

Harwich Community Center News



March 2022

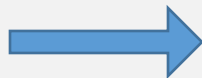
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Director's Update

The ushering in of a New Year often comes partnered with thoughts of renewed hope for things that may lie ahead. Some folks are invigorated with the chance for a new beginning, a fresh start. Some gaze forward seeking new growth and the new beginnings that spring can bring. Regardless of which track you follow there is no denying that time moves forward and there are opportunities for changes, no matter how big or how small. The Harwich Community Center, which just celebrated its 22nd birthday, is not unique when it comes to changes. A review of the greater than two decades gone by reflects expansion, diversion, evolution and cohesion of this very special building. There have been variations to the hundreds of groups and thousands of people who have utilized the building over time. However, the one thing that has remained steadfastly untouched is the priority of serving the very community that the building represents and is proud to serve. The value that each organization and every individual within that group adds is immeasurable. Together, we weave a varied and beautiful fabric.

Moving forward as a group is an ongoing task that is taken very seriously. Ideas and thoughts of how to progress from the people who utilize the space is a vital component. Clearly, not all ideas can be implemented, however, discussion and open dialogue can be the very spring board to a fresh start. In closing, two sessions will be held, called "Share Your Ideas, We are Listening." During these gatherings people are invited to openly share their thoughts and suggestions concerning the room usage fee structure that will be developed for the upcoming fiscal year. Please understand, the sole purpose of these meetings is to hear you and collect your ideas. The thoughts shared at these meetings will be recorded and utilized by the Harwich Community Center Facilities Committee as they work to carve out a new room use fee structure.



Daylight Savings Time

Spring forward on March 13th!

Daylight savings time begins at 2AM on Sunday, March 13th, so be sure to set your clocks forward one hour, before you go to bed Saturday night.



Share Your Ideas – We Are Listening!

Join us for an open dialogue session regarding the Center's **Room Use Fees** and possible future changes to it. We invite everyone to come and share their thoughts and suggestions regarding the building's fee structure. Two sessions will be held to accommodate all working schedules:

March 14th, starting @ 6PM

March 15th, starting @ 11AM

Current Room Rates:

ACTIVITY ROOMS

- Single use (**Non-Profit & Public** Groups): \$40.00
- Single use (**For-Profit & Private** Groups): \$80.00
- Yearly Fee (**Non-Profit & Public** Groups): \$165.00 – Limit 104 uses
- Yearly Fee (**For-Profit & Private** Groups): \$330.00 – Limit 104 uses

MULTI-PURPOSE ROOM

- Single use (**Non-Profit & Public** Groups): \$60.00
- Single use (**For-Profit & Private** Groups): \$120.00
- Yearly Fee (**Non-Profit & Public** Groups): \$275.00 – Limit 104 uses
- Yearly Fee (**For-Profit & Private** Groups): \$550.00 – Limit 104 uses

GYMNASIUM

- Single use (**Non-Profit & Public** Groups): \$125.00
- Single use (**For-Profit & Private** Groups): \$250.00
- Yearly Fee (**Non-Profit & Public** Groups): \$450.00 – Limit 104 uses
- Yearly (**For-Profit & Private** Groups): \$900.00 – Limit 104 uses

Celebrating Women's History Month!

"I raise up my voice—not so I can shout but so that those without a voice can be heard... We cannot succeed when half of us are held back."

~ Malala Yousafzai

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: Garden Club of Harwich



Founded in 1932 by 25 women who loved to Garden and paid 25 cents to join, the Garden Club of Harwich (GCOH) truly encapsulates the history of a large part of Harwich in the 20th century! The objectives remain the same as those early days 90 years ago: To stimulate interest in gardening and horticulture, and to beautify Harwich through education and conservation.

Throughout Harwich, the Club works together to plant and maintain 18 public gardens, and over 50 streetscape planters. Over 100 holiday wreaths and monthly floral arrangements are made for Brooks Library, Meals on Wheels, and in our nursing homes. The GCOH also proudly supports Harwich youth by offering a yearly \$1,500 scholarship to a local college student.

They are considered a “working” club and value making a difference in creating positive, vibrant additions to the community. Anyone who has an interest in gardening is welcome to join.

For more information, please visit www.gardenclubofharwich.org or check out their facebook page called Garden Club of Harwich.

Fitness Room Updates

Fitness Room Member Spotlight!

Penelope Chatterton

The twists and turns of family and career have carried Penelope Chatterton through Connecticut, New York and Western Massachusetts, with her final landing destination in our very own Harwich!

A woman of many talents, Penelope is a professional ballerina, and continues her love of dance and teaching with the Latham

Players, a local Adult Services Drama Club. Penelope is passionate about metaphysics, and is the producer and director of “Awake in the Dream”, and also a teacher of the Infinite Way.

A new member to the Harwich Community Center Fitness Room, Penelope is committed to leg strengthening exercises in preparation for upcoming knee replacement surgery in June. When asked what keeps her motivated, Penelope states, “I appreciate seniors working out. It’s a good thing for the spirit. They are saying I still got it! It’s a sign of life, and a sign to keep going!”

