

Harwich Community Center News

Phone: 508-430-7568



July 2023



Director's Update

Hello summer everyone!

I read this once and it has always stayed with me. I am sure I'm paraphrasing some, so please forgive me, and I hope this inspires some of you also:

You never know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire day around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needed it.

I thought about this specifically today as I get ready to say goodbye to two of my long-term colleagues who have exemplified this mantra.

Sheila House and Heinz Proft.

They have been kind and amazing friends to the Community Center. We wish them a wonderful retirement.

With that being said, I wanted to remind you of some of the opportunities coming up here at the Community Center. Free flags on July 1st & 3rd, Community Yard Sale sign-ups are starting, the Heart of a Gray Wolf presentation on July 11th, and Pebbles.

That's right, you heard it here first. We have a new pet here at the Community Center (well, sort of). We want to introduce you to "Pebbles," our rock snake. Stop in to paint a rock. The rock will be added to our snake, a.k.a. Pebbles. Pebbles lives along the front path to the Community Center. We will have smooth rocks and supplies set up on a table in our front lobby area. Stop in and say *Hello*, paint a rock, and help Pebbles grow!

Enjoy your summer!

~ Carolyn Carey

The building will be closed on the following date due to the holiday!
Independence Day – July 4th, 2023

NOW ACCEPTING SIGN-UPS! JUST \$20!
PLEASE NOTE: SPACES ARE LIMITED!



Harwich Community Center
Community Yard Sale!
Friday, August 4th
9AM-1PM
In Brooks Park



(In the event of rain, the yard sale will be held in the Community Center gym)
Clean out your closets and save the date for our annual Community Yard Sale! Community groups, clubs, organizations, and the general public will all be offering items for sale!

Would you like to sell your own items at our Community Yard Sale? **8 x 8' Spaces are available for just \$20!**
Call us at 508-430-7568, or stop by the Community Center front desk to sign up! *(Note for sellers: Tables will not be provided.)*



Painting Pebbles – The Rock Snake
July 1st – July 31st

All month long, stop inside the Community Center to decorate a rock at our Rock & Paint Station!

Your painted rock will be added to our outdoor display to help Pebbles the rock snake grow.

Stones and rocks will be provided. Feel free to bring your own rocks in to paint at our Rock & Paint Station.

This event is FREE to participate in!

Watch Pebbles grow bigger online!

Scan the QR Code here for updated pictures of Pebbles:



In Every Domestic Dog Beats the Heart of a Gray Wolf
July 11th at 5:30PM

Join us for this FREE education presentation on dog behavior and their wild wolf ancestry—presented by Bill Cannon, professional writer, editor, and a volunteer of the *Living with Wolves* foundation.
Co-sponsored by the Harwich Conservation Trust

FREE!

FREE FLAGS!

July 1st & 3rd

Stop in and get a free flag to celebrate Independence Day!
(While supplies lasts)

Event Calendar & Schedule

Monday – Building closes at 6PM

Walking Club	6:00AM – 8:00AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Cranberry Rug Hookers	9:30AM – 1:00PM
Quilt Bank	9:00AM – 2:00PM
Indoor Walking Club	10:30AM – 11:45AM
COA Grab & Go Meals	11:30AM – 12:30PM
Men's 55+ Basketball	12:00PM – 2:00PM
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
Coffee Connections	9:00AM – 10:00AM
Rec Sit/Fit	9:30AM – 10:30AM
Mah Jongg	9:30AM – 12:30PM
COA SHINE	9:30AM – 12:30PM
Intermediate Tai Chi	10:00AM – 11:00AM
Balance Boosters	10:30AM – 11:15AM
Senior Volleyball	11:00AM – 1:00PM
Homeless Prevention Council	1:00PM – 3:00PM
Mah Jongg	1:00PM – 4:00PM
Insight Meditation	7:00PM – 8:30PM

Wednesday

Walking Club	6:00AM – 8:00AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Jill's Exercise Class	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12:00PM
Wednesday Stitchers	10:00AM – 2:30PM
QiGong	10:00AM – 11:00AM
Indoor Walking Group	11:00AM – 11:45AM
Men's 55+ Basketball	12:00PM – 2:00PM
COA Sign Language	1:00PM – 2:00PM
Cranberry Mah Jongg	1:00PM – 4:00PM
Rec Youth Basketball	5:00PM – 7:30PM
Sound Dunes Swing Band	6:00PM – 8:00PM
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 – 11:45AM
Balance Boosters	12:15PM – 1:00PM
Artists' Open Painting	1:00PM – 3:30PM
COA – Bridge	1:00PM – 4:00PM
Adult Volleyball	6:30PM – 8:45PM

