

Harwich Community Center News



June 2023



Phone: 508-430-7568

Director's Update

Hello everyone!

Each month I try to write about something currently impacting us here in the building. This month's focus is on wishing our dear friend Mary Beth all the best!

~ Carolyn Carey

Best wishes to Mary Beth in her early retirement – We will miss you!

It is with personal regret but warm wishes that we announce the retirement of Mary Beth, effective May 26th

We would like to take the opportunity to thank Mary Beth for all of her hard work for over four years here at the Community Center. In addition to covering the building's early morning shifts of 6AM-10AM and opening up the Weight Room for all of our early risers, Mary Beth kept the Fitness Room clean and coordinated all repairs and maintenance on the machines as needed. She also made many contributions to this very newsletter, including the *Reflections* section, *Center Stage*, and many of the *Fitness Room Member Spotlights*.

Mary Beth always had a smile on and a willingness to help anyone, and we will miss the friendly and pleasant atmosphere she brought to the building. Her attention to detail and her commitment to the Weight Room and Community Center was unparalleled. She will be greatly missed and impossible to replace. We know she's made an impact on so many of you, and we wish her nothing but success and happiness as she starts this new chapter in her life.

Thank you, Mary Beth, for all you have done for us! Please don't be a stranger, you will always have a home here!

The building will be closed on the following date due to the holiday!
Juneteenth – June 19, 2023



Grab a Tea with Me!

June 2nd, starting @ 11AM

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!



Kid's Bike Wash!

June 14th, starting at 5PM

Join us for free flags; in honor of Flag Day; and other bike accessories at this family friendly bike wash event.

The Harwich Police Bike Officers will conduct a safety talk, followed by a mock car wash on the Recreation side of the Community Center, where kids can bring their bicycles and get them all squeaky clean in time for summer!

Enjoy a frozen treat after your hard work!

In the event of rain, we will reschedule.



Happy Flag Day!

Stop by the Community Center on June 14th for a FREE flag!

Flags will be given out to the first 100 people.

Time to submit your Room Rental Applications

To all our groups and organizations, we are now accepting Room Rental Applications for the new fiscal year (July 1st, 2023 – June 30th, 2024). Applications are available at the front desk, or on our website.

Please note that our room rental fees and our rental policies have recently changed. For information about these changes, see the QR code here, or visit:

<https://tinyurl.com/4uta6njp>



June 30th – 1PM-5:30PM

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

Event Calendar & Schedule

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	9:00AM – 2:00PM
Indoor Walking Club	10:30AM – 11:45AM
COA Scrabble	10:30AM – 11:30AM
Men's 55+ Basketball	12:00PM – 2:00PM
Jill's Exercise Class	11:30AM – 12:30PM
Ukulele Class: Strumming	1:00PM – 2:00PM
Ukulele Class: Beginners	2:00PM – 3:00PM
COA – Open Play	2:00PM – 3:00PM
After School Youth Rec	2:30PM – 5:00PM
Newcomers Cornhole Toss	3:00PM-5:00PM
Girl Scouts Meeting	4:00PM – 6:00PM
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
Mah Jongg	9:30AM – 12:30PM
COA SHINE	9:30AM – 12:30PM
Intermediate Tai Chi	10:00AM – 11:00AM
Indoor Walking Group	10:00AM – 10:45AM
COA – Canasta	10:30AM – 11:30AM
Balance Boosters	10:30AM – 11:15AM
Beginner Tai Chi	11:15AM – 12:15PM
Senior Volleyball	11:00AM – 1:00PM
Homeless Prevention Council	1:00PM – 3:00PM
Mah Jongg	1:00PM – 4:00PM
COA Fit & Strong	1:30PM – 3:00PM
COA – Open Play	2:00PM – 3:00PM
After School Youth Rec	2:30PM – 5:00PM
Rec Youth Basketball	5:00PM – 7:30PM
Town Band	6:30PM – 8:00PM

Wednesday

Walking Club	6:00AM – 8:00AM
Senior Fit	9:15AM – 10:15AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12:00PM
Wednesday Stitchers	10:00AM – 2:30PM
Newcomers Ping Pong	10:00AM – 11:00AM
QiGong	10:00AM – 11:00AM
COA – Open Play	10:30AM – 11:30AM
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
COA – Rummikub	2:00PM – 3:00PM
Rec Youth Basketball	5:00PM – 7:30PM
Sound Dunes Swing Band	6:00PM – 8:00PM
NA	7:30PM – 9:00PM

