

Harwich Community Center News



January 2023



Phone: 508-430-7568

Director's Update

Happy New Year!

The turn of the calendar is the perfect time to reflect on how we have grown over the previous year, and plan our goals for the next. A new year is a fresh start full of hope and potential.

Leveraging our collective creativity, commitment, and community support, we have established some fun new programmatic innovations to respond to the emerging community's wants and needs, hopefully creating some laughter and making memories along the way.

The ushering in of the New Year often comes partnered with thoughts of renewed hope for things that may lie ahead. Some folks are invigorated with the chance of a new beginning and a fresh start. Some reflect back and want to remain committed to established traditions. Regardless of which road you may travel, we hope you see merit in both keeping traditions alive and creating new ideas and programs.

It is essential that we continue to see around obstacles that stand between us and our goals. It remains imperative we do not pause in our efforts to move forward, and it's vitally important to me that we continue to grow the Community Center and dream of all we can do together.

Happy new year my friends!
~ Carolyn Carey

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

New Year's Day (Observed) – January 2nd, 2023

Martin Luther King Jr. Day – January 16th, 2023

HAPPY NEW YEAR 2023



The Great Gift Exchange

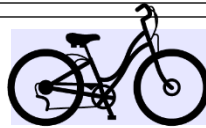
January 10th, starting at 6PM



Did you get a gift this holiday season that someone else might truly enjoy more than you?

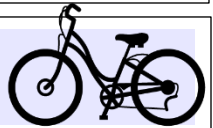
Join us for our first ever Great Gift Exchange!

Bring in your wrapped present to trade with other attendees.
Light refreshments will be served.



Bike Basics – Safety and Skills

January 11th, at 5:30PM



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

- Safety considerations: Rules of the road & group riding etiquette
- Basics of bike handling skills: Braking, shifting, turning/cornering, climbing, descending, cadence and pedal stroke.



Grab a Tea with Me!

January 13th, starting @ 11:30AM

Join us for a FREE cup of tea (or coffee) to discuss any ideas or concerns you might have about the Community Center.

All are welcome!

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



AMERICAN RED CROSS BLOOD DRIVE

Jan 27th, 1:30PM-5:30PM

Pre-registration is required.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org to sign up for this blood drive, or any other nearby blood drive.

The Mitten Tree Thanks You!

We would like to give a special thank you to everyone who participated in this year's online Mitten Tree Program! It is thanks to your generosity that children were able to have a merry Christmas and a very happy holiday!

Event Calendar & Schedule

Other Events

- **Sight Loss:** Jan 3rd, 9:30AM-12:30PM
- **Insight Meditation:** Jan 3rd, 7PM-9PM
- **Balance Boosters:** Jan 3rd, 5th, 10th & 12th, 10:30-11:15AM
- **Newcomers Game Night:** Jan 5th, 6:30PM-8:45PM
- **COA Brown Bag Program:** Jan 6th, 8AM-12PM
- **Harwich Democrats:** Jan 7th, 10AM-11AM
- **Conservation Trust Winter Talks:** Jan 7th, 14th & 28th, 1PM-3PM
- **KD Quilters:** Jan 9th & 23rd, 9:30AM-1PM
- **WILPF:** Jan 10th, 5:30PM-7:45PM
- **Friends of COA:** Jan 11th, 10AM-11:30AM
- **Bike Safety Skills:** Jan 11th, @ 5:30PM
- **Front Porch Rug Braiding:** Jan 14th, 10AM-3PM
- **Harwich Republicans:** Jan 19th, 5PM-6PM
- **Big Screen Movie Day:** Jan 20th, 1PM-3PM
- **Artists Monthly Meeting:** Jan 21st, 2PM-4PM
- **Cranberry Rug Hookers:** Jan 21st, 9:15AM-1:15PM
- **Red Cross Blood Drive:** Jan 27th, 1:30PM-5:30PM
- **Women's Book Club:** Jan 30th, 2PM-3:30PM
- **Foot Care Clinic:** Jan 11th, 18th & 25th, 9AM-2:30PM
- **Mobile Dental Clinic:** Jan 24th & 27th, 9AM-3PM