Friday

Walking Club	6:00AM – 8:00AM
Rec Sit/Fit Class	9:30AM – 10:30AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Intermediate Tai Chi	10:00AM – 11:00AM
Senior Volleyball	11:00AM – 1:00PM
COA – Cribbage	1:00PM – 2:30PM
Men's 55+ Basketball	1:00PM – 3:00PM
Al-Anon	5:30PM-6:30PM

Saturday

Lumi Yoga & Wellness	9:00AM – 10:00AM
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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.

Please note: Due to Summer Camp, there is NO Open Gym during July & August.

For more info, contact the Recreation Department **508-430-7553** or visit their website at: harwich-ma.gov/recreation

Other Events

- **COA Brown Bag Program:** July 7th, 8AM-12PM
- **Weed Watchers Training:** July 10th, 11:30AM-1:30PM
- **Best Friends Dance:** July 14th, 6PM-8PM
- **Friends of COA:** July 12th, 10AM-11:30AM
- **KD Quilters:** July 17th, 9:30AM-1PM
- **Cape & Islands Rowing:** July 18 & 20th, 8:30AM-11AM
- **Big Screen Movie Day:** July 21st, 1PM-3PM
- **Women's Book Club:** July 31st, 2PM-3:30PM

Council on Aging Activities

- **Bereavement Support:** July 6th, 1:15PM-2:45PM
- **Hands-Only CPR:** July 10th, 10:30AM-11:30AM
- **Chair Yoga:** July 12th, 11AM-12PM
- **Summer Foods:** July 12th, 2PM-3PM
- **Singing Group:** July 13th & 27th, 2PM-3PM
- **Men's Breakfast:** July 14th, 9:15AM-10:30AM
- **Summer Bake-Off:** July 20th, 1PM-2PM
- **Real Scammer Stories:** July 27th, 10AM-11AM
- **Mobile Dental Clinic:** July 28th, 9AM-3PM
- **Women's Breakfast:** July 28th, 9:15AM-10:30AM

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



Beach Stickers / Transfer Station / Treasure Chest

Harwich Community Center

June 13th – July 24th

****Closed July 4th****

9 AM – 3:45 PM Seven Days A Week
100 Oak Street ~ 508-432-7638

Other Sticker Sale Locations

Chamber of Commerce, June 12th – Labor Day
(Chamber charges a \$3 convenience fee for all sticker sales)

Monday – Friday: 8AM-4PM

Saturday: 10AM – 4PM & Sunday: 10AM – 2PM
1 Schoolhouse Road, Harwich Port
508-432-1600

Cost - Effective 7/1/2023

- Resident/Taxpayer Disposal - \$160
- Non-resident Disposal - \$275
- Second Vehicle Disposal - \$25
- Recycle only - \$50
- Resident/Taxpayer Beach - \$30
- Seasonal Beach - \$150
- 1 Week Beach - \$65
- 2 Week Beach - \$125

For more information, or to purchase your stickers online, see the QR Code here:





American Red Cross



donate blood
donate LIFE

July 17th – 12PM-5:30PM

Pre-registration is required.
To register for this drive,
you can contact the Red
Cross at

1-800-RED-CROSS



Harwich Cranberry Festival Update

July is upon us and it's time for the Harwich Cranberry Festival Craft Show! **The craft show will be held at Brooks Park, 1 Oak Street, in beautiful Harwich Center on July 8th and 9th from 9AM-4PM.** There will be over 60 crafters with a variety of goods. If you are looking for paintings, jewelry, pottery, glass, floral designs, fabric designs, photography, wood craft, or other unique items, this is the place to shop!



Ever wonder where the money raised goes? Your donations help to support the following groups and organizations: Scholarships for the high school students (this year we awarded \$20,000 to deserving high school seniors), After the Prom Committee, Friends of Harwich Youth, Alzheimer Support, Monomoy High School Charity, Harwich Cub Scouts, Harwich Chamber of Commerce fireworks, Monomoy High School Boosters, Elder Services Elementary Book Program, Harwich Girl Scouts, Monomoy High School Key Club, Mohawk Drone Club at Cape Tech, Harwich Community Center Mitten Tree, Harwich Fire and Police Toy Drive, Harwich Children's Fund, Monomoy Community Services, Monomoy Athletic Association, Monomoy High Cross Country, and Monomoy High School AFSC. We thank you for your past support and your continued support as we enter our new season of events!