Council on Aging Activities

- **Dementia Awareness:** June 1st & 8th, 2PM-3PM
- **Fit & Strong:** June 2nd, 7th & 9th, 1:30PM-3PM
- **Sepsis Awareness Talk:** June 8th, 10AM-11:30AM
- **Men's Breakfast:** June 9th, 9:15AM-10:30AM
- **Beyond the Book:** June 13th, 10AM-11AM
- **Chair Yoga:** June 14th & 28th, 11AM-12PM
- **Horticulture Happy Hour:** June 15th, 10AM-11AM
- **Safe Driving Workshop:** June 20th, 1PM-2PM
- **Solo First Aid:** June 22nd, 10AM-11:15AM
- **Singing Group:** June 22nd, 2PM-3PM
- **Mobile Dental Clinic:** June 23rd, 9AM-3PM
- **Women's Breakfast:** June 23rd, 9:15AM-10:30AM
- **Pride Ice Cream Social:** June 29th, 1:30PM-2:30PM

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
Open Gym	12:00PM – 2:00PM
Bereavement Support Group	12:30PM – 2:00PM
Bayberry Quilters	1:00PM – 4:00PM
COA – Bridge	1:00PM – 4:00PM
After School Youth Rec	2:30PM – 5:00PM
Rec Youth Basketball	5:00PM – 6:30PM
Adult Volleyball	6:30PM – 8:45PM

Friday

Walking Club	6:00AM – 8:00AM
Jill's Senior Fit	9:15AM – 10:15AM
Rec Sit/Fit Class	9:30AM – 10:30AM
Intermediate Tai Chi	10:00AM – 11:00AM
COA – Open Play	10:30AM – 11:30AM
Senior Volleyball	11:00AM – 1:00PM
Beginner Tai Chi	11:15AM – 12:15PM
COA – Cribbage	1:00PM – 2:30PM
Men's 55+ Basketball	1:00PM – 3:00PM
After School Youth Rec	2:30PM – 5:00PM
Al-Anon	5:30PM-6:30PM
Pound	5:30PM – 6:30PM

Saturday

Lumi Yoga & Wellness	9:00AM – 10:00AM
Open Gym	12:00PM – 3:45PM

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.

**Note: The Game Room is unavailable on Thursdays from 10AM-11PM.*

Open Gym Schedule

Tuesdays

1:00PM-2:30PM

Thursdays

12:00PM-2:30PM

Saturdays

9:00AM-11:00AM

(Family/Children*)

12:00PM-3:45PM (All ages)

**Children must be accompanied by an adult*

Other Events

- **Newcomers Game Night:** June 1st, 6:30PM-8:45PM
- **COA Brown Bag Program:** June 2nd, 8AM-12PM
- **Harwich Democrats:** June 3rd, 10AM-11:30AM
- **KD Quilters:** June 5th & 26th, 9:30AM-1PM
- **Grab a Tea with Me:** June 2nd, starting at 11AM
- **Sight Loss:** June 6th, 9:30AM-12:30PM
- **Insight Meditation:** June 6th, 7PM-9PM
- **Buried in Treasures:** June 6th, 13th, 20th & 27th, 2:30PM-4:30PM
- **Garden Monthly Club Mtg:** June 7th, 1PM-3:30PM
- **Garden Club Workshop:** June 7th, 9:30AM-12:30PM
- **BBQ Competition:** June 10th, 4PM-8PM
- **Front Porch Rug Braiding:** June 10th, 10AM-3PM
- **Rec Dept Coffee Meetup:** June 12th, 10:30AM-11:35AM
- **Sharing Kindness:** June 13th & 27th, 5:30PM-7:30PM
- **Kid's Bike Car Wash:** June 14th, starting at 5PM
- **Friends of COA:** June 14th, 10AM-11:30AM
- **Harwich Republicans:** June 15th, 5PM-6PM
- **Big Screen Movie Day:** June 16th, 1PM-3PM
- **Women's Book Club:** June 26th, 2PM-3:30PM
- **Master Gardeners Mtg:** June 26th, 8AM-11AM
- **Affordable Housing Trust:** June 27th, 6:30PM-8:30PM
- **Cranberry Festival Committee:** June 28th, 6:30PM-9PM
- **Harwich Children's Fund:** June 28th, 4PM-6PM
- **Red Cross Blood Drive:** June 30th, 1PM-5:30PM

Beach Stickers / Transfer Station /

On Sale!!

