Harwich Community Center News

Phone: 508-430-7568

Director's Update

Hello everyone!

Can you believe it's June already !? As we prepare to say goodbye to May and welcome June, there are plenty of reasons to celebrate the mid-year. Father's Day is the perfect opportunity to celebrate our dads, father figures, and influential men in our lives. Please feel free to share your favorite "Dad Jokes" with me-the cheesier the better! The funniest response will win a prize.

June 21st, the Summer Solstice, marks the longest day of the year in the northern hemisphere and officially kicks off summer. We are taking full advantage of the long day and have a bike wash/rodeo during the day, and for the adults, a dance from 4pm-8pm. Juneteenth, the oldest known annual celebration honoring the end of slavery in the United States, is celebrated on June 19th.

We have our own June traditions and events at the Community Center that signals Summer Fun. We have our Tails, Scales & Wild Things talks with Harwich Animal Control Officer, Jennifer Harrington, on June 6th & 20th. The Special Someone Dance on June 7th is sure to be a hit. We start our summer program, Fab, Fit + Fun with Jill Brown, June 10th-Aug 19th. Everyone loves a good Bingo game, and on June 13th at 6PM, our Beach Blanket Bingo is back!

We will have FREE ice cream on June 18th, 2:30pm-3:30pm. On June 28th, conjunction with the Rec Dept., we will host a Family Fun Friday in the gym. With all that said, nothing screams start of summer to me like the June 4th sign-up for our Community Yard Sale. That's right, the popular August event is back with our registration opening on June 4th to grab a spot. It's a busy month, and we know we get lots of family and friends coming to Harwich to visit. We hope if you have the opportunity, you will stop in and say 'Hello' and check out some of our events and activities.

Enjoy the summer!

 \sim Carolyn Carey Community Center Director The building will be closed on the following date due to the holiday! Juneteenth – June 19th, 2024

Community Center Special Events! These are all FREE Drop-In Events! No registration required!



BINGO

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Animal Control Officer Talk Series Join Harwich Animal Control Officer, Jennifer Harrington, for a series of educational classes. This month's class topics are: Lost Dog Prevention Talk: June 6th, 5:30PM Storytime with Certified Therapy Dogs: June 20th, 5:30PM

Special Someone Dance: June 7th, 6PM-8PM

Get dressed up and invite your Mom, Dad, Grandparent, or that special person in your life to a night of making memories. Dancing, games, and more! Light refreshments will be served.

> Beach Blanket Bingo: June 13th, 6PM Join us for this beach themed Bingo Night with fun beach prizes! All ages are welcome!

Summer Kick Off Ice Cream Party: June 18th, 2:30PM Come celebrate the start of summer break at the Community Center with a Summer Ice Cream Party! We'll have delicious ice cream and some fun giveaways. You can also see what other fun things we have planned for the upcoming summer months!

Bicycle Bonanzal: June 21st, Begins at 1:30PM



The Harwich Community Center in conjunction with the Harwich Bikeways Committee will be hosting a fun afternoon which will include a bike rodeo and our popular bike wash. While you're here, feel free to give your bike a tune up at our Bike Repair Station! We will also have popsicles!



"Family Fun Friday" in the Gym: June 28th

5:30pm-6:30pm: Play games set up around the gym (Open to all) **6:30pm-7:30pm:** Open Gym time (For Harwich Residents only) Co-sponsored with the Harwich Rec Department!



Fab Fit + Fun Mondays, 11:30AM-12:30PM | June 10th – Aug 19th 10 Classes for \$60

Join Jill Brown, Certified Personal Trainer, for a 1-hour workout! The class will include stretching, cardio, strength training, balance work, and a short meditation session. Chairs will be available. (no class on July 22nd)

Event Calendar & Schedule



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.