One last note; don't forget Cranfest in the Courtyard every Thursday evening, July 6th through August 24th, with a grand season finale show on Friday, September 1st.

For further information on all of our summer events, please visit our website at:
www.harwichcranberryartsandmusicfestival.org

Or our Facebook festival business page: www.facebook.com/HarwichCranFest



Harwich Town Band – Free Summer 2023 Concerts

Every Tuesday at 7PM
throughout July & August!
In Brooks Park



Special "Red White & Blue Spectacular" Concert – July 4th, 7PM

The Harwich Town Band (HTB) is one of the oldest and proudest volunteer concert bands on Cape Cod. Founded in 1975, the Band has brought enjoyment to thousands of Cape residents and summer visitors through free weekly concerts at Brooks Park.

Are you interested in a Storytelling Class? Call us at 508-430-7568 to let us know!



Everyone has a story to tell – Why not share yours with your fellow Cape Codders? John Mooney would like to host a storytelling class, but first would like to hear from the general public if they are interested. In John’s class, you will discover what makes a good story and learn what elements make it come to life for friends and strangers alike.

John has been a multi-hyphenate for many years: actor/comic/singer/writer... not really a dancer, but he’ll give it a shot. As a comic, he’s worked nationally with everyone you’ve heard of and has appeared several times on Comedy Central and the AXS television network. As a writer, John co-wrote and is executive producing a feature film starring Harry Lennix (NBC’s *The Blacklist*) currently in pre-production, and directed by Federico Castelluccio (*The Sopranos*). John is also a gifted storyteller and is a featured storyteller with *The Mosquito* based in Wellfleet, Cape Cod.

John has created content for *Machinima* and *Comedy Concepts*, has appeared in commercials, web series, video games like *Grand Theft Auto V*, and recurred as Reverend Gary on NBC’s *30 Rock*. As a stage performer, he recently worked with Jenn Colella (Tony nominee for *Come From Away*) and Hannah Corneau (*Wicked*), workshoping a new musical called “Maiden Voyage.”



Fitness Room Updates

Slow and Steady Wins the Race!

When starting a new fitness routine, it’s essential to start slowly and safely. Jill Brown, or certified Personal Trainer, is here on Mondays and Thursdays from 9:15AM-11:15AM to help folks develop a safe and effective workout routine. Using the equipment incorrectly can cause injury.

Enjoy our fitness room and be safe!



Fitness Room Member Spotlight! Kevin Dignam



Meet the Harwich Community Center’s Fitness Member of the Month, Kevin Dignam. Formerly from the “Granite State” Manchester, NH. He made the Cape his home in 1985. Although his dad Leo chose to remain living in NH, Kevin’s mother and brother Steven also consider Cape Cod their home. Kevin considers himself to be a very fortunate man to still be here, as he courageously battled cancer twice and victoriously won his fight with the disease! With the combination of his good sense of humor and positive attitude, it’s no wonder that Kevin managed to fight cancer twice and not allow himself to be deterred by the challenges of this disease.

Some of Kevin’s hobbies consist of bowling tenpin, walking, and reading. He also, informed us that he has a Podcast called, “The Other ship” and he encourages all to ask him about it. After we find out a little more about this Podcast, which Kevin hosts, we hope to be able to follow up with him in an upcoming issue of our newsletter.

When We asked Kevin what he likes about the Community Center Fitness Room & what keeps him motivated to work out, he stated, “The people and the equipment. You can make new friends and see old ones.” His quest to “keep in shape and lose weight” is what keeps Kevin motivated and enthusiastic keeping to a regular work out schedule.

Thank you, Kevin, for supporting the Community Center by being an active Fitness Room Member; a big Congratulations on your two time knock of cancer!

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.

Center Stage: Sound Dunes Swing Ensemble

The Sound Dunes Swing Ensemble was formed in 2015 as a "big band", in the style of Glen Miller, Tommy Dorsey, Duke Ellington, Count Basie, and others. The mid-cape based band consists of 17 instrumentalists and male and female vocalists. We are primarily retired folks and non-professional musicians who thoroughly enjoy making great music and performing before appreciative audiences. The band features music from the 30's, 40's, and 50's but tailor song lists to our audiences and their special occasions, whether they be dance or concert venues.



