



Harwich Community Center Events – March

100 Oak Street (508) 430-7568

www.harwich-ma.gov/community-center



Monday – Building Closes at 6PM

Walking Club	6:00AM – 8:00AM
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
Indoor Walking Club	10:30AM – 12:00PM
COA Grab & Go Meals	11:30AM – 12:30PM
Jill's Exercise Class	11:30AM – 12:30PM
Men's 55+ Basketball	12:00PM – 2:00PM
Wellness Clinic	4:00PM – 5:00PM
Life Skills for Teens	4:30PM – 5:30PM
Zumba	5:00PM – 6:00PM

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 – 12:00PM
Artists' Open Painting	1:00PM – 3:30PM
Pound Exercise Class	5:30PM – 6:30PM
Adult Volleyball	6:30PM – 8:45PM

Celebrate International Women's Day!

Mar 1st – 8th: Free thank you notes for women in your life!

Other Events

- **Harwich Democrats:** Mar 2nd, 10AM-11:30AM
- **KD Quilters:** Mar 4th & 18th, 9:30AM-1PM
- **Sight Loss Services:** Mar 5th, 10:30AM-12PM
- **Newcomers Game Night:** Mar 6th & 20th, 6:30PM-8:45PM
- **Hydrangea Society:** Mar 9th, 10:30AM-12:30PM
- **Friends of COA:** Mar 13th, 9:45AM-12PM
- **Herring Count Kickoff:** Mar 13th, 4:30PM-5:30PM
- **Rug Braiding Guild:** Mar 16th, 10:30AM-3PM
- **Handbell Concert:** Mar 16th, 2PM-3PM
- **Harwich Artists Monthly Mtg:** Mar 16th, 1:30PM-4PM
- **Cranberry Rug Hookers:** Mar 16th, 9:30AM-1:30PM
- **Harwich Republicans:** Mar 21st, 5PM-6:30PM
- **Community Organization:** Mar 23rd, 9AM-11:30AM
- **Women's Book Club:** Mar 25th, 2PM-3:30PM
- **Stop the Bleed:** Mar 29th, 10:30AM-11:30AM

FREE Community Center Special Events

DIY Egg Hunt Kit: Host your own egg hunt with our DIY Egg Hunt Kits! Call us at 508-430-7568 to schedule a pickup time. *Pre-registration for kits is required!*

- **Bunny Photo Op:** March 15th, 5:30PM-6:30PM
- **Guess & Win Jelly Bean Contest:** March 1st – 25th

Tuesday

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

Friday

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

Presidential Primary Election: March 5th
Polls open 7AM-8PM

Council on Aging Activities

- **Girl Power:** Thursdays, 2:30PM-4:30PM
- **Brown Bag Program:** Mar 1st, 8AM-12PM
- **Balance Boosters:** Mar 5th, 7th, 12th & 14th,
@ 10:30AM-11:15AM
- **Horticulture Hour:** Mar 6th, 10:30AM-11:30AM
- **Exploring Medicare:** Mar 7th, 10AM-11AM
- **Game Time:** Mar 7th, 1PM-2PM
- **Men's Breakfast:** Mar 8th, 9:30AM-10:30AM
- **Get Your Greens On:** Mar 13th, 1:30PM-2:30PM
- **Solar Eclipses:** Mar 14th, 10:30AM-11:30AM
- **Big Screen Movie Day:** Mar 15th, 1PM-3PM
- **Fashion Show:** Mar 21st, 1PM-2:15PM
- **Women's Breakfast:** Mar 22nd, 9:30AM-10:30AM
- **Queen Elizabeth Talk:** Mar 28th, 10AM-11AM
- **Craft Workshop:** Mar 29th, 1:30PM-3PM

- **Laser Tag:** Mar 2nd, 1PM-3PM
- **Dog Training Talk:** Mar 8th, 5:30PM-7:30PM
- **Composting Talk:** Mar 14th, 5:30PM-7:30PM
- **Minute to Win It Game Night:** Mar 15th, 6PM-8PM
- **Military Museum Talk:** Mar 22nd, 5:30PM
- **Crafts with Miss Anina:** Mar 22nd, 5:30PM
- **Free Advertising Event:** Mar 30th, 12PM-4PM

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
Qi Gong	10:00AM – 11:00AM
Indoor Walking Group	11:00AM – 12:00PM
Men's 55+ Basketball	12:00PM – 2:00PM
COA Sign Language	1:00PM – 2:00PM
Cranberry Mah Jongg	1:00PM – 4:00PM
Sound Dunes Swing Band	6:00PM – 8:30PM
Community Orchestra	6:00PM – 8:30PM
NA	7:30PM – 9:00PM

Saturday

Lumi Yoga & Wellness	9:00AM – 10:15AM
18+ Billiards League	12:00PM – 4:00PM

Building Hours of Operation

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

Closed on Sundays & major holidays

Due to the election on March 5th, some of our scheduled events will not be taking place on this day.

Weight Room Hours

Monday	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

Game Room: Mon-Fri - Open Daily
Saturday: 9AM-12PM

Cape Cod Children's Place Activities

Circle Time – Wed, 10:30AM-11:30AM
Playgroup/Open Gym – Thurs, 9:30AM-10:45AM