

# Harwich Community Center News



July 2022



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

## Director's Update

The role of the Community Center is evolving and we are making changes to help us improve our services and programs, to position us better for the future within the Community Center.

We are preparing to install a new database that is currently used in other community centers, including our very own Council on Aging. This program will help staff schedule activities and events, maintain required and vital records, communicate cancellations and more.

We are excited for all the new possibilities and gathering information that will help us program better events for you. But, as we all know, change isn't always easy, so please be patient as we adjust and learn, and we appreciate your support during our technology transition.

Thanks in advance.

The building will be closed on the following dates due to the holidays!  
July 4<sup>th</sup> – Independence Day

## Harwich Community Center Community Yard Sale!



Friday, August 5<sup>th</sup>

9AM-1PM

In Brooks Park

*(Rain date will be on Sat, Aug 6<sup>th</sup> in Brooks Park or the Community Center)*

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? **Spaces are still 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.)*

## Beach Stickers/Transfer Station/Treasure Chest

**SELLING NOW!**

Harwich Community Center

June 13<sup>th</sup> – July 24<sup>th</sup>

\*\*Closed July 4<sup>th</sup>\*\*

9 AM – 2 PM Seven Days A Week

### Other Sticker Sale Locations

Chamber of Commerce, May 20<sup>th</sup> – Labor Day  
*(Chamber charges a \$3 convenience fee)*

8AM – 4PM MON – FRI

10AM-4PM SAT & 10AM-2PM SUN

1 Schoolhouse Road, Harwich Port  
508-432-1600

Stickers are also available for sale online at [harwichstickers.townhall247.com](http://harwichstickers.townhall247.com)

## American Red Cross Blood Drive



July 29<sup>th</sup>, 1:30PM-5:30PM

Pre-registration is required.

Please call 1-800-RED CROSS

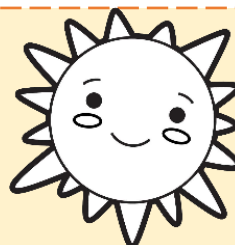
(1-800-733-2767) or visit

RedCrossBlood.org to sign up

for this blood drive, or any

other nearby blood drive.

Summer  
Coloring  
Pages are  
available in  
the front  
lobby!



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: Cape Cod Hydrangea Society

The Cape Cod Hydrangea Society was founded in 2007 by a group of people who are passionate about our region's spectacular blue, white and rose colored blooms of summer. Their mission is to increase their knowledge of the many different varieties and to share what they have learned with the community.

In partnership with the Heritage Museums and Gardens, the CCHS also maintains a "heritage hydrangea" display garden, where visitors from all over the world can appreciate the collection. Be sure to also check out the annual Cape Cod Hydrangea Festival at the museum from July 8th-17th. It is truly a summer garden celebration!

Some of their meetings and workshops are held at the Community Center, where pruning, propagation, tool sharpening, wreath making and winter protection are discussed. If you are interested in joining the CCHS, please call Emily Woudenberg at 508-362-5662 or check out their facebook page called Cape Cod Hydrangea Society.



## Fitness Room Updates

### Fitness Room Member Spotlight!

Jill Fallon



A full time Harwich resident for 5 years, and a former West Dennis resident for 30 years, Jill and her husband, Bill, are blessed with 4 children and 11 grandchildren. Jill loves the steady stream of visitors throughout the year!

Jill truly enjoys an active, fast paced lifestyle. For the last 15 years, she has worked for the VNA, often traveling from Dennis to Provincetown, and also finds the time to lend a helping hand to the Harwich Town Nurse at many of the health clinics. Jill's zest for life extends far beyond her career as a nurse. She enjoys golfing at Cranberry Valley, biking on the rail trail, working out, decorative furniture painting, sewing, knitting, and having fun with her grandchildren.

Jill joined the HCC Fitness Room in February 2022, after knee replacement surgery. She found that the recumbent bicycles did an excellent job of stretching her legs. *"I love the openness of the Fitness Room, and the equipment is in great condition. I also appreciate and enjoy all the people working out."* We couldn't agree with you more, Jill!

### Yoga

**Did you know that yoga has many health benefits?** Yoga increases flexibility, tones and strengthens muscles, improves respiration, helps maintain proper metabolism, improves cardio and circulatory health, and improves athletic performance. Yoga may also help reduce stress and anxiety which is extremely important for maintaining health.

### Personal Trainer Available

Our Fitness Room certified personal trainer, Jill Brown, is available every **Monday and Thursday, from 9:15AM-11:15AM** to guide members through the proper use of the gym equipment. This special service is complimentary to all Fitness Room members!