A great inspiration that will serve one well throughout life!



~ Balance ~

Having proper balance is important for many activities and everyday functions such as walking and going up and down stairs.

Exercises for balance may improve quality of life and prevent falls. Balance training is important at all ages and especially important for senior citizens. Stop by our weight room and chat with our Personal Trainer, Jill Brown, if you have any balance concerns!

**Jill Brown is available every
Monday & Thursday from
9:15AM-11:15AM.**



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.

Event Calendar & Schedule

Other Events

- **Sight Loss:** March 1st, 10:15AM-12:15PM
- **COA Memoir Writing:** March 1st & 8th, 1:30PM-2:30PM
- **Foot Care Clinic:** March 2nd, 16th & 29th, 9AM-2:30PM
- **Machine Embroidery:** March 3rd, 11AM-3PM
- **COA Brown Bag Program:** March 4th, 8AM-12PM
- **Harwich Democrats:** March 5th, 10AM-11:30AM
- **KD Quilters:** March 7th & 21st, 9AM-2PM
- **Friends of COA:** March 9th, 10AM-11:30AM
- **Cranberry Rug Hookers:** March 19th, 10AM-1PM
- **Big Screen Movie Day:** March 18th, 1PM-3PM
- **COA Brain Longevity:** March 4th & 11th, 1:30PM-3:30PM
- **Mobile Dental Clinic:** March 25th, 9AM-3:30PM
- **Women's Book Club:** March 28th, 2PM-3PM
- **COA Benefits & Finance:** March 31st, 1:30PM-2:30PM

March 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	Wednesday
Walking Club: 6AM-8AM	Walking Club: 6AM-8AM	Walking Club: 6AM-8AM
Table Tennis: 8:30AM-10:30AM	Winter Walking: 10AM-10:45AM	Senior Fit: 9:15AM-10:15AM**
Winter Walking: 11AM-11:45AM	Senior Volleyball: 11AM-1PM	Winter Walking: 11AM-11:45AM
Men's 55+ Basketball: 12PM-2:30PM	Open Gym: 1PM-2:30PM	Men's 55+ Basketball: 12PM-2:30PM
After School Rec Youth: Starts @ 2:30PM	After School Rec Youth: Starts @ 2:30PM	After School Rec Youth: Starts @ 2:30PM
	Rec Youth Basketball: 5PM-7PM	Rec Youth Basketball: 5PM-7PM

Thursday
Walking Club: 6AM-8AM
Table Tennis: 8:30AM-10:30AM
Winter Walking: 11AM-11:45AM
Open Gym: 12PM-2:30PM
After School Rec Youth: Starts @ 2:30PM
Rec Youth Basketball: 5PM-7PM
Adult Volleyball: 7PM-8:45PM

Friday
Walking Club: 6AM-8AM
Senior Fit: 9:15AM-10:15AM**
Senior Volleyball: 11AM-1PM
Men's 55+ Basketball: 1PM-3PM
After School Rec Youth: @ 2:30PM

Monday

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
Winter Walking	11AM – 11:45AM
Tai Chi	11:30AM – 12:30PM
Quilt Bank	10AM – 2PM
Men's 55+ Basketball	12PM – 3PM
COA Philosophy & Film	1PM – 4PM

Tuesday

Walking Club	6AM – 8AM
Zumba	7:30AM-8:30AM
Yogi Nomad	9AM – 10AM
Mah Jongg	9:30AM – 12:30PM
Winter Walking	10AM – 10:45AM
Balance Boosters	10:30AM – 11:15AM
Senior Volleyball	11AM – 1PM
Homeless Prevention Council	1PM – 3PM
Mah Jongg	1PM – 4PM
Open Gym	1PM – 2:30PM
Town Band Practice	6:30PM – 8:30PM

Wednesday

Walking Club	6AM – 8AM
Senior Fit	9:15AM – 10:15AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Jills' Exercise Class	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12PM
Wednesday Stitches	10AM – 2PM
Winter Walking	11AM – 11:45AM
Men's 55+ Basketball	12PM – 3PM
Cranberry Mah Jongg	1PM – 4PM
Qi-Gong Class	1:30PM – 2:30PM
Community Orchestra	6PM – 8:40PM
NA	7:30PM – 9PM

Thursday

Walking Club	6AM – 8AM
CC Business Referrals	7:15AM – 8:30AM
Table Tennis	8:30AM – 10:30AM
Yogi Nomad	9AM – 10AM
Winter Walking	11AM – 11:45AM
Tai Chi	11:30AM – 12:30PM
Open Gym	12PM – 2:30PM
Balance Boosters	12:15PM – 1PM
Open Painting Session	1PM – 3:30PM
Zumba	5:30PM – 6:30PM
Adult Volleyball	7PM – 8:45PM

Friday

Senior Fit	9:15AM – 10:15AM
Jill's Exercise Class	9:30AM – 10:30AM
Senior Volleyball	11AM – 1PM
Men's 55+ Basketball	1PM – 3PM
Backyard Horticulture Mtg	1:30PM-5:30PM
AI-Anon	5:30PM-6:30PM

Saturday

Open Gym	12PM – 3:30PM
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****Senior Fit schedule is subject to change or cancellation based on current mask mandates**

Volunteer of the Month

Jane Staab

The Harwich Community Center would like to express our sincere appreciation to Jane Staab, one of our dedicated volunteers who has recently stepped up to the plate to become the editor of the HCC Monthly Newsletter!

