

Harwich Community Center News



March 2024



Phone: 508-430-7568



See inside our newsletter for more details about our different **Easter Events!** ▶▶▶▶▶▶▶▶▶▶

Director's Update

Hello everyone!

It's March already! February flew by. We had so much fun at all the events and we're looking forward to all that March has to offer.

Believe it or not, March is also the time of year that we send out our annual renewal information to groups, organizations, and individuals that utilize the building.

As we turn the page to a new season, many people are looking forward to spring and all the beauty it brings. Here at the Community Center, we are looking forward to a whole new year of groups and organizations meeting within the building. July 1st, 2024 marks the beginning of Fiscal Year 24-25, and the Harwich Community Center is excited to begin scheduling room usage for the months of July 2024 through June 2025.

Please check the link attached (or scan the QR Code below) for all the information on reserving space for the next year.

tinyurl.com/46tzuynt

Please join me for my listening tour (March 7th, 10AM & March 12th, 5:30PM) regarding our fitness room. I am hoping to hear from all of you on steps moving forward (including discussion on membership fees). We are currently not breaking even and need to come up with some creative solutions to move forward.

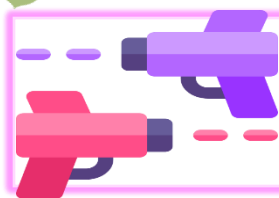
Lastly, I really want to thank everyone that helped us celebrate the building turning 24! I am blessed to have so many amazing memories to reflect on. One of my new favorites will be our *Pasta Supper*. We fed over 80 people (which is amazing in itself), but the real story is about what happened behind the scenes. Community members, the Women's Club, and staff members all stepped up and volunteered to help make the event a success. In my humble opinion, this event was the definition of our Community Center.



Looking forward to seeing you!

~ Carolyn Carey
Community Center
Director

FREE Community Center Special Events!



Laser Tag

March 2nd, 1PM-3PM

Join us for a fun game of laser tag in the Community Center gymnasium.



Drop-In Event



Dog Training Talk

March 8th, 5:30PM-7:30PM

Join certified professional dog trainer, Rick Alto, for an informative talk on the many aspects of dog training. Presentation will conclude with a Q&A for any dog behavior or training questions. *Please do not bring your dog to this event.*



Drop-In Event



Composting and Living Soil Talk

March 14th, 5:30PM-7:30PM

Learn the importance of living soil in your garden! We'll take a look at composting and how you can do it yourself. You can even bring in a soil sample for evaluation on how lively it is.

Drop-In Event



'Minute-to-Win-It' Game Night

March 15th, Starting at 6PM

Our 'Minute to Win It' Game Night will consist of fun team and individual challenges that need to be completed in 60 seconds or less! All ages welcome!

Drop-In Event



Crafts with Miss Anina

March 22nd, 5:30PM

Join local artists and educator, Anina Sinclair, as we learn the basics to **create your own set of peg dolls** to take home. Call us at 508-430-7568 to sign up, or email Reagan.wilda@harwich-ma.gov



Registration
Required

Cape Cod Military Museum Lecture - March 22nd, 6:30PM

This month's topic: "Gunpowder & Greasepaint"

Stop in for an hour of informative and fantastic storytelling with Military Museum lecturer, Joe Yukna.

Drop-In Event



Free Advertising Event

March 30th, 12PM-4PM

Check out local businesses and programs that are available in our area. Tables and displays will be set up with info for people to take home.

Drop-In Event

Want to set up a table to advertise your business/program?

Email us at Reagan.Wilda@harwich-ma.gov to sign up!

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	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
COA Ukulele Group	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
Life Skills for Teens	4:30PM – 5:30PM
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
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

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

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

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	12:30PM – 5:00PM
COA – Cribbage	1:00PM – 2:30PM
Men's 55+ Basketball	1:00PM – 3:00PM
Al-Anon	5:30PM-6:30PM

Saturday

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

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.

Open Gym Schedule

Tuesdays

1:00PM-2:30PM

Thursdays

12:00PM-2:00PM

Saturdays

12:00PM-4PM

*Children must be accompanied by an adult

Other Events – A Brief Overview

- **Guess & Win Jelly Bean Contest:** March 1st – 25th
- **Harwich Democrats:** Mar 2nd, 10AM-11:30AM
- **Laser Tag:** Mar 2nd, 1PM-3PM
- **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
- **Dog Training Talk:** Mar 8th, 5:30PM-7:30PM
- **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
- **Composting / Living Soil Talk:** Mar 14th, 5:30PM-7:30PM
- **Bunny Photo Op:** March 15th, 5:30PM-6:30PM
- **Minute to Win It Game Night:** Mar 15th, 6PM-8PM
- **Rug Braiding Guild:** Mar 16th, 10:30AM-3PM
- **Spring Ring 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
- **Military Museum Talk:** Mar 22nd, 6:30PM
- **Crafts with Miss Anina:** Mar 22nd, 5:30PM
- **Women's Book Club:** Mar 25th, 2PM-3:30PM
- **Health Dept Choke Class:** Mar 27th, 1PM-2PM
- **Stop the Bleed:** Mar 29th, 10:30AM-11:30AM
- **Free Advertising Event:** Mar 30th, 12PM-4PM