Other Events – A Brief Overview

- KD Quilters: June 3rd & 17th, 9:30AM-1PM
- Sight Loss Services: June 4th, 10:30AM-12PM
- Newcomers Game Night: June 5th, 6:30PM-8:45PM
- Lost Dog Prevention Talk: June 6th, 5:30PM-7:30PM
- Someone Special Dance: June 7th, 6PM-8PM
- Harwich Democrats: June 8th, 10AM-11:30AM
- Friends of COA: June 12th, 9:45AM-12PM
- Beach Blanket Bingo: June 13th, @ 6PM
- Lions Club Craft Fair: June 15th, 9AM-3PM
- Harwich Artists Monthly Mtg: June 15th, 1:30PM-4PM
- Summer Kick-off Ice Cream Party: June 18th, 2:30PM
- Stories with Therapy Dogs: June 20th, 5:30PM
- Harwich Republicans: June 20th, 5PM-6:30PM
- Bicycle Bonanzal: June 21st, @ 1:30PM
- Old Time Singles Dance Party: June 21st, 4PM-8PM
- Harwich Climate Action: June 22nd, 11AM-12PM
- Women's Book Club: June 24th, 2PM-3:30PM
- Family Fun Friday: June 28th, 5:30PM-7:30PM

- Pride Film Series: June 11th, 18th & 25th, 1PM-3PM
- Elder Abuse Lunch & Learn: June 13th, @ 11AM
- Men's Breakfast: June 14th, 9:30AM-10:30AM
- Hand-Only CPR: June 17th, 10:30AM-12PM
- Big Screen Movie Day: June 21st, 1PM-3PM
- Women's Breakfast: June 28th, 9:30AM-10:30AM



June 14th – 12PM-4:30PM

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



"Owning our story and loving ourselves through that process is the bravest thing we'll ever do."

- Brené Brown

Monday – Building closes at 6PM

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Bit of Bliss Yoga	9:30AM - 10:30AM
Rec Sit/Fit	9:30AM - 10:30AM
Cranberry Rug Hookers	9:30AM - 1:00PM
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
COA Beginner Line Dance	2:00PM - 3:00PM
COA Novice Line Dance	3:00PM - 4:00PM
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
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	1 12:30PM – 3:30PM
Mah Jongg	1:00PM - 4:00PM
Beginner African Drum Class	s 4:30PM - 6:00PM
Intermediate African Drums	6:00PM - 8:00PM
Harwich Town Band	6:30PM - 8:00PM
Insight Meditation	7:00PM - 8:30PM

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
NA	7:30PM – 9:00PM

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

Friday

Jill's Senior Workout Rec Sit/Fit Class Bit of Bliss Yoga Intermediate Tai Chi Jill's Exercise Class Senior Volleyball COA Chair Yoga Beginner Tai Chi COA Cribbage Rec Men's 55+ Basketball Al-Anon

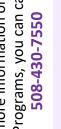
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9:15AM – 10:15AM 9:30AM – 10:30AM 9:30AM – 10:30AM 10:00AM – 11:00AM 10:30AM – 11:30AM 11:00AM – 1:00PM
11:00AM – 12:00PM 11:00AM – 12:30PM
1:00PM – 2:30PM
1:00PM - 3:00PM
5:30PM-6:30PM

Saturday

Lumi Yoga & Wellness

9:00AM - 10:00AM

For more information on COA Programs, you can cal 508-430-7550





The Harwich Rec & Youth Department is proud to provide you with their NEW activity registration system and website!

You can now register online for Rec Dept programs and activities by visiting:

harwichma.myrec.com

Pétangue in the Park!

No experience needed! We'll show you how to play this fun game.

> WHEN: Monday, Wednesday, Thursday & Friday at 3PM

WHERE: Brooks Park Come when you can!



Community Yard Sale Sign-Ups Starting June 4th, we are accepting sign-

ups for our Annual Community Yard Sale!

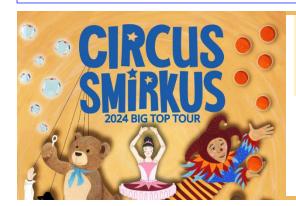
\$20 for a rental space (no table*) *Table available for an extra \$10

The yard sale is scheduled for Friday, Aug 2nd, 9AM-1PM, in Brooks Park.



Old Time Singles Dance Party June 21st, 4PM-8PM

Food, drinks, desserts, and prizes! Where: Harwich Community Center This is a FREE drop-in event!