Treasure Chest

New Time!!



Harwich Community Center

June 13th – July 24th

****Closed June 19th & 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:



Cape Cod Community Rowing Inc.

For Youth, ages 12 – 18

Learn to row classes in Harwich, on Long Pond

June 5-9th, 4PM-5:30PM

Start in a single rowing shell: learn boat safety, boat set up and the basic strokes.

To learn more and REGISTER, go to:

Capeandislandsrowing.com/youthprograms



BEER & Bones BBQ Competition

Saturday, June 10

Tastings: 4PM-7PM

Judging: 7PM-8PM

North Country Band will be playing 5PM-8PM

Participating Restaurants

- 400 East Restaurant & Bar
- Brax Landing
- Buca's Tuscan Road House
- Jake Rooney's
- The Lanyard Bar & Grill
- Red River Barbeque

Kids' Fun Corral
Decorating
Cupcakes/Cookies
Face Painting

WHERE: Behind the Harwich Community Center
(outdoor event with inside rain backup location)

TICKETS MUST BE PURCHASED IN ADVANCED!

Last day to buy tickets is Friday, June 8th

TICKETS SOLD OUT

Tickets are available at 508-430-1165 or online at:
www.harwichcc.com



Participating Beverage



Tastings



Miss out on getting tickets for this year's BBQ Event? Keep an eye out for information on upcoming events!

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.

Town of Harwich – Hall of Fame A. Elmer Crowell 1862-1952 *Inducted May 6, 2013*

Anthony Elmer Crowell was born in 1862 and was a long time Harwich resident and this nation's most famous bird carver. He was born into a family of cranberry growers and was always whittling as a boy. He set the bird carving and painting standards to which present day carvers aspire.

His early carvings sold for as little as \$.25 to as much as \$2.00. Today at auction, the price of his carvings can reach into the thousands. Some of Elmer Crowell's customers included Henry Ford, the Duponts, the Saltonstalls, and the royal family of England. This true genius created these masterpieces in the wing of a barn in East Harwich. The restoration of the Elmer Crowell barn will be an appropriate way to celebrate the 150 anniversary of his birth.



Fitness Room Updates

Walking

Exercising alongside friends, family, and groups is very beneficial!

Walking has many benefits:

- Increases strength
- Improves cardiovascular health
- Improves blood pressure
- Improves mood
- Improves flexibility and balance



We have walking clubs here at the Community Center!

Walking Club: Monday-Friday, 6AM-8AM

Indoor Walking Group:

Monday, 10:30AM-11:45AM

Tuesday, 10AM-10:45AM

Wednesday & Thursday, 11AM-11:45AM

Sign Up for Our Fitness Room Today!

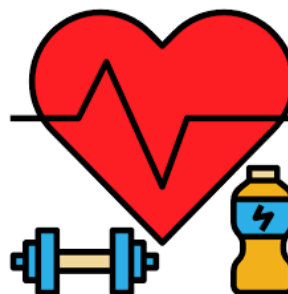
Monthly Memberships available for just \$15

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! Janemarie Murray



Meet Janemarie Murray, a Harwich resident since 2011. She is formally from Lawrence, MA and also, resided in Worcester, MA for forty years before retiring to Harwich Port with her husband Gene.

She loves her new Cape residency, walking, gardening reading, doing house projects, knitting, and of course coming to the Community Center gym.

Some of the things that Janemarie enjoys about coming to the gym are "it's small with great people. We love having Jill Brown there as our trainer; the entire staff of the Community Center care about you and miss you when you skip a day."

When asked what keeps her motivated to work out her answer- "Staying healthy with being social!"

Thank you, Janemarie, for supporting the Harwich Community Center.

Center Stage: Lumi Yoga & Wellness

Samantha Brintnall is a Kind Yoga graduate, who incorporates breathing techniques and meditation into her classes. Breathing and meditation are the key ingredients for uniting the body and mind, and it can also change the way you feel mentally, emotionally and physically. "Sam" offers a slower paced class that is perfect for all levels. She focuses on stretching for flexibility, standing postures for stability, and a longer cool down towards the end to give your body the rest it deserves.

