quilts are also made for veterans in hospitals, Vietnam Veterans, disaster victims, and many local organizations. This caring group of people also send quilts to the critically ill children of Tufts N.E. Medical Center in Boston, as well as the Neo-natal Intensive Care Unit at Tufts.

If you are interested in becoming a member of the Quilt Bank, please drop by the Community Center on Mondays, or visit: www.bayberryquiltersofcapecod.com for more information.



Harwich Community Center

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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