Beach Stickers / Transfer Station / Treasure Chest

On Sale!!

Harwich Community Center June 12th – July 20th **Closed June 19th & July 4th** 10 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: 9AM-4PM 1 Schoolhouse Road, Harwich Port 508-432-1600

Cost - Effective 7/1/2024

- 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

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





CAPE COD COMMUNITY ROWING **OPEN HOUSE**

Give rowing a try – for free! Meet the coaches, tour our facility, and learn about our programs.



SATURDAY, JUNE 1ST, 2024

8am – 11am

WHERE: Long Pond Beach Long Pond Drive, Harwich



Register Here and Follow Us @capecodcommunityrowingyouth

The Harwich Children's Fund is excited to announce *Circus* Smirkus—Coming to the Harwich Community Center on: July 17th & July 18th

Showtimes at 1PM & at 6PM

"Nothing says summer like Circus Smirkus! Make sure to get your tickets to step under the big top for this summer's tour: The Imaginarium: a magical toy shop that comes to life with tumbling teddy bears, high-flying marionettes, and a very mischievous Jack-in-the-Box, in this awe-inspiring and laughter-filled production."

Get your tickets today at smirkus.org/about-big-top-tour/



In June of 2021, Juneteenth became our newest national holiday. It provides an invitation for all of us to join in the jubilee over the ending of slavery and that inhuman centuries-long period of American history.

Juneteenth, also known as Freedom Day or Emancipation Day, holds immense historical significance in the United States. The day commemorates June 19, 1865, when Union General Gordon Granger arrived at Galveston, Texas, and announced that all enslaved individuals in Texas were free. This event marked the effective



end of slavery in the Confederate states, as it occurred more than two years after President Abraham Lincoln's Emancipation Proclamation.



The Emancipation Proclamation, issued on January 1, 1863, declared that all enslaved individuals in Confederate-held territory were to be set free. However, the news spread slowly, and enforcement varied across different regions. It was only with General Granger's arrival and the Union army's presence in Texas that the message of freedom reached the last enslaved individuals.

Juneteenth is a symbol of the long and arduous journey toward emancipation and equality for African Americans in the United States. It represents the end of one of the darkest chapters in American history—slavery—and the beginning of a new era of

freedom for millions of people. The day is a poignant reminder of the struggles and sacrifices made by those who fought for the abolition of slavery and the establishment of equal rights.

Over the years, Juneteenth has evolved into a day of celebration, reflection, and education. It serves as an occasion to honor African American history, cultures, and achievements. Many communities across the United States observe Juneteenth with events, parades, concerts, and gatherings that highlight the importance of freedom, justice, and unity. In 2021, Juneteenth gained even more recognition when it was officially declared a federal holiday, emphasizing its significance in the nation's history and the ongoing pursuit of racial equality.



(Information compiled & provided by NAACP Cape Cod Chapter & MLK Action Team of Nauset Interfaith Association)





Town of Harwich Hall of Fame **Robert A. Peterson** Fire Chief (1939-2005) Inducted May 2006

Robert A. Peterson served in the Air Force and as an on-call firefighter in Orleans before becoming a fulltime firefighter in Harwich.

He spent 42 years with the Harwich Fire Department, over that period holding the ranks of Captain and Deputy Chief and finally Fire Chief in 1993. He was also an elected Water Commissioner, a member of the Charter Commission that brought us a new form of government in 1987, and he was elected to the Board of Selectmen in May 2004. Pete was also active in the Harwich Cranberry Festival and the Rotary Club. Robert Peterson's life was all about service to his community.

To learn more about other important Harwich residents of the past, visit the 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 Center's gym.

Grab your calendars and save these important dates!

- Craft Fairs (Brooks Park): July 13th 14th & August 10th 11th
- Community Yard Sale (Brooks Park): August 2nd
- Festival Weekend & CranJam (Community Center): Sept 14th-15th

CranFest in the Courtyard!