- **QPR Training:** Jan 4th & 26th, 5:30PM-6:30PM
- **Storm Preparedness:** Jan 12th, 10AM-11AM
- **Bereavement Support:** Jan 19th & 26th, 1:30PM-3PM
- **What is CBD?:** Jan 19th, 10AM-11:30AM
- **Info Talk - Whitey Bulger:** Jan 31st, 10AM-11:30AM
- **Computer Basics:** Jan 17, 20, 24, 27 & 31, 1PM-2:30PM

Council on Aging Activities

For more information about specific classes, as well as contact information for groups & instructors, please contact the Community Center at 508-430-7568. For info on all events, please check our event schedule online: harwich-ma.gov/community-center

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	10:00AM – 2:00PM
Indoor Walking Club	11:00AM – 11:45AM
Men's 55+ Basketball	12:00PM – 2:00PM
Ukulele Class: Strumming	1:00PM – 2:00PM
Ukulele Class: Beginners	2:00PM – 3:00PM
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
Tai Chi	10:00AM – 11:00AM
Indoor Walking Group	10:00AM – 10:45AM
Senior Volleyball	11:00AM – 1:00PM
Homeless Prevention Council	1:00PM – 3:00PM
Mah Jongg	1:00PM – 4:00PM
Children's Pajama Playgroup	5:30PM – 6:15PM

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 Stitchers	10:00AM – 2:00PM
Indoor Walking Group	11:00AM – 11:45AM
QiGong	11:00AM – 12:15PM
Men's 55+ Basketball	12:00PM – 2:00PM
COA Sign Language	12:45PM – 2:15PM
Cranberry Mah Jongg	1:00PM – 4:00PM
Lumi Yoga & Wellness	5:00PM – 6:15PM
Rec Youth Basketball	5:00PM – 7:30PM
Community Orchestra	6:00PM – 8:40PM
NA	7:30PM – 9:00PM

Thursday

Walking Club	6:00AM – 8:00AM
CC Business Referrals	7:15AM – 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
Harwich Artists Open Painting	1:00PM-3:30PM
Bayberry Quilters	1:00PM – 4:00PM
Zumba	5:30PM – 6:30PM
Adult Volleyball	6:30PM – 8:45PM
Swing Band	6:30PM – 8:30PM

Friday

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
Men's 55+ Basketball	1:00PM – 3:00PM
Al-Anon	5:30PM-6:30PM

January 2023 - GYMNASIUM SCHEDULE

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.*

Open Gym Times:

Tues: 1PM-2:30PM **Thur:** 12PM-2PM **Sat:** 12PM-3:45PM

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

Wednesday	Thursday
Walking Club: 6AM-8AM	Walking Club: 6AM-8AM
Indoor Walking: 11AM-11:45AM	Children's Open Gym: 10AM-11AM
Men's 55+ Basketball: 12PM-2:30PM	Indoor Walking: 11AM-11:45AM
After School Youth Rec: @ 2:30PM	Open Gym: 12PM-2PM
Rec Youth Basketball: 5:15PM-8:30PM	After School Youth Rec: @ 2:30PM
18 + Co-Ed Basketball: 7:30PM-8:45PM	Adult Volleyball: 6:30PM-8:45PM
	Rec Youth Basketball: 5PM-7:15PM

Friday
Walking Club: 6AM-8AM
Senior Volleyball: 11AM-1PM
Men's 55+ Basketball: 1PM-3PM
After School Youth Rec: @ 2:30PM
Rec Youth Basketball: 5PM-7:15PM



Harwich Conservation Trust Winter Talks



January 7th, 1PM-2PM

Cape Cod: Once Around the Sun with Peter Trull

Join Harwich Conservation Trust to preview naturalist and author Peter Trull's upcoming book, *Cape Cod: Once Around the Sun*. A tribute to John Hay's 1961 classic, *Nature's Year*, enjoy photos and rediscover the wonders of Cape Cod on a colorful journey through the seasons.



January 14th, 1PM-2PM – Nature Reflections with Dennis Minsky

Enjoy nature reflections and essays with writer Dennis Minsky. With a unique perspective on the special qualities of living on the Outer Cape, especially opportunities to interact with the natural world, enjoy narratives that contemplate human-wildlife interactions and appreciate the value of nature. For this winter talk, Dennis will share six essays and discuss the themes and events of each story with the audience

January 28th, 1PM-2PM

Snowy Owls to Saw-whet Owls with Norman Smith

Since 1981, Norman Smith has spent countless days and nights, in every imaginable weather condition, observing, capturing, banding, and relocating snowy owls at Logan International Airport. Data has been collected on roosting, hunting, and behavior while on their wintering grounds. Find out what has been learned to date, what questions remain and how this project developed to include research on saw-whet owls.