### 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.

# Event Calendar & Schedule

## Other Events

- **COA Brown Bag Program:** July 1<sup>st</sup>, 8AM-12PM
- **Women's Book Club:** July 5<sup>th</sup>, 2PM-3PM
- **Harwich Democrats:** July 9<sup>th</sup>, 10AM-11AM
- **WE CAN Pathmakers:** July 12<sup>th</sup>, 5PM-6PM
- **Friends of COA:** July 13<sup>th</sup>, 10AM-11:30AM
- **Big Screen Movie Day:** July 15<sup>th</sup>, 1PM-3PM
- **Foot Care Clinic:** July 20<sup>th</sup>, 9AM-2:30PM
- **Cape & Islands Rowing:** July 20<sup>th</sup> & 22<sup>nd</sup>, 10AM-3PM
- **Master Gardeners:** July 25<sup>th</sup>, 8AM-11AM
- **Mobile Dental Clinic:** July 28<sup>th</sup>, 9AM-3PM

### Council on Aging Activities

**How to Choose New Computer:** July 14<sup>th</sup>, 12:45pm-2:30PM  
**Cloud Storage Tutorial:** July 21<sup>st</sup>, 9:45AM-11:30AM  
**Vascular Health:** July 26<sup>th</sup>, 12:45PM-2:15PM

For more information about specific classes, as well as contact information for groups & instructors, please contact the Community Center at 508-430-7568. These are recurring events. For info on all events, please check our event schedule online.

## JULY 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.*

**\*\*NOTE: THERE IS NO OPEN GYM IN SUMMER DUE TO SUMMER CAMP\*\***

Monday	Tuesday
<b>Walking Club:</b> 6AM-8AM	<b>Walking Club:</b> 6AM-8AM
<b>Rec Summer Camp:</b> 8AM-5PM	<b>Rec Summer Camp:</b> 8AM-5PM
<b>Men's 55+ Basketball:</b> 12PM-2PM	<b>Senior Volleyball:</b> 11AM-1PM
<b>Rec Youth Basketball:</b> 5PM-8PM	

Wednesday	Thursday
<b>Walking Club:</b> 6AM-8AM	<b>Walking Club:</b> 6AM-8AM
<b>Rec Summer Camp:</b> 8AM-5PM	<b>Rec Summer Camp:</b> 8AM-5PM
<b>Men's 55+ Basketball:</b> 12PM-2:30PM	<b>Adult Volleyball:</b> 7PM-8:45PM
<b>Rec Youth Basketball:</b> 5PM-8PM	

## Monday – Building closes at 6PM

Walking Club	6AM – 8AM
Rec Sit Fit	9:30AM – 10:15AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Cranberry Rug Hookers	9:30AM – 1:00PM
Quilt Bank	10AM – 2PM
Men's 55+ Basketball	12PM – 3PM
Zumba	5PM – 6PM

## Tuesday

Walking Club	6AM – 8AM
Lumi Yoga & Wellness	9AM – 10:15AM
Mah Jongg	9:30AM – 12:30PM
Beginner Tai Chi	10AM – 11AM
Senior Volleyball	11AM – 1PM
Homeless Prevention Council	1PM – 3PM
Mah Jongg	1PM – 4PM

## Wednesday

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

## Thursday

Walking Club	6AM – 8AM
CC Business Referrals	7:15AM – 8:30AM
Zumba	7:30AM – 8:30AM
Lumi Yoga & Wellness	9AM – 10:15AM
Rec Sit Fit	9:30AM – 10:15AM
Jill's Exercise Class	1PM – 1:45PM
Zumba	5:30PM – 6:30PM
Adult Volleyball	7PM – 8:45PM

## Friday

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

Friday
<b>Walking Club:</b> 6AM-8AM
<b>Rec Summer Camp:</b> 8AM-5PM
<b>Senior Volleyball:</b> 11AM-1PM
<b>Men's 55+ Basketball:</b> 1PM-3PM
<b>Rec Youth Basketball:</b> 5PM-9PM



**HAPPY**  
**4<sup>th</sup> OF JULY**  
**INDEPENDENCE DAY**

## Gardening Tips from Toni

We are excited to present a new feature in our monthly newsletter called “**Tips from Toni.**” As many know, Toni is the amazingly talented gardener, who works tirelessly maintaining the beautiful rose gardens outside the Community Center. She has a wealth of knowledge and expertise in cultivating roses, as well as proper maintenance of the spectacular perennials that you see blooming periodically throughout the summer months. The attention Toni gives to the gardens start well beyond the splendor you see. So our hope is that this “**Tips from Toni**” segment will give you pointers about caring for your garden throughout the seasonal changes here on Cape Cod.



### This Month's Gardening Tip

Prune your roses when the Forsythia bloom in April. Remove brown canes and twiggy branches. Cut back larger canes to the base of the plant and seal the cut with Elmer's School Glue. This prevents insects and disease damage.



