

Harwich Community Center News



January 2022



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

NEW MASK MANDATE

Per the Harwich Board of Health/Health Department, face masks are now required in all Town Buildings. See Harwich-ma.gov for more details

Director's Update

Happy New Year!

It is always difficult for me to clearly express my thoughts and feelings in this newsletter as I am filled with so much gratitude. I know I would be remiss if I did not start with a heartfelt thank you for all the joy, laughter, and genuine caring that fills the building as we all start to reconnect.

We have made some meaningful improvements in the last year together, and my hope is that moving forward, the Center will continue the transition of preparing for the growth and changing needs of our community.

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

Happy New Year Everyone!

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

January 1st – New Year's Holiday
January 17th – Martin Luther King Jr. Day

★ ★ ★ Family Movie Night ★ ★ ★

Join us in January for FREE movie nights! Movies begin at 6PM & snacks will be provided.

- Jan 7th – *Coco* (Rated PG)
- Jan 14th – *Ron's Gone Wrong* (Rated PG)
- Jan 21st - *Up* (Rated PG)



American Red Cross Blood Drive

January 28th – 1:30PM-8:30PM

Pre-registration is required. To register for this drive, you can contact the Red Cross at **1-800-RED-CROSS**

THE TIME TO
GIVE BLOOD
IS NOW

An exciting change for groups meeting in the Community Center!

A long awaited change will be taking effect after the first of the New Year. As many groups and organizations that utilize space within the Community Center are aware, we have been booking room use requests on a monthly basis and only one month in advance. Beginning the first of the new year, the Community Center will be able to make room reservations for room usage for all of the time remaining in this fiscal year. Any groups desiring a reservation from Jan 1, 2022 to June 30, 2022 should complete the application either in person, or online (harwich-ma.gov/community-center) and we will begin on the reservation process. All requests will receive email confirmation once the reservation is in place.

We thank you for your patience, and welcome you to call **(508) 430-7568** with any questions.

Stop in and Say Hello! Art is here on Mondays & Tuesdays!

Art and his family moved to Cape Cod from Long Island 21 years ago to be closer to extended family. His two sons, Michael & Daniel, are both currently college students. Michael, already with a degree in Robotic Engineering, is currently working on his Masters in Computer Science, while Dan is a junior at Bridgewater State University.

After many years, Art retired from his fulltime employment and has joined us here at the Harwich Community Center. You may also have seen him at Cranberry Valley Golf Course, as he also works there seasonally as a Starter, or in the cart barn.

We Process Passport Applications!

Appointments are required. To set up an appointment, or for more information, call us at **508-430-7568**

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

Center Stage: Cranberry Rug Hookers

The Cranberry Rug Hookers Guild of Cape Cod is a local chapter of the Association of Traditional Rug Hooking Artists. Rug hooking is a traditional craft that has flourished along the eastern seaboard of New England since the mid 1800's. Today, it boasts prominence as both a craft and as a fiber art medium.



The Cranberry Rug Hookers group brings traditional rug hooking artists together for programs, local events, new techniques, and most importantly camaraderie! Some members use commercially produced patterns, while others create patterns of their own design. It is a diverse group ranging from beginners to those with much more advanced skills. They exhibit many of their projects once a year at the Barnstable County Fair.

If you are interested in becoming a member of the Cranberry Rug Hookers, or are curious about the craft, please drop by the Community Center on Mondays to catch them in action. You can also visit: www.cranberryrughookers.wixsite.com for more information.

Fitness Room Updates

Fitness Room Member Spotlight!

Jim and Cindy Spearman

Jim and Cindy Spearman have been Harwich residents for over 30 years and in August of 2021 decided to join the Harwich Community Center Fitness Room for the first time. While they work out at different times, both are committed to staying fit. Jim is part of the early morning group. He is faithful to the Precor Training Circuit and enjoys the rowing machine and recumbent bicycle. Cindy often arrives as her husband is leaving. She completes her workout by tracking the number of calories lost on the recumbent bicycle, rowing machine and the elliptical.



In addition to their common desire to keep active, Jim and Cindy also share a love of travel. Their absolute favorite spot is Aruba, where they vacation twice a year. Jim also enjoys most outdoor activities and is an active member of the Cape Cod Fish and Game Association. Cindy enjoys all aspects of crafting, especially making jewelry and art from shells and beads.

When asked how they keep up their motivation for exercise, Cindy states, "We are early morning people and coming in early works for us".

Setting Realistic Goals

The New Year brings hope, excitement and resolutions! One of the most popular resolutions is exercise and weight loss. Unfortunately, most people give up soon after the New Year.

Come join the Fitness Room and our certified personal trainer will help you develop an achievable exercise plan for your body.