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!

To find out more about current volunteer opportunities, please call us at 508-430-7568.

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



We Process Passport Applications!

Whether you're getting a passport for the very first time or renewing a previous passport, we're here to help you with your application. Passport processing is by appointment only, so if you would like to set up an appointment, call us today at 508-430-7568.

Passport photos are also available for just \$10!

(Please note, payments for any passport services is by check only)

Keep warm this winter with a Harwich sweatshirt!

New embroidered quarter snap sweatshirts are available for \$40!

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

Stop by today to see what we have in stock!



Center Stage: Front Porch Rug Braiding



Traditional rug braiding has come a very long way since it made its way to the American colonies in the mid 1600's. Today, it boasts prominence as both a craft and as a fiber art medium. Rug braiders can make beautifully designed rugs as well as create handbags, totes, baskets, slippers, chair pads; the creativity is endless!

Janet Fitzgerald is the facilitator of the Front Porch Rug Braiding Guild. She was taught by her mother Barbara Fisher, a well-known master fiber artist and together they authored a book on traditional rug braiding using Barbara's techniques. Janet extends her vast knowledge and encouragement to all levels of rug braiders. Regardless of your level, it is a wonderful opportunity to immerse yourself in this traditional art, meet new people, improve your skills, or learn how to repair that rug that your grandmother made, or the dog chewed!

Front Porch Rug Braiding meets several times a year at the Community Center. Their next meeting is scheduled for Saturday, January 14th from 10:00am to 3:00pm. If you are interested in attending or are curious about the craft, please call (text) Janet at (781) 603-7971.



Fitness Room Updates

Start the New Year out right!

Our Fitness Room offers many options for folks to get healthy and fit during the winter months. We have a variety of different exercise machines to choose from, and several exercise groups and classes, so there is something for everyone! If you are feeling hesitant about starting a workout routine, our Personal Trainer, Jill Brown, is here Monday and Thursday mornings from 9:15AM-11:15AM to get you started (this special service is complimentary to all Fitness Room members).



We wish you a happy and healthy New Year!

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!

John Bosko



John Bosko has been a Harwich resident for 17 years now, and has been attending our fitness room for 4 years. In the past, he was an officer for a large insurance company, and a former hockey player. Currently he enjoys spending his free time golfing and playing the guitar.

John's typical workout routine includes 25 minutes on the treadmill, 20 minutes on the bike, and 20 minutes cycling through the different machines our fitness room has to offer. When asked what he likes about our fitness room, he said that he finds it comfortable and cozy. He likes that it's not usually crowded, and he has open access to the machines he wants to use, as well as being able to use our lockers rooms and showers.

Thank you John for being a loyal member of our fitness room!



Gardening Tips from Toni

Get to Know the Roses – *Low Maintenance White Roses*

It's January, time to think about next spring's gardening projects. This year, for me, it will be a mostly white garden in front of my house and will require bushy, white, shrub roses that are around 3 to four feet tall. Where does one begin to look for a new rose? www.starrosesandplants.com is great for newer *Kordes* and *Radler* introductions. For older hybrids, *Antique Rose Emporium*, highcountryroses.com and houzz.com/roses are good places to explore.

Many new roses are introduced every year and it is enlightening to read about them. However, I remember what two successful nurserymen told me about planting new varieties. It's best to wait a few years and see how they have performed. Let other people make the mistakes. Good idea whether you are contemplating a rose or a Tesla.

This spring, *Innocencia Vigorosa* and *Polar Express* (both white), *Kordes* roses, *April Moon*, and a white *Griffin Buck Rose* will anchor my new garden. There is an *April Moon* in my sister's yard, planted at the foot of a large tree, in the shade. The rose should have passed on years ago but blooms continuously until a hard frost.

