

Harwich Community Center News



June 2022



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

Director's Update

The time has come, and we are both sad to do so, but joyful as well, to wish Emily Mitchell—former COA Director—best wishes in her new career as Harwich Town Clerk. Please join us in extending well wishes to Emily as she starts her new chapter at Town Hall.

Emily has been an integral leader of the Community Center, and she will be greatly missed by co-workers and community members alike. We have all benefited from her warmth, knowledge, and experience—which have made her respected and well regarded by employees and members of the community. A familiar, friendly, knowledgeable, and upbeat spirit running the COA, Emily easily connected with others and embraced the importance of the Community Center.

We all wish Emily the best and extend our deepest gratitude for all she has shared. She will be missed, and impossible to replace. We wish her every success in her new adventure as Town Clerk.

Be sure to stop in to see her and say hello when you are at Town Hall.

The building will be closed on the following dates due to the holidays!
June 20th – Juneteenth

Beach Stickers / Transfer Station / Treasure Chest

On Sale!!

On Sale!!



Harwich Community Center

June 13th – July 24th

****Closed June 19th & July 4th****

9 AM – 2 PM Seven Days A Week
100 Oak Street ~ 508-432-7638

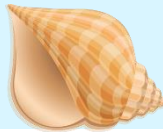


Other Sticker Sale Locations

Chamber of Commerce, May 20th – Labor Day
(Chamber charges a \$3 convenience fee for all sticker sales)

8AM – 4PM MON – FRI

1 Schoolhouse Road, Harwich Port
508-432-1600



Cost - Effective 7/1/2022

- Resident/Taxpayer Disposal - TBD
- Non-resident Disposal - TBD
- Second Vehicle Disposal - TBD
- Recycle only - TBD
- Resident/Taxpayer Beach - \$30.00
- Seasonal Beach - \$150.00
- 1 Week Beach - \$65.00
- 2 Week Beach - \$125.00

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



Kiwanis Indoor Yard Sale

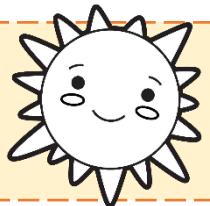
Saturday, June 11th, 9AM-1PM

In the Community Center Gymnasium



Be sure to stop and check out a wide selection of unique treasures, yard sale items, and more!

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: Master Gardener Association of Cape Cod

Established in 1993, The Master Gardener Association of Cape Cod is a non-profit educational organization. Their mission is to share knowledge and experience with the public through outreach programs in education, horticulture and gardening. Members are volunteers who have completed an extensive training program with the association, and are then required to give back to the program in volunteer hours.

The association has extensive ties to the community through

their many educational classes and programs. The Backyard Horticulture Series and the Lower Cape Children's Garden are very popular. Scholarships are also offered to students in Barnstable County who are interested in pursuing a degree in the field of agriculture, horticulture or a related resource field.

Throughout the year, many of their meetings take place at the Community Center. If you are curious about becoming a member, please visit: www.mastergardenerscc.org, or visit their face book page called Master Gardener Association.



Fitness Room Updates

Fitness Room Member Spotlight!

Larry Karle

Larry has enjoyed summering and vacationing with his parents on Cape Cod his entire life. In 2019, his dream of becoming a full time Cape Codder came to fruition. With his wife of 22 years and his kids Maddie and Ryan, he packed up the family and moved from Norwell to Harwich.



Larry has a 25 year career as a financial planner in the retirement service industry. In his spare time, he enjoys playing in the Men's Senior Softball League, golfing at Cranberry Valley, and has volunteered for many of his children's school sports. He also makes the time to work out at the HCC Fitness Room several early mornings each week. "I want to stay active and also be part of the community. It is convenient, clean, and everyone is super nice." We couldn't agree with you more Larry!

Healthy Summer Recipe from Jill Brown!

Did you know that Beans are full of protein, full of fiber and are inexpensive? I would love for you to try my "go to" healthy summer recipe. It's perfect for potlucks, and as a side dish during grilling season! Enjoy!

Mediterranean Bean Salad

- 1 15oz can black beans
- 1 15oz can garbanzo beans
- 1 15oz can kidney beans
- 1 15oz can cannellini beans
- 2 cups diced bell peppers
- ¼ cup pepperoncino
- ½ cup black olives
- 1/3 cup red onions diced
- 1 cup cherry tomatoes
- ¼ cup parsley
- ¼ cup fresh cilantro
- Favorite dressing



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 complementary to all Fitness Room members!