Come and enjoy music every Thursday evening in July & August WHERE: The Cultural Center, 204 Sisson Road WHEN: Gates open at 5:45pm and music at 6:30pm

The Harwich Cranberry Festival Committee meets year-round planning these exciting summer events! For more information, visit:

For more information, visit. Facebook Festival Business page: www.facebook.com/Harichcranberryfestival Cranberry Festival Website:



www.harwichcranberryartsandmusicfestival.org

How to join a Board/Committee

- 1. Complete the citizen's Committee Vacancy Form found on the VIC website.
- 2. Meet with Selectboard Interview Committee to discuss your application, including your interests and qualifications. If the Interview Committee decides to forward your application to the full Board of Selectmen, it will be subject to a vote.

3. Upon appointment by the Selectboard, the applicant will be notified in writing by the Town Administrator's office of their appointment to the Board or Committee and the term of the appointment. You will receive a copy of the Town of Harwich Committee Handbook and be required to undergo Ethics Training offered by the Secretary of State's Office

Ethics Training offered by the Secretary of State's Office. You must be sworn in by the Town Clerk before taking any action at a meeting of the Board or Committee.

Scan the QR Code for a list of vacancies and for a copy of the application form:



The Homeless Prevention Council's Mobile Youth Outreach Program will be holding meetings at the Harwich Community Center on:

Tuesdays, 3PM-4PM May 28th through Sept 17th More about the program:

MOBILE YOUTH OUTREACH CAPE COD & THE ISLANDS

Our Mobile Youth Outreach Program assists youth and young adults under age 25 who are homeless or at risk of becoming homeless.

We can meet you where you're at.

Our outreach workers can help you meet your immediate needs, such as food, clothing, transportation, shelter, and more!



EXT 833-474-0758

CALL 508-255-9667

We will respond to you quickly during these hours:

Monday – Thursday 8:30AM to 4:30PM Friday 9AM to 12PM

The youth outreach team provides safe and confidential on-call and scheduled support, resources, and guidance to young adults throughout the Cape and Islands.

Seeking Garden Volunteers!

Interested in volunteering in our beautiful rose gardens around the Community Center? We are looking for volunteers to help with a weekly rotating water schedule.

If you are interested and would like more information, scan the QR code here, or contact Reagan Wilda at: reagan.wilda@harwich-ma.gov



There were 426 'Candy Peas' in the jar!

In May we had a contest to guess how many 'candy peas' were in the jar. Congratulations go out to our two winners: Bruce Dyer and Wilder Garnica, who each won tickets to *Princess & The Pea* at the Cape Cod Theatre Company/Harwich Junior Theatre.



Reflections - A look back at last month...

May 1st – Book Talk with Yvonne de Sousa: A great turnout for local author Yvonne on her two books, *Shelter of the Monument*, and *MS Madness!*



Fairy Door Scavenger Hunt

The fairies stopped by to visit Harwich this May, and their 12 little houses were scattered throughout town for a special scavenger hunt. Kids stopped by

the Community Center to pick up scavenger hunt packets and set off to find the fairy doors—collecting fairy wing stickers along the way for their packets. Completed packets were turned in for a special compass prize!



May 3rd – Family Fun Friday -- Lots of friends joined us for another Fun Friday! We had several games including parachutes, cornhole, basketball and scooters. We also spent some time getting to know John Losey, the new Program Specialist for the Harwich Recreation Department, who hung out and joined in the fun.



May 4th – Cranberry Rug Hookers Rug Show: The Cranberry Rug Hookers hosted their Annual Rug Show here at the Community Center. Talented fiber artists shared their wonderful creations and showcased their obvious passion for this craft in a colorful display of handmade rugs.



a Fainy E cavenger



May 8th – Mother's Day Craft – We had a fun night creating liquid glass pieces at our Mother's Day Craft Night. A huge thank you to *Hammer & Stain Cape Cod* for coming to us with this great event!





May 9th – Teen Job Fair - Thank you Harwich Youth and Family Services for partnering up to make this event possible, and to all the local businesses who participated in our first Teen Job Fair. We had teens drop in, meet potential employers, and even fill out applications on the spot!