March

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
- **Mexican Train Dominoes Class:** Mar 6th, 1:30PM-3PM
- **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
- **Future 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 II Talk:** Mar 28th, 10AM-11AM
- **Craft Workshop:** Mar 29th, 1:30PM-3PM

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

Cape Cod Children's Place Activities

Circle Time: Wed, 10:30AM-11:30AM

Playgroup/Open Gym: Thur, 9:30AM-10:45AM

Recreation Department 18+ Billiards League

Saturdays, 12PM-4PM

~ \$20 Entry Fee ~

Call 508-430-7553 to sign up.



Presidential Primary Election
March 5th
 Polls open 7AM-8PM
(In the Community Center Gymnasium)

Daylight Savings Time – Don't Forget!
 Spring forward on March 10th!
 Remember to set your clocks forward one hour before you go to bed Saturday night!



Easter Events



Sign up for a DIY Egg Hunt Take-Home Kit!
 The Harwich Community Center will be handing out Do-it-Yourself Egg Hunt Kits, so that you can set up your very own egg hunt at home.

REGISTRATION IS REQUIRED!

Call us at 508-430-7568 to schedule a pick-up time, and let us know how many kids you have.

Available pick-up times will be from March 18th – 20th, 9AM-3:30PM, at the front desk



March 15th
5:30PM-6:30PM
(In the Community Center front lobby)

Stop by to meet the bunny, who will be happy to take a picture with you. Don't forget to bring your camera!



Guess-and-Win Jelly Bean Contest

March 1st through March 25th

Guess how many jelly beans are in the jar and win a prize! Stop by the Community Center front desk to submit your entry. Two prizes will be given out—one prize for children, and one for adults.



March 8th is International Women's Day

Thank the women who inspire you!
 Starting March 1st – Stop in for a free thank you note to send to a woman who has made a difference in your life.
(We can also mail it out for you if you'd like!)

While you are here, be sure to put the person's name on a paper flower, and we will 'plant' it in the Community Center Garden of Inspiring Women for the month of March.

Harwich Youth & Family Services
Life Skills Series for High School Students!
Mondays, March 4th – May 6th
4:30PM-5:30PM

This is a **9-week life Skills Series** about things like opening a bank account, nutrition on a budget, parenting, using your health insurance, going on a job interview, responding to an emergency, registering to vote, and dealing with emotions and grief.

Space is limited and registration is required. Please reach out to Ashley with questions and to sign up.

Call 508-430-7836
OR email
ashley.symington@harwich-ma.gov



Harwich Volunteer Herring Count Kickoff Meeting March 13th, 4:30PM-5:30PM

Come learn about the citizen science effort to help the river herring!

Monitor a local herring run by counting the fish as they climb to their freshwater spawning grounds. The commitment is small (as little as one-half hour each week). You will help provide much needed data on this once historically abundant, but now declining fish. The program runs from April to June. Help us launch this new data-collecting program in Harwich!

For more information, contact the Harwich Conservation Trust at 508-432-3997.

If you are interested in volunteering, fill out the online Volunteer Interest Survey and the Conservation Trust will follow up to arrange a meeting to discuss your interests. Scan the QR code here to access the Volunteer Survey:

harwichconservationtrust.org/volunteer-interest/



35
YEARS



**HARWICH
CONSERVATION
TRUST**
Preserve • Restore • Explore

Spring Ring Hand Bell Choir Concert

Saturday, March 16th, 2PM-3PM

More than 75 English handbell ringers from across the Cape and beyond will gather to ring together as part of the 9th Cape Cod Spring Ring

The day will culminate in a public performance at 2pm in the gymnasium of the Harwich Community Center. The concert will feature mass ring selections under the direction of Raleigh Ringers artistic director David Harris along with pieces rung by each individual participating choir.

A donation will be collected at the conclusion of the concert.

Cape Cod Theatre Company Harwich Junior Theatre

**Spring 2024 Classes
6 Week Session
April 22nd – June 8th**

Broadway Kids, Creative Drama 1 – 3,
Adventures In Sherwood Forest,
Smartphone Filmmaking, & so much more!