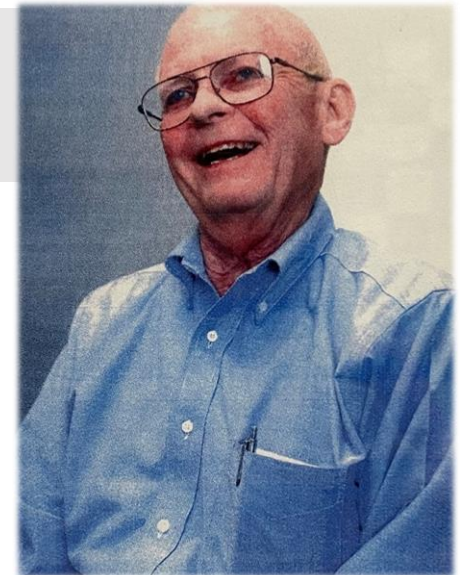
Last year I planted *Cloud Ten*, a fragrant *Radler* climbing rose and *Madame Annisette*, a *Kordes* rose. *Cloud Ten* is a white climbing rose with lovely foliage and tea like blooms. *Madame Annisette* grows tall like a climber, with thick disease free leaves and loads of bloom. Both of these are doing very well on the Cape. And finally, a good white polyantha rose for a container is *Cassie*. This bushy little rose has few thorns so rabbits are a problem. My *Cassie* is now in a pot.



Town of Harwich – Hall of Fame Robert H. Murray Inducted May 6, 2014

Bob Murray epitomized the phrase "one person can make a difference." A true humanitarian, Bob was a tireless master at overcoming the obstacles to affordable housing development and raising funds for the homeless.

While Bob touched the lives of Cape Codders from Falmouth to Provincetown, his impact on the Town of Harwich was unparalleled. Both *The Family Pantry of Cape Cod* and *Harwich Ecumenical Council for the Homeless, Inc.* (HECH) owe their very existence to his vision. In addition to being the former Executive Director of the Falmouth Housing Authority and the CEO of the Falmouth Housing Corporation at the time of his passing, Bob was probably best known for his Housing with Love Walk, which he started 21 years ago while he was a grant writer for the Housing Assistance Corporation in Hyannis. On the 20th anniversary of the Walk, Bob said, "This walk is more than simply raising funds. It's about men, women and children demonstrating that we, the people of Cape Cod, must work together to love and care for our neighbors in need."



To learn more about Robert H. Murray 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 this must go before the Board of Selectmen for approval.

Reflections – A look back at last month...

Introducing Reflections... A new feature celebrating our previous month's events, activities and happenings at the Community Center.



Dec 3rd – People lined up for the **Harwich Garden Club's** annual Holiday Boutique, a big success as it is every year.

The **Harwich Historical Society** also held their December Christmas Sale (from their gift shop) here at the Community Center for the first time ever this year.



Dec 10th - The **Cape Community Orchestra** held their first Craft Fair here at the Community Center on December 10th. It was a great success!



Dec 13th - The holiday came early for everyone who participated in the 1st Annual **Grab a Bow** event. Over 250 participants grabbed a bow and received a prize!





Dec 15th - The Community Center staff participated in our annual holiday staff party. It was filled with great food, fun games, many laughs, and an old fashioned Yankee swap!



Dec 20th – **Winter Drum Circle:** The Community Center was lucky enough to host a peaceful gathering of drummers in celebration of the Winter Solstice.



Our Fitness Room Members are getting a head start on their healthy New Year resolutions.



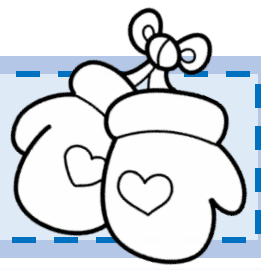
Lots of excited children and parents dropped letters off to Santa in a special mailbox in the lobby of the Community Center.



"If you can't fly then run. If you can't run then walk. If you can't walk then crawl, but whatever you do you have to keep moving forward."

— Martin Luther King Jr.

Winter coloring pages are available in the front lobby!



Winter Warrior Challenge



The goal of the *Winter Warrior Challenge* is to start the New Year off with healthy Habits. Challenge yourself!

The *Winter Warrior Challenge* is coming back in January. The challenge is to run or walk outside every day in the month of January. Information on this challenge is available at Marathon Sports.

If walking outside is not your thing, we invite you to join:

Walk & Talk with Susan Fraser

**Monday, Wednesday & Thursday: 11AM-11:45AM
& Tuesday: 10AM-10:45AM**

This program is generously offered in partnership with the Harwich Recreation Department. This is an invitation to walk in the Community Center Gym at your own pace. **No registration is required, and participation is FREE!**

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

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**



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