Our entire repertoire includes music from the 20's thru the 70's. The band performs music from The Great American Songbook, written by greats such as Gershwin, Porter, Ellington, Basie, Mercer, Carmichael and others, and performed by Sinatra, Fitzgerald, Armstrong, Darin, Bennett, Streisand, and Buble to name a few.

You can check us out on our website: www.sounddunes.org
and our Facebook page: www.facebook.com/sounddunesensemble.



Gardening Tips from Toni

Get to know the weeds: Mugwort

Caring for the Community Center rose garden requires constant weeding. One day I sat down and made a list of some of the weeds-more than forty and counting. One of the worst, most difficult to control is *Artemisia vulgaris*, (Mugwort). It spreads not only by seeds but, as you can see from this picture, by long white stolens that spread out underground forming a dense mat. The best way to remove it is with a spading fork.

Town of Harwich – Hall of Fame Eric A. Farham Inducted May 2006

Eric A. Farham was born, raised and educated in Harwich. He served his country in World War II and returned to Harwich to marry, raise a family, and conduct business until his retirement.

Mr. Farham served on the first Conservation Commission in Harwich and was instrumental in preserving the 240 acres that make up the Bells Neck-Herring River Conservation area which was scheduled for development. Largely through his efforts, the Harwich Board of Selectmen voted to acquire the area and preserve it in its natural state for conservation and recreational use.

The Massachusetts Wildlife Federation honored Mr. Farham by naming him one of the 1966 Conservationists of the Year. In addition, he was named the National Water Conservationist by the National Wildlife Federation in 1967.

Eric Farham understood how important the issue of conservation would play in the development of the Town, and how much it added to the Town's reputation as a leader in conservation.



To learn more about 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.

Reflections – A look back at last month...

BEER & Bones BBQ Competition



June 10th – The first ever **Beer & Bones BBQ Competition** was held inside the Community Center. Over 300 tickets were sold, and there was a huge turnout of people stopping by for a number of delicious foods and drinks. Participating restaurants included: 400 East Restaurant Bar & Grill, Brax Landing, Buca's Tuscan Road House, Jake Rooney's, The Lanyard Bar & Grill, Red River Barbeque, and Brenda's Cakes for All Occasions. *This event was organized by the Harwich Chamber of Commerce.*



June 14th – Both children and their families stop by for our **Bike Wash Event**, a mock-car wash where kids stopped by with their bikes to get them all scrubbed up and clean in time for summer. Free ice cream was handed out, and Harwich Police Bike Officers conducted a safety talk.





June 14th – Free flags were handed out in celebration of Flag Day.



We had a surprise puppy party. You never know what's going to happen here at the Community Center!



Our garden is in full bloom. Stop by to smell the roses!



If any of these events has drawn your interest, we are always looking for new volunteers!

Our volunteers provide many of the greatest services to our community, and there are a myriad of opportunities that you can volunteer here at the Community Center. When you volunteer here, your energy and efforts will have an impact on peoples' lives and within our community. 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 about current volunteer opportunities, please call us at 508-430-7568.

Potential future volunteer assignments may include:

- Reception Desk work
- Managing the Fitness Rooms
- Administration Support
- Special Events
- Council on Aging Volunteer Opportunities

For more information, scan the QR Code here to check out our Volunteer Handbook online:



“The greatness of a community is most accurately measured by the compassionate actions of its members.”
- Coretta Scott King

Harwich Apparel for Sale!

We have long-sleeve shirts available for just \$20! We also have crew, hooded, and full-zip sweatshirts available for \$30 (color and sizes are based on availability), and grey quarter snaps are \$40.
Stop by today to see what we have in stock! Supplies are limited. Keep an eye out for new merchandise.



Connect Four is back for the summer!

Stop by the Community Center's courtyard to play a few games.



Harwich Police Soccer Club – Street Soccer 2023

“Growing and Developing the game of soccer in partnership with the youth in our community.”

Where: Harwich Community Center Parking Lot

When: July 5th, 12th, 19th, 26th and August 2nd & 9th



CO-ED Grades 3 – 12 / OPEN

- Grades 3 & 4: 5:30PM
- Grades 5-7: 6:30PM
- Grades 8 – 12/OPEN: 8:30PM

Program is **FREE** No registrations- Just show up and play!! HPD Soccer Alumni and parents are invited to play in High School Group.

For more information, email: soccer@harwichpolice.com



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@town.harwich.ma.us

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 18: (508) 430-7569
Town Nurse: (508) 430-7505
Veterans' Affairs: (508) 430-7510
Cemetery Commission: (508) 430-7549



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