Event Calendar & Schedule

Other Events

- **Senior Fit:** June 1st, 3rd, 8th & 10th, 9:15AM-10:15AM
- **Computer Basics:** June 1st, 7th, 8th, 14th & 15th, 12PM-1:30PM
- **COA Mindfulness:** June 1st, 10:30AM-11:30AM
- **Machine Embroidery:** June 2nd, 11AM-3PM
- **Widowers Diet:** June 2nd, 10AM-11:15AM
- **COA Brown Bag Program:** June 3rd, 8AM-12PM
- **Cranberry Rug Hookers:** June 4th, 10AM-1PM
- **KD Quilters:** June 6th & 27th, 9AM-2PM
- **Sight Loss:** June 7th, 10:15AM-12:15PM
- **Friends of COA:** June 8th, 10AM-11:30AM
- **Crochet Group:** June 13th & 27th, 10AM-11AM
- **Balance Boosters:** June 14th, 16th, 21st & 23rd, 10:30AM-11:15AM
- **Foot Care Clinic:** June 8th, 14th & 15th, 9AM-3PM
- **Big Screen Movie Day:** June 17th, 1PM-3PM
- **Mobile Dental Clinic:** June 24th, 9AM-3PM
- **Women's Book Club:** June 27th, 2PM-3PM
- **Ladies Social Hour:** June 29th, 1PM-2:30PM

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.

JUNE 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.*

****Saturday Open Gym is from 12PM-3:30PM****

Monday	Tuesday
Walking Club: 6AM-8AM	Walking Club: 6AM-8AM
Spring Walking: 11AM-11:45AM	Spring Walking: 10AM-10:45AM
Men's 55+ Basketball: 12PM-2:30PM	Senior Volleyball: 11AM-1PM
After School Rec Youth: @ 2:30PM	Open Gym: 1PM-2:30PM
	After School Rec Youth: @ 2:30PM

Wednesday	Thursday
Walking Club: 6AM-8AM	Walking Club: 6AM-8AM
Spring Walking: 11AM-11:45AM	Spring Walking: 11AM-11:45AM
Men's 55+ Basketball: 12PM-2:30PM	Open Gym: 12PM-2:30PM
After School Rec Youth: @ 2:30PM	After School Rec Youth: @ 2:30PM
	Adult Volleyball: 7PM-8:45PM

Note: Open Gym ends on 6/18/22 due to summer camp

Monday – Building closes at 6PM

Walking Club	6AM – 8AM
Table Tennis	8:30AM – 10:30AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Cranberry Rug Hookers	9:30AM – 1:00PM
Spring Walking	11AM – 11:45AM
Quilt Bank	10AM – 2PM
Men's 55+ Basketball	12PM – 3PM
Zumba	5PM – 6PM

Tuesday

Walking Club	6AM – 8AM
Yogi Nomad	9AM – 10AM
Mah Jongg	9:30AM – 12:30PM
Spring Walking	10AM – 10:45AM
Beginner Tai Chi	10AM – 11AM
Senior Volleyball	11AM – 1PM
Homeless Prevention Council	1PM – 3PM
Mah Jongg	1PM – 4PM
Open Gym	1PM – 2:30PM
Death Café	2PM – 3PM
Town Band Practice	6:30PM – 8:30PM

Wednesday

Walking Club	6AM – 8AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12PM
Wednesday Stitchers	10AM – 2PM
Spring Walking	11AM – 11:45AM
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
Yogi Nomad	9AM – 10AM
Spring Walking	11AM – 11:45AM
Open Gym	12PM – 2:30PM
Open Painting Session	1PM – 3:30PM
Zumba	5:30PM – 6:30PM
Adult Volleyball	7PM – 8:45PM

Friday

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

Saturday – Building closes at 4PM

Open Gym (until 6/18/22)	12PM – 3:30PM
--------------------------	---------------

Friday

Walking Club: 6AM-8AM
Senior Volleyball: 11AM-1PM
Men's 55+ Basketball: 1PM-3PM
After School Rec Youth: @ 2:30PM

Student of the Month!

Fainie Jean-Baptiste

Fainie Jean-Baptiste is our nominee for Harwich Student of the Month because of her unwavering commitment to her education and her community. In addition to her studies, she was heavily involved in our recent Multicultural Fair at the high school, representing her Haitian pride. Fainie is a quiet force, but works hard and puts her all into everything she does. Our school community is stronger because of her.

~Jen Stevens, Grade 8 Teacher

Fainie has a close group of friends who sought me out when they heard about her nomination. They called her “intelligent,” “bright personality,” “kind hearted,” “supportive,” and “always there for me.” It’s evident in the way her friends speak about her that Fainie’s integrity of character extends beyond the classroom and to those around her. She is an outstanding student who devotes the highest level of attention and effort to all of her schoolwork. She has taken on leadership roles in school activities such as the Multicultural Fair, and she will take on another in June as an ambassador to the 7th grade students visiting our high school for Step Up Day.