## Volunteer of the Month – Bruce Hemeon



The Harwich Community Center would like to express its sincere appreciation to Bruce Hemeon, an incredibly dedicated volunteer who has been working with Toni Hollingsworth on our beautiful “Tip” O’Neil Rose Garden outside the Community Center. It is hard to believe that Bruce is celebrating his tenth year of working in the garden a few hours each week as part of the senior tax work-off program.

A Harwich resident since 1949, Bruce gained his landscaping knowledge by helping out his brother, Brent, at Hemeon Farms, which is located on Bank Street these last 30 years.

It is no surprise that Bruce has a passion for flowers and believes that “flowers make you smile. Gardening takes your mind off things, and there are no bosses to tell you what to do!”

Thank you Bruce 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! **To find out about current volunteer opportunities, please call us at 508-430-7568 today!**

## We are on the hunt looking for people to teach “Mini” Courses

Do you have a special area of know-how or an interesting skill or hobby that others may have the desire to learn about? Have you ever had the experience when someone has said to you, “I wish I knew how to do that like you do”? Well, if so, perhaps you may be interested in sharing your knowledge with others here at the Harwich Community Center. There have been many, many times when people have let us know they are looking for lessons or advice in areas like iPhone usage, computer basics, even how to play Mah Jongg. Obviously these are just a few examples and the sky is the limit to the many interesting things people could share.

The idea is that a short “mini” session could be held here at the Community Center in which a gathering of pre-registered participants could spend time learning a new skill or simply enjoy hearing about an area of your expertise they find fascinating. This idea for programming is in the beginning stages, so we are reaching out and eager to hear from all of you.

If you think you could fit into this role, please let the front desk know. The Community Center Staff will work with you to develop a plan to share your wonderful talent.



## Hello to Our New Employee! – Robin Smith



Please join us in welcoming Robin Smith, our custodian extraordinaire, who has been a familiar face to many of us since May 2022. Prior to coming to the Community Center, Robin was the custodian at Brooks Free Library. Robin also spent 19 years as a shipping supervisor for Cape Cod Potato Chips, a division of Snyder’s-Lance Inc. in South Yarmouth.

In her spare time, Robin makes great use of our Cape Cod sunshine, working in her yard with her 8 year old Chihuahua, Alvin. On Sundays, Robin and her twin sister enjoy “friendly” cooking competitions, where the fare ranges from southern breakfast biscuits to homemade chicken pot pies.

**Without a doubt, Robin is a welcoming face at the Community Center, and we cherish her commitment to keeping our building sparkling!**

## Harwich Board of Selectmen Liaison –Larry Ballantine

Larry and Judy moved from Wisconsin to Cape Cod in 2000. “Judy grew up in Marblehead and insisted when we had a chance to move near the ocean. We purchased a motel, discounting advice from my colleagues that I should stick to chemistry. Taking full advantage of Harwich, I try to spend time on the water and joined Coast Guard Auxiliary Flotilla 11-1 to better learn boat safety and to help other boaters (Judy felt there was nothing in my Mid-West background which gave any confidence that I should be anywhere near the Sound).”

Larry has a BS in agronomy from Iowa State University, a Ph.D. in Soil/Analytical Chemistry from University of Massachusetts-Amherst, and an Exec MBA from the University of Wisconsin. Ballantine developed chemical/toxicological data to assess the potential risk of chemicals to people and the environment for a couple of chemical companies. In addition to the challenging opportunity of generating risk assessment data, the positions provided a chance for extensive travel in Europe and Japan, including two “round-the-world” trips.

He currently serves on the Harwich Board of Selectmen and is a liaison to several Town committees including the Community Center Facilities Committee, Council on Aging, Accessibility Rights Committee, Board of Health, Capital Outlay Committee, and the Treasure Chest Committee. Larry is President of the Outer Cape Health Services Board of Directors.

Larry and Judy have two daughters, three grandsons and one granddaughter (who obviously rules!).



# Harwich Town Band

## Free Weekly Summer Concerts



**Tuesdays  
at  
7 PM**

**June 28  
thru  
August 30**

**Brooks Park, Harwich Center**  
(corner of Oak & Main Streets)

*Bring your family, friends, a quilt  
and a picnic dinner!*

## Lower Cape Outreach Council

Real People. Real Problems.  
Real Solutions.