Lumi Yoga & Wellness classes are held at the Community Center on Tuesdays, Thursdays and Saturdays from 9AM to 10AM. Sam offers a single drop-in fee, as well as a multiple sessions rate.

For more information and to reserve your spot, please contact Sam at lumiyogawellness.org or email her at lumiyogawellness@gmail.com



Gardening Tips from Toni

Perennials that Enhance a Rose Garden

It's June and the rose garden should be at its peak. July and August are just around the corner however, and the roses will take a rest. This is when the more than thirty varieties of rabbit-proof and drought-tolerant perennials in the Tip O'Neill Rose Garden are ready to do their job. Many of these perennials have purple flowers and silver leaves that help to visually unite the garden.

Here is a list of some of the best perennials: *Nepeta (Catmint), Perovskia Blue Jeanne Baby (Russian Sage), Lavender, Salvia May Night, Geranium Rozanne, Geranium maculatum, Alchemilla (Lady's Mantle), Brunneria Jack Frost, Stachys byzantine (Lambs Ears), Teucrium, Agastache, and Platycodon.*



Harwich Cranberry Festival Updates – Excitement is Growing for this Year's Festival Events!

Are you looking for summer fun? Then mark your calendar for the Harwich Cranberry Festival Music & Art Event! On Thursday evenings throughout the summer, you can enjoy concerts sponsored by the CranFest Committee, held in the courtyard of the 204 Sisson building in historical Harwich Center. Each Thursday evening in July & August, there will be a different musician providing music and entertainment. For more information and to purchase tickets, visit: www.harwichcranberryartsandmusicfestival.org

Other events this summer include our super popular **craft shows held on July 8th & 9th, as well as August 12th & 13th, 9AM-4PM at Brooks Park**. There will be craft artists from near and far offering a variety of items. Be sure to stop by our raffle table and take a chance on winning an item! All proceeds go to our scholarship fund.

Late in the summer, there will be a **Community Yard Sale on August 4th, 9AM-1PM, at Brooks Park**. This is a good old fashioned yard sale with community members selling various items that they no longer can use. If you would like to rent a space, contact Carolyn Carey at 508-430-7568. If you have nothing to sell, but like to shop, stop by the yard sale to find the perfect treasure!

Looking for something for children? Join us at **Beach Day on September 9th, 11AM-3PM at Red River Beach**. The day will offer fun activities for children, including games, face painting, Touch-A-Truck, and more! There are prizes for all! If you are hungry, stop by the food and ice cream truck for a bite to eat.

Finally, there is **Festival Weekend on September 16th & 17th!** This will be a super way to end your summer! There will be a craft fair on Saturday and Sunday from 9AM-4PM behind the Community Center building (100 Oak Street). The CranJam Music Festival is held in the afternoon of both days with fireworks on Saturday night. There will also be a food court featuring a variety of food trucks, and beer and wine are available during CranJam.

Would you like to volunteer? We would love to have you! One event, some events, or all—Everyone is welcome to assist. Please contact us through the website. We are looking forward to seeing you at our events! For more information, visit our website, or check us out on Facebook: www.facebook.com/Harwichcranberryfestival



Reflections – A look back at last month...



NEW!

Little Free Libraries!

NEW!

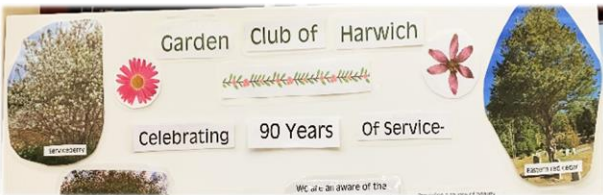
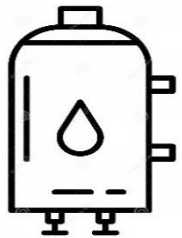
We are shaping our community, inspiring readers, and expanding book access through the H.C.C.'s very own **Little Free Libraries** with 3 locations outside the building. Donations of new and gently used books are always welcome!



We are pleased to inform you that we have added additional handicap parking spaces, including 2 handicap van spaces located in the COA parking area.



A new boiler system was recently installed at the Community Center. We are grateful to Sean Libby, Facilities Maintenance Manager, who was instrumental in helping to get a grant for this endeavor!

