



# Harwich Community Center Events – June



100 Oak Street

(508) 430-7568

www.harwich-ma.gov/community-center

## Monday – Building Closes at 6PM

Bit of Bliss Yoga	9:30AM – 10:30AM
Rec Sit/Fit	9:30AM – 10:30AM
Cranberry Rug Hookers	9:30AM – 12:30PM
Quilt Bank	9:00AM – 3:00PM
Rec Walking Club	10:30AM – 12:00PM
COA Grab & Go Meals	11:30AM – 12:30PM
Men's 55+ Basketball	12:00PM – 2:00PM
COA Ukulele Class	1:00PM – 2:00PM
Beginner Line Dancing	2:00PM – 3:00PM
Novice Line Dancing	3:00PM – 4:00PM
Wellness Clinic	4:00PM – 5:00PM
Zumba	5:00PM – 6:00PM

## Thursday

Walking Club	6:00AM – 8:00AM
CC Business Referrals	7:00AM – 8:30AM
Zumba	7:30AM – 8:30AM
COA Tech Support	9:00AM – 10:00AM
Lumi Yoga & Wellness	9:00AM – 10:15AM
COA Chess	9:30AM – 11:30AM
COA-Stay Active	9:30AM – 10:30AM
Rec Indoor Walking Group	11:00AM-12:00PM
COA Balance Boosters	12:15PM – 1:00PM
Artists' Open Painting	1:00PM – 3:30PM
Pound Exercise Class	5:30PM – 6:30PM
Adult Volleyball	6:30PM – 8:45PM

## Tuesday

Walking Club	6:00AM – 8:00AM
Lumi Yoga & Wellness	9:00AM – 10:15AM
Mah Jongg	9:30AM – 12:30PM
Intermediate Tai Chi	10:00AM – 11:00AM
Rec Indoor Walking Club	10:00AM – 11:00AM
COA Balance Boosters	10:30AM – 11:15AM
Beginner Tai Chi	11:00AM – 12:30PM
Senior Volleyball	11:00AM – 1:00PM
Homeless Prevention Council	12:30PM-3:30PM
Mah Jongg	1:00PM – 4:00PM
Beginner African Drum Class	4:00PM – 6:00PM
Intermediate African Drums	6:00PM – 8:00PM
Harwich Town Band	6:30PM – 8:00PM
Insight Meditation	7:00PM – 8:30PM

## Friday

Jills' Senior Summer	9:15AM – 10:15AM
Rec Sit/Fit Class	9:30AM – 10:30AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Intermediate Tai Chi	10:00AM – 11:00AM
Jill's Exercise Class	10:30AM – 11:30AM
Senior Volleyball	11:00AM – 1:00PM
COA Chair Yoga	11:00AM – 12:00PM
Beginner Tai Chi	11:00AM – 12:30PM
COA – Cribbage	1:00PM – 2:30PM
Rec Men's 55+ Basketball	1:00PM – 3:00PM
Al-Anon	5:30PM – 6:30PM

## Wednesday

Walking Club	6:00AM – 8:00AM
Jill's Senior Workout	9:15AM – 10:15AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12:00PM
Wednesday Stitchers	10:00AM – 2:30PM
COA - Qi Gong	10:00AM – 11:00AM
Rec Indoor Walking Group	11:00AM-12:00PM
Rec Men's 55+ Basketball	12:00PM – 2:00PM
COA Sign Language	1:00PM – 2:00PM
Cranberry Mah Jongg	1:00PM – 4:00PM
Mexican Train Dominos	1:00PM – 2:30PM
Sound Dunes Swing Band	6:00PM – 8:30PM
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## Saturday

Lumi Yoga & Wellness	9:00AM – 10:15AM
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### Building Hours of Operation

Monday	6AM – 6PM
Tues – Fri	6AM-9PM
Saturday	8AM-4PM

*\*\*Closed on Sundays & major holidays\*\**

- Closed on June 19<sup>th</sup> for Juneteenth

**Red Cross Blood Drive:** June 14<sup>th</sup>, at 12PM-4:30PM

## Other Events

- **KD Quilters:** June 3<sup>rd</sup> & 17<sup>th</sup>, 9:30AM-1PM
- **Sight Loss Services:** June 4<sup>th</sup>, 10:30AM-12PM
- **Newcomers Game Night:** June 5<sup>th</sup>, 6:30PM-8:45PM
- **Harwich Democrats:** June 8<sup>th</sup>, 10AM-11:30AM
- **Friends of COA:** June 12<sup>th</sup>, 9:45AM-12PM
- **Lions Club Craft Fair:** June 15<sup>th</sup>, 9AM-3PM
- **Harwich Artists Monthly Mtg:** June 15<sup>th</sup>, 1:30PM-4PM
- **Harwich Republicans:** June 20<sup>th</sup>, 5PM-6:30PM
- **Harwich Climate Action:** June 22<sup>nd</sup>, 11AM-12PM
- **Women's Book Club:** June 24<sup>th</sup>, 2PM-3:30PM

## Council on Aging Activities

- **Horticulture Hour:** June 5<sup>th</sup>, 10:30AM-11:30AM
- **Brown Bag Program:** June 7<sup>th</sup>, 8AM-12PM
- **Hot Topics - Taylor Swift:** June 7<sup>th</sup>, 1PM-2PM
- **Pride Film Series:** June 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>, 1PM-3PM
- **Elder Abuse Lunch & Learn:** June 13<sup>th</sup>, @ 11AM
- **Men's Breakfast:** June 14<sup>th</sup>, 9:30AM-10:30AM
- **Hand-Only CPR:** June 17<sup>th</sup>, 10:30AM-12PM
- **Beyond The Book:** June 20<sup>th</sup>, 10AM-11AM
- **Big Screen Movie Day:** June 21<sup>st</sup>, 1PM-3PM
- **Women's Breakfast:** June 28<sup>th</sup>, 9:30AM-10:30AM
- **Craft Workshop:** June 28<sup>th</sup>, 1:30PM-3PM

## Weight Room Hours

<b>Monday</b>	6AM – 5:45PM
Tues – Fri	6AM-8PM
Saturday	8AM-3:45PM

*\*Closed on Sundays\**

**Monthly Memberships available for just \$15!**  
*\*\*The Weight Room is available to Harwich residents with a membership & SilverSneakers members only\*\**

## Recreation Department

### Open Gym\*

Tues: 1PM-2:30PM	Thur: 12PM-2PM
Sat: 1PM-4PM	

*\*Excluding Special Events. Hours subject to change  
For more info, contact the Rec Department at  
**508-430-7553** or visit their website at:  
harwich-ma.gov/recreation*

## FREE Community Center Special Events!

- **Lost Dog Prevention Talk:** June 6<sup>th</sup>, 5:30PM-7:30PM
- **Someone Special Dance:** June 7<sup>th</sup>, 6PM-8PM
- **Beach Blanket Bingo:** June 13<sup>th</sup>, @ 6PM
- **Summer Kickoff Ice Cream Party:** June 18<sup>th</sup>, 2:30PM
- **Stories with Therapy Dogs:** June 20<sup>th</sup>, 5:30PM
- **Bicycle Bonanza!:** June 21<sup>st</sup>, 1:30PM
- **Veterans Singles & Widows Dance:** June 21<sup>st</sup>, 4PM-8PM
- **Family Fun Friday:** June 28<sup>th</sup>, 5:30PM-7:30PM

**To sign up for Rec Dept. Programs, visit:**  
harwichma.myrec.com