### Pantry Hours

**Monday:** 1PM-3PM

**Tuesday:** Closed

**Wednesday:** 2PM-4PM

**Thursday:** 11:30PM-1:30PM

**Friday:** 10AM-12PM

St. Peter's Lutheran Church  
310 Rt 137, Harwich MA, 02645

### Summer Walking Group Outside

**Monday – Friday  
10:30AM-11:30AM**

*At the Harwich Community Center  
back fields. Bring a water bottle and  
wear comfy shoes! No need to sign  
up, just drop in!*



## Cape Cod Masters Rowing Programs 2022



### Adult Learn-to-Row Clinics

**June Session:** Mon 6/27 – Fri 7/1  
7AM – 8:30AM

**August Session:** Mon 8/1 – Fri 8/5  
7AM – 8:30 AM



### Masters Rowing Camps

For intermediate and advanced scullers

**July Session:** Tues 7/19 – Sat 7/23, 6AM – 8AM

**August Session:** Tues 8/8 – Sat 8/12, 6AM – 8AM

**Coach:** Tom Siddall from Tufts Univ. + 2 Asst. Coaches  
*Only 12 rowers per session*

For more information and to REGISTER: Go to [RegattaCentral.com](http://RegattaCentral.com) \*\*Click on CLUBS\*\*

## Share your favorite recipe!

The Harwich Community Center is looking for people to turn in a favorite recipe to put together a *Community Center Cook Book*. If you have a recipe you'd like to share, drop off a written copy of your recipe at the Community Center front desk, and we will put it in our new upcoming cook book!



## Sit and Get Fit with the Harwich Rec Department!

Functional Fitness for the Over Fifties! Work your upper and lower body while seated. Great exercises and stretches. Moving to the music while going at your own pace.

### \$15 per Session

**Session 1:** July 7<sup>th</sup>, 11<sup>th</sup>, 14<sup>th</sup>, 18<sup>th</sup>, 21<sup>st</sup>, 25<sup>th</sup> & 28<sup>th</sup>

**Session 2:** August 1<sup>st</sup>, 4<sup>th</sup>, 8<sup>th</sup>, 11<sup>th</sup>, 15<sup>th</sup>, 18<sup>th</sup>, 22<sup>nd</sup> & 25<sup>th</sup>

**Registration required. Limited to 12 participants.**

**Stop by the Rec Dept. front desk to sign up, or you can call 508-430-7553**

## Lumi Yoga and Wellness

**Tuesdays & Thursdays, 9:00AM-10:15AM & Wednesdays, 5:30PM-6:45PM**

Starting in July we welcome Samantha Brinntall, who will be taking over Michele Insley's Yoga class with a new yoga class (Lumi Yoga & Wellness) that incorporates breathing techniques and meditation. Classes are great for any level, and all are welcome.

**Contact:** Samantha Brinntall

**Phone:** 774-722-7328

**Email:** LumiYogaWellness@gmail.com

Samantha [Sam] Brinntall grew up on the Cape and currently lives in Yarmouth with her daughter and son. She started practicing yoga and once she began studying deeper she knew that teaching was what she was meant to be doing. She graduated from Kind Yoga with her 200 hour certification and continues to grow her learning any way she can. She loves helping people with stress and anxiety by incorporating meditation and breath work in her classes. She's currently the Executive Director of Yoga Neighborhood and owner of Lumi Yoga & Wellness.

## Free College Essay Writing Workshop

Planning to apply to college soon? This workshop, led by Allison Ramos, M.A., of Las Puertas College Coaching, is designed to help students on their college application essays. Participants will learn what makes a strong application essay, get help brainstorming topics, and practice writing parts of their essay. Parents are also welcome to attend.

Questions? Contact Allison at [laspuertascollegecoaching@gmail.com](mailto:laspuertascollegecoaching@gmail.com)

**WHEN: Saturday, August 13th at 11:00am**

Allison Ramos, M.A., has over 15 years of higher education experience working as a college advisor, director, and dean. She has a B.A. in English Literature from Colgate University and an M.A. in Higher Education from Columbia University. In recent years, she has been an application reader for the University of California as well as an application reader for the QuestBridge National College Match scholarship. In 2021, she launched Las Puertas College Coaching, which specializes in coaching students on their college application essays.

## We Process Passport Applications!

Whether you are renewing your passport, or getting one for the first time, we are here to help! **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

“Rest is not idleness, and to lie sometimes on the grass under trees on a summer’s day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.”

- John Lubbock

**Student of the Month  
Out for the summer!**

Check back in Sept!

Wishing all our students, teachers, faculty & staff a safe and happy summer!

**We have re-stocked our  
Harwich Sweatshirts!**

Harwich Sweatshirts are back in stock at the Community Center! All adult sizes are now available for sale, from Small to 3XL.

**Just \$30 each!**

Available in limited quantities of **pink** & **aqua**! Stop by the front desk to purchase yours today!



**Are you an organization currently using the Community Center? Let us know of upcoming events or meetings that we can post in our monthly newsletter for you!**

**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](http://www.harwich-ma.gov/community-center)  
**Email:** [ccarey@town.harwich.ma.us](mailto: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