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

- **Foot Care Clinic:** Jan 5th, 19th & 25th, 9AM-3:30PM
- **KD Quilters:** Jan 3rd & 24th, 9AM-2PM
- **Sight Loss:** Jan 4th, 10:30AM-12PM
- **Machine Embroidery:** Jan 6th, 11AM-3PM
- **COA Brown Bag Program:** Jan 7th, 8AM-12PM
- **Harwich Democrats:** Jan 8th, 10AM-11:30AM
- **Community Orchestra:** Jan 12, 19 & 26, 6PM-9PM
- **Cranberry Rug Hookers:** Jan 15th, 10AM-2PM
- **Balance Boosters:** Jan 18, 20, 25 & 27, 10:30AM-11:15AM
- **Senior Fit:** Jan 19, 21, 26 & 28th, 9:15AM-10:15AM
- **Covid Support Group:** Jan 20th, 1PM-2:30PM
- **Big Screen Movie Day:** Jan 21st, 1PM-3PM
- **Women's Book Club:** Jan 24th, 2PM-3PM
- **Mobile Dental Clinic:** Jan 28th, 9AM-3:30PM

COA – Death Café: Jan 28th – 1PM-2PM

Red Cross Blood Drive: January 28th – 1:30PM-8:30PM

Duck Toss Event Coming up in February!

To celebrate the Community Center's 22nd Birthday, we will be hosting a **FREE** duck throwing event on **February 5th**, starting at **1PM**. Stop by to pick up a rubber duck to decorate, & bring it back with you on Feb 5th.

22 large rubber ducks will also be hidden around Harwich.

See the attached flyer for more details!

JANUARY 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.**

Monday

Walking Club	6AM – 8AM
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

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	1PM – 4PM
Open Gym	1PM – 2:30PM
COA Memoir Writing	1:30PM – 2:30PM
Zumba	5PM – 6PM

Wednesday

Walking Club	6AM – 8AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12PM
Wednesday Stitches	10AM – 2PM
Walking Group	11AM – 11:45AM
Men's 55+ Basketball	12PM – 3PM
Cranberry Mah Jongg	1PM – 4PM
QiGong Class	1:30PM – 2:30PM
Swing Band	6:30PM – 9PM
NA	7:30PM – 9PM

Thursday

Walking Club	6AM – 8AM
CC Business Referrals	7:15AM – 8:30AM
Table Tennis	8:30AM – 10:30AM
Yogi Nomad	9AM – 10AM
Adult Tennis	10:30AM – 12PM
Beginner Tai Chi	11:15AM – 12:15PM
Open Gym	12PM – 2:30PM
Open Painting Session	1PM – 3:30PM
Zumba	5:30PM – 6:30PM
Adult Volleyball	7PM – 8:45PM

Friday

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

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	Walking Group: 11AM-11:45AM	Table Tennis: 8:30AM-10:30AM	Senior Volleyball: 11AM-1PM
Adult Tennis: 10:30AM-12PM	Senior Volleyball: 11AM-1PM	Men's 55+ Basketball: 12PM-2:30PM	Adult Tennis: 10:30AM-12PM	Men's 55+ Basketball: 1PM-3PM
Men's 55+ Basketball: 12PM-2:30PM	Open Gym: 1PM-2:30PM	After School Rec Youth: Starts at 2:30PM	Open Gym: 12PM-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	Rec Youth Basketball: 5PM-7PM	After School Rec Youth: Starts at 2:30PM	Rec Youth Basketball: 5PM-7PM
	Rec Youth Basketball: 5PM-7PM		Rec Youth Basketball: 5PM-7PM	
			Adult Volleyball: 7PM-8:45PM	

Harwich Community Center - 22nd Birthday Celebration Event!

Duck Toss



Duck into the Community Center & help us celebrate!

February 5th

Starting Promptly at 1:00PM
and you must be present to win

The Harwich Community Center is turning 22 years old in 2022 and we are hosting a FREE duck toss event to celebrate!

Stop by the Center to pick up a rubber duck

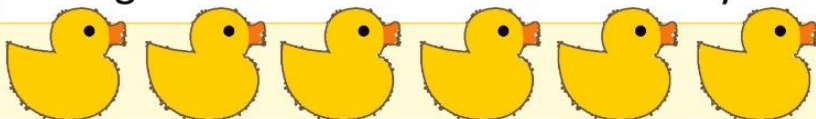
Feel free to decorate your duck and be sure to write your name on the duck. On Feb 5th, bring your duck back with you and we will have our first ever **Duck Toss Event**

*There will be lots of prizes to win!
*One per person please**



The ducks are exploring Harwich!

22 large labeled rubber ducks will be hidden around town. If you find one, bring it in to the Harwich Community Center before Feb 5th and get a prize!



Fun for the whole family!

For more information, you can call us at **508-430-7568**

Harwich Community Center • 100 Oak Street • Harwich, MA 02645



Community Book Drive

Sponsored by MLK Education Task Force of the Nauset Interfaith Association in support of 3rd grade classroom Libraries of Monomoy Regional School District & Nauset Regional School District

Please support our local elementary schools by donating* a new picture book, or books from our suggested list of titles (available at participating bookstores) featuring children from a variety of cultures and ethnicities.

The MLK Education Task Force is grateful for the participation and support of our local book store partners: **Below the Brine Bookstore** in Harwich Port; **The Brewster Bookstore** in Brewster; **Footprints** in Buzzards Bay; **Sea Howl** in Orleans; and **Where the Sidewalk Ends** in Chatham.

*If you prefer us to select books for you, a financial donation, which will be used only for the purchase of books, will be gratefully accepted. Checks can be written to "Nauset Interfaith Association" with MLK Education/books on the memo line and mailed to:

Fr. Ken Campbell, P.O. Box 306, South Orleans, MA 02662

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: c Carey@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