Class Descriptions & Registration @
CapeCodTheatreCompany.org



WHERE: Classes take place at
Theatre & Arts Center

Theatre: 105 Division St, W. Harwich

Arts Center: 265 Sisson RD, Harwich
508-432-2002 x17

Guild of Harwich Artists – Art Demonstration Saturday, March 16th, 2PM-4PM

Our guest Demonstration Artist for the Guild's General Monthly Meeting is Rosalie Nadeau working in oil paints. This FREE demonstration is open to the public—located in the Community Center's Multi-Purpose Room.

www.guildofharwichartists.org



Town of Harwich – Hall of Fame

Robert Smith

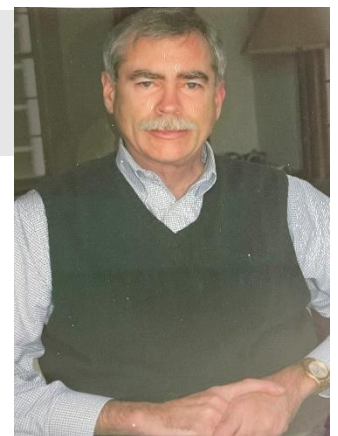
Inducted May 2006

Fifteen years ago, Bob Smith saw the need for preserving land in Harwich and the opportunity to do so slipping away. A member of the Finance Committee for six years, he decided to resign so that he could devote his time to the area of Conservation.

In 1988, the lawyer put an ad in the paper asking interested people to join together to preserve land in Harwich. A dozen people showed up on a Saturday morning in the boardroom of the Cape Cod Five, and that was how the youngest land trust on the Cape, the Harwich Conservation Trust, was born.

Bob has been the group's dedicated president and wise leader ever since. In the beginning, the non-profit group only acquired donated land. However, with Bob's guidance, they raised \$225,000 to buy 16 acres of prime land on the Herring River in West Harwich.

Today, hundreds of acres have been protected thanks to this man and his conviction. One site, a boardwalk with a salt marsh view off of Route 28 is handicap accessible, and another site is a cranberry bog centrally located on Bank Street with trails around it for townspeople to walk. In 2001, the Trust preserved over 98 acres, more than any other land trust in the same year. The most recent battle won by this commander of conservation is the Monomoy River property.



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 Community Center's gym.

A huge thank you to the **Chatham Harwich Newcomers Woodworking Group** for the beautifully crafted desk that has been set up in the main lobby of the Community Center. The desk will be for public computers, which have been ordered and are on their way! If you have not had a chance to come by and see it, you'll want to check it out.



Seeking Gardening Volunteers!

Spring is just around the corner, and we are still looking for volunteers to help tend to our beautiful rose gardens around the Community Center building. No experience is necessary! If you are interested, please stop by the front desk for more info.



Fitness Room Updates

We will be hosting a **Listening Tour** regarding our **Fitness Rooms at the Community Center on March 7th at 10am and March 12th at 5:30pm.**

It will be an opportunity to learn more about our Fitness Memberships, check out our new equipment, and discuss your thoughts on our proposed upcoming increase in membership fees.

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!



Fitness Room Member Spotlight!

Dennis Cashman



This month's Fitness Room Member Spotlight is Dennis Cashman. Dennis grew up in Norwood, MA. Norwood was a hockey town, and the Norwood High School Hockey team was undefeated and Division one state Champions in 1972. It was a special year for Dennis because in addition to his high school team's local success, the Boston Bruins won the Stanley Cup.

Growing up, he spent a lot of his summers in Manomet, MA. He worked for forty years in the Biomedical and Life Sciences fields; his expertise was in Engineering and Technical Support capacities.

Dennis and his wife Elaine built a house in Franklin, MA. The couple spent twenty-six years in Franklin and purchased their home in Harwich in 2016. After their retirement the couple moved to Harwich full-time in 2019. They love the beaches of Harwich and the outer Cape during the summer months, and also enjoy the quiet months during the off season on Cape. Their family is mostly populated in the Walpole and Franklin, MA areas. The couple have no children of their own but enjoy the company of sixteen nieces and nephews and seven great nieces and nephews.

Dennis enjoys playing golf and has been a member at Cranberry Valley in Harwich for four years and has also played hockey on the Cape. When he can find it, he likes to play pond hockey. For the past two years he has run the Pool League in the Harwich Community Center Game Room with the assistance of his friend Kirk Kelley. This year the pool league has two ladies playing in the league and the age range is from twenty-one to eighty-six. Managing the league, he has found that the competition has provided the players with both camaraderie and enjoyment.