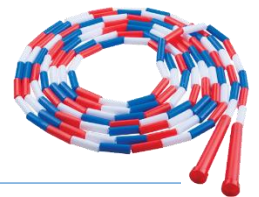


May 1st – Happy Birthday Garden Club of Harwich! Celebrating 90 years of service to our community!



May 1st – Jump into Summer was a great way to have fun, get fit and jump into summer-time! Participants picked up their jump rope and tally sheet to record their activity, and at the end of the month turned in those sheets for a special prize,

We had over 40 people join, from ages 4 to 80!



May 1st & 2nd – It was an impressive turnout at the Annual Town Meeting, which was hosted at the Community Center.



May 5th – Members of the community were extended an open invitation to discuss with Carolyn Carey any ideas, concerns, to get information or just say “Hi” at **Grab a Tea with Me.**





May 8th – Even a little eye surgery couldn't keep Toni Hollingsworth from pruning our rose garden!



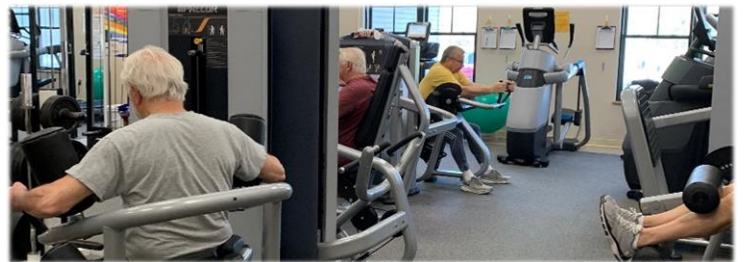
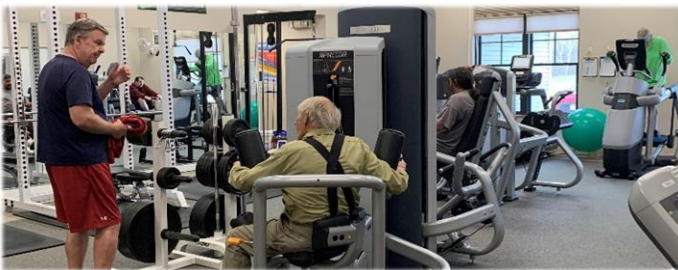
May 16th – It was a busy day at the Community Center for **Town Elections!**



May 16th – Lots of excited participants at **Beach Blanket Bingo!**



Our Fitness Room Members feel fit, happy & healthy!



Connect Four is back for the summer!

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



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!



Facility Committee Meeting June 2nd at 10AM

This meeting is always open to the general public! **We now meet on the first Friday of the month.**





“We should indeed keep calm in the face of difference, and live our lives in a state of inclusion and wonder at the diversity of humanity.”

- George Takei

FREE Coloring Pages are available in the front lobby!



Meet the Harwich Community Center’s new summer employee: Kim Fernandes!

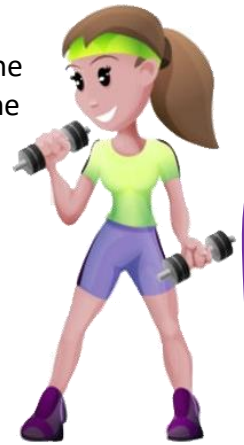


Kim was hired as the Program Aide for the Fitness Room at the Harwich Community Center. She is a lifelong resident of Cape Cod residing in the town of Dennis. Kim formerly practiced on Cape Cod as a Board-Certified Therapeutic & Sports Massage Therapist in her own practice for eighteen years. In addition, Kim is a Certified Personal Trainer.

Although many of Kim’s duties will require her to work behind the front desk at the Community Center, she is also available for questions pertaining to the Fitness Room such as machine settings & equipment use or questions regarding exercises & stretching.

Kim is very excited to be a part of the Harwich Community Center Team, and she looks forward to positively contributing to the Harwich community in her new position at the Community Center. Please feel free to stop by the front desk to introduce yourself to Kim or to ask a fitness question.

Presently, Kim’s work schedule at the Community Center is Monday’s 11am-6pm, Tuesday’s & Wednesday’s 2pm-9pm and Saturday’s 8am-4pm. However, additional days & times are likely to become available with overtime shift implementation.



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