May 10th – Animal Control Officer Talk Series – Disaster & Emergency Preparedness for Pets was the kickoff to our Animal Control Officer Talk series (*Tails, Scales and Wild Things...Oh My*!) Animal Control Officer Jennifer Harrington showed an

insightful presentation to the importance of being prepared for our pets in the wake of any disaster. Information included what to have on hand to help your furry or scaly family members stay safe during transport or while in a shelter. She also showed us "Go Bags" she recommends for all pet owners. Some lucky participants even went home with their own "Go Bags".





May 14th – Garden Clean Up – A huge thank you to all the amazing volunteers who came out for our Garden Clean Up event! The weather was beautiful, and it was great to see the community come together to help beautify our gardens. If anyone is interested in volunteering to help maintain our gardens this season, it is never too late to sign up. Just come on down or give us a call!



May 16th – A to Z Literacy Movement – Betty shared her incredible experiences in Zambia as a volunteer with *A to Z Literacy Movement*. This non-profit "aims to improve the lives of children through literacy development." She shared heartfelt stories about those she has helped and how their lives have been impacted. To find out more about this non-profit visit, <u>www.atozliteracy.org</u>

May 17th – Fairy Door Craft Workshop – So much magic! Lots of creative fairy doors and fairy houses were made at our workshop! Kids of all ages participated in this fun craft.







May 18th – Community Shred Event – Cars lined up for our Community Shred Event! People unloaded bags and boxes of paper that were shredded right on site.





May 23rd – Animal Control Officer Talk Series: Pet First Aid Class – We were joined again by Harwich Animal Control Officer Jennifer Harrington who showed valuable information about how to treat your pet in case of an emergency, from heat stroke to wound care. She even had her trusty sidekick Fred for important demonstrations.



May 24th – Cape Cod Military Museum Talk – The Cape Cod Military Museum wrapped up their lecture series. The final topic this month was *D-Day and Its Ties to Cape Cod*. All of us at the Community Center want to thank Joe Yukna and his crew, including Sgt. Stubby, for bringing this incredible lecture series to Harwich.





May 29th – Rocky Mountain National Park Talk – We were thrilled to welcome Betty Trummel back to the Community Center for another great lecture about the Rocky Mountain National Park. She shared breathtaking photos and amazing stories about the wildlife and ecosystems of the park.



May 31st – May concluded with a night of

fairy magic. We had special fairy crafts, games, music, snacks, and prizes. The evening wrapped up with a showing of the 2008 movie, *Tinkerbell*. Kids of all ages and their families stopped by for this fun fairy-themed night!

Fitness Room Updates

Fitness Room Member Spotlight! Gavin Gomes

This month's Fitness Room Spotlight member is Gavin Gomes. Gavin is originally from the town of Yarmouth, MA; he became a Harwich resident in 2016. Mr. Gomes has been a member of the Harwich Community Center Fitness Room for only a few months; however, his daily dedication to morning workouts, which are highly regimented, displays his training skills and knowledge. Therefore, choosing this humble young man as June's Spotlight Member was a no brainer.

When asked to give us a glimpse into his life, Gavin informed us that he enjoys "making graphic T-shirts for my brand," and he loves his parents and brother very much. His hobbies include spending time with friends and making clothes.

When we asked Mr. Gomes what he liked about our Fitness Room he stated, *"I like that there's a variety of machines that contribute to many fun workouts."* He also expressed that his motivation to regularly working out is that it makes him feel good. *"A good workout is one of the best feelings!"*

Gavin, the Harwich Community Center would like to thank you for being both a dedicated member and supporter of our Fitness Room. It's very nice to see a young man in the community utilize our facility. We appreciate you for providing us with a glimpse into your life. We are curious about your clothing design and would love to know more about your talent in designing clothing!



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

STAY HYDRATED



Summer is just about here, and with the weather heating up, drinking enough water is so important! It's especially important when you are exercising. Make sure you drink enough water before and after your workout. Here at the Community Center, we have water bottle filling stations with filtered water. Enjoy your workout and drink up!

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 suggestions.



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



FOLLOW US ON FACEBOOK @HarwichCommunityCenter

NOTICE: The Gymnasium will be closed to all events June 17th through June 21st for repairs.