~Caitlyn Hall, Grade 8 Counselor



Volunteer of the Month – Ellen Collins



The Harwich Community Center would like to express its sincere appreciation to Ellen Collins, one of our dedicated volunteers who contributed her time and energy to handing out “goody” bags for our Annual Trick or Treat Drive Thru this past fall. With her help, we were able to serve over 300 families.

Originally from Medford, Ma, Ellen has been coming to the Cape for several years and became a full time resident of Harwich in May 2021. A graduate of Hobart William Smith College, Ellen has a 20 plus year career as an underwriter.

When Ellen is not volunteering at the Community Center, she is involved with Girl Scouts and Special Olympics. Recently, she was a participant in the Annual Red River Beach Polar Plunge.

Thank you Ellen for lending a helping hand to the Harwich Community Center and our community!

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!**



“Volunteers do not necessarily have the time;
they just have the heart.”

~ Elizabeth Andrew



In Memory of Richard O'Donoghue

It is with extreme sadness that we write to make you aware of the passing of our dear friend Richard O'Donoghue. Richard was a faithful member of the Fitness Room dating back to July of 2007. He never failed to light up the building with his smile, quick wit, and pleasant conversation. His encouraging words and positive attitude were true highlights in all of our days. Richard will be terribly missed at the Harwich Community Center.

TAKE A BOOK!

Did you know that books create warm emotional bonds between adults and kids when they read together? Books are interactive, help develop critical thinking and nourish imaginations, and best of all – they are free! Please check out The Harwich Community Center “**Little Book Nook**”, where kids along with their families, caregivers and teachers can pick out a book from our book shelf to take home and enjoy. Donations of new and gently used children books are always welcome!



Hello to Our Two New Employees!

Lynn Bigelow

Lynn has been living year-round on Cape Cod since 1986. She and her late husband raised their children here as well. Recently Lynn's parents also moved to the Cape, giving Lynn an opportunity to have family close by and share quality time with them. Lynn enjoys gardening, reading, and her animals.

Stop by the front desk to say hello and welcome Lynn to the Community Center!

Josh Cusack

“My name is Josh Cusack, a Junior at Monomoy Regional High School, working here as a part-time employee training after school. My future plans include continuing to take challenging honors and AP classes, and to become a high school level math teacher when I'm older.

I enjoy taking piano lessons, am CPR certified, and I was selected to help film school events such as sports games or committee meetings. I have lived on Cape Cod my whole life, and look forward to my upcoming summer at the Community Center!”

Sign-Ups for the August Community Yard Sale Have Begun!

August 5th

(rain date is August 6th)

In Brooks Park

Spaces available for just \$20!

bring your own table

Visit the front desk to sign up, or you can call as at 508-430-7568

Stop by our courtyard for a game of Connect Four!





CAPE COD HEALTHCARE
Nicholas G. Xiarhos Blood Donor Center

WHAT'S DONATED HERE, STAYS HERE.

BLOOD DRIVE

Friday, June 10th

9 am – 3 pm

Harwich Community Center

Multi-Room

100 Oak Street

Amazon gift card for all donors!!

*******Appointments are required. To make an appointment, please visit the website listed below.**

www.capecodhealth.org/give-blood

508-86BLOOD (508-862-5663)

Like us on Facebook: www.facebook.com/capecodbloodcenter

Every pint of blood donated to us stays on Cape Cod to serve your community and save the lives of your family, friends and neighbors.

SEASIDE MARKETPLACE
@ Saquatucket Marina
Artisan Shacks
OPEN JUNE 29



WYCHMERE HARBOR

Now

ACCEPTING APPLICATIONS

**TO RESERVE A SHACK
FOR THE WEEK (WED-TUE)
OR A MONTH.**

**SHACK SEASON:
JUNE 29-SEPT. 6**

VISIT: <https://tinyurl.com/SeasideArtisanShackForm>



Learn to Row!

**Sixth Annual CIRA Open House
June 5, 2022**

**Come celebrate National
Learn to Row Day**

Who: All ages - beginners and above

Where: Long Pond Beach, Long Pond Drive,
Harwich

Time: 8:00 – noon

Why: Give the beautiful sport of rowing a try

On Hand: All equipment, beginner clinics
and light refreshments

Cost: Free



Cancellation will occur for severe weather conditions only.



LGBTQ PRIDE MONTH

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”

~ Ralph Waldo Emerson

Enjoy the weather in our new outdoor seating area!



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 for new equipment.

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

Email: 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