Dennis has been a Fitness Room Member for the past three years and has been active his whole life and believes that any exercise will be beneficial to overall health. The fitness equipment at the community center is "state of the art." He tries to workout four to five days a week with thirty minutes in the weight room and thirty minutes on the elliptical machine. When asked what he likes about the Fitness Room he stated, "The fitness equipment at the community center is "state of the art, and the members are great people." He also, commented that "Carolyn, Eric, and COA, Director Julie and their respective staff do an excellent job."

Dennis thank you very much for your support of the Fitness Room and for sharing some of your life story with us!

Sign Up for Our Fitness Room! 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.

Feb 15th – Community Spaghetti Supper – Our first ever Community Spaghetti Supper was a huge success. Over 60 dinners were served while people sat together, connected over a meal, and made new friends. Thank you to all who came out and enjoyed a meal with us.

We also want to thank the amazing volunteers who helped make the Harwich Community Center's first Spaghetti Supper a huge success. Special thanks to Linda St. Pierre, Andrea Sidoruk, Jen Anderson, Greg Jussell and all the women from the *Harwich Women's Club*.



Feb 20th – Magic Show – Over 145 people, young and young at heart, came out to watch Crazy Davy's Magic Show. Davy wowed us with disappearing tricks, card tricks and much more. Kids got to participate in the magic, and everyone had a good time.



Feb 22nd – Duck Hunt – Kids of all ages stopped by for our Annual Duck Hunt. There were ten ducks hidden throughout the Community Center, and the search officially began at 8AM. Kids dove right into the hunt, eagerly scouring the building for the hidden ducks (and finding decoy ducks along the way). By 10AM, every duck had been found! Prizes were given out to our successful hunters, and everyone got to keep any decoy duck they found.



Feb 22nd – Lend-A-Hand Painting – We collected 85 handprints for our *Lend-A-Hand* painting event! A steady stream of people stopped by throughout the day to paint their hands a rainbow of colors and press their palms to paper. We will be putting these colorful prints up on display at the Center, so keep an eye out!

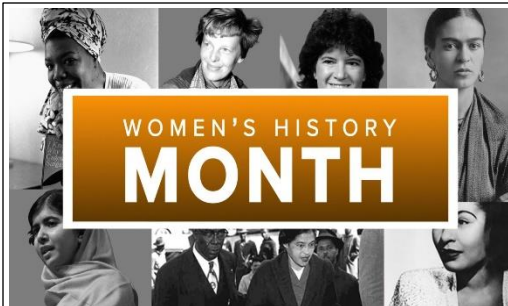


Feb 23rd – Cape Cod Military Museum – A large crowd showed up for Joe Yukna's Military Museum talk on Iwo Jima. This hour talk covered the fight over the island of Iwo Jima During WWII. The troops, battleships, military equipment, leadership, casualties, and more were also discussed. Military dog Sergeant Stubby also made a special appearance!



Feb 23rd – February concluded with a **Family Dance Party** with DJ Scott from Cape Tunes! Kids of all ages and their families showed up for a fun night of dancing and socializing.





Celebrating Women's History Month!

"Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women." — *Maya Angelou*

For information about weather-related closures of the Harwich Community Center, tune in to any of the following radio stations:

- **WCOD** 106.1
- **WXTK** 95.1
- **WOMR** 92.1
- **WQRC** 99.9

Harwich Community Center Facilities Committee Member – Chris Joyce

Chris Joyce is from a small French Acadian town in Aroostook County, Maine—Madawaska. Her parents moved there from Holyoke, MA during the Depression for work at the papermill (as well as for better access to hunting and fishing). The mill once produces the paper for the Sears Roebuck catalogue, and over 90% of the paper for straws. The area is known for its potato farming, and Chris—along with many other kids—picked potatoes in the fall during school recess (an activity that was common before mechanical harvesters became the norm).

After attending St. Joseph's College of Maine, Chris headed to Boston and then later to San Francisco where she spent 30 years with a gas and electric utility company. Every summer she would head East to visit family and friends and spent time on Cape Cod doing that "rent for a week tourist thing," which became longer each year after her retirement. She reconnected with classmates, childhood friends, and family, until she washed ashore permanently in 2011.

Chris Joyce's community involvement includes Harwich Voter Information Committee, Friends of the Harwich Council on Aging, and volunteering with the Harwich Conservation Trust. In December of 2023, she was appointed to the Community Center Facilities Committee. She looks forward to learning more about the Center's operations and making many helpful contributions to the Committee.



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
Cultural Center: (774) 212-3482



FOLLOW US ON FACEBOOK
[@HarwichCommunityCenter](https://www.facebook.com/HarwichCommunityCenter)