Jane, the co-founder of the Wheelock Family Theatre and the Harwich Winter Theatre, has also been associated with the Harwich Junior Theatre since 1960. She continues teaching, directing and acting at the theatre and believes that “live theatre transforms lives”. Her philosophy has inspired her work with young people and adults for over 50 years! Thank you Jane for lending a helping hand to the Harwich Community Center!



VOLUNTEER OPPORTUNITIES

Many years ago, Aristotle wrote; “What is the essence of life? To serve others and do good”. Those words still ring true today, and what better way to lend support than to volunteer at our very own Community Center! We are seeking volunteers for our many fun projects that happen 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. Keep in mind that we have plenty of Easter activities coming soon that could use helping hands. **To find out about our current volunteer opportunities, please call us at 508-430-7568 today!**

Harwich Community Center Facilities Committee Member

Brian Power

Brian Power has been serving on the Community Center Facilities Committee since its early years. He moved to Harwich 25 years ago, and was married to his husband, Lee Culver, in 1999. Town clerk, Anita Doucette, married Lee and Brian on Red River Beach in 1999 and again in 2004 when marriage for them became legal. Their family grew with Lee’s sons, Steven and Shawn, and three granddaughters, Fallon, Alexis, and Kelsie. They were very involved in the Community Center from conception to build. As a traveling consultant, Brian worked around the world in Brazil, China, Thailand, Germany, Canada, Netherlands, Switzerland, France, and around the US. His favorite work location to date is Sierre, Switzerland. Lee retired from the Harwich Police Department and continued to serve on many Boards and Committees prior to his passing in January 2020.

Every October, Brian can usually be found carving pumpkins, handing out candy, or judging the costume contest for the Harwich Community Center Halloween Party. It’s his favorite community event each year, along with the Mitten Tree.

Brian continues to work as a consultant on SAP migrations and divestitures for clients around the world, currently Montreal. His client travel has turned into remote consulting since the pandemic started. He hopes to retire “one of these days.” Until then, Brian echoes his fellow committee member, Van Khachadorian, in saying he looks forward to continuing “working with, and supporting the outstanding efforts of Carolyn Carey, Facilities Director, and her dedicated staff as they continue to serve the citizens of Harwich.”

~ “I’ve never met someone who can think ‘outside the box’ as much as Carolyn.”

Town Clerk Anita Doucette Has Retired

After 31 years of working for Harwich, and 30 years as the Harwich Town Clerk, Anita Doucette retired in February, and worked her last day for the Town and all of its residents on February 25th, 2022. Along with serving the residents of Harwich in the many tasks a town clerk is responsible for, Anita also ran every *Voting Day* election held in the Community Center’s gymnasium, and assisted in organizing the annual Town Meeting.

We thank her for all her years of service to the Town, and we wish her well on all her future endeavors!

We hope everyone had a blast at last month's big Duck Toss Event!

Thank you to all who stopped by to celebrate the Community Center's twenty-second birthday with us. We had a lot of fun hosting this event, and were thrilled by the big turnout. Below are some pictures of the festivities:



A special "thank you" goes out to the generosity of these wonderful local businesses!

- Alecsies House of Pizza
- Brother's Pizza
- Cape Cod Chronicle
- Cape Roots Market & Café
- Dennis Port House of Pizza
- Ducks In the Window
- Cape Cod Theater Company
- Harwich Recreation Department
- Hot Stove Saloon
- Jake Rooney's Pizza
- Pizza Shark
- Seal Pub
- Spinners Pizza & Burritos
- True Value

We appreciate their overwhelming support!



In celebration of St. Patrick's Day, we have **FREE** coloring pages available at the front desk. Stop by and help yourself!

Keep an eye out for these upcoming activities!

DIY *Take-home kits*
EGG
Hunt

The Harwich Community Center will be handing out at the front desk Do-it-Yourself Egg Hunt Kits, so that you can set up your very own egg hunt at home.

Available Pick-Up Times:
April 11th – April 13th
9AM-3PM

Call the Community Center at **508-430-7568** by April 6th to schedule a pick-up time for your kit. Let us know how many kids you have, and we will supply the filled eggs.

Guess-and-Win

Jelly Bean Contest

Guess how many jellybeans are in the jar. The closest guess that doesn't go over wins a prize! Two prizes will be given out—one for adults, and one for children.

Stop by the front desk to submit your guess.



Easter

Coloring
Pages will be available at the front desk in April.



The Harwich Community Center first opened its doors on February 5th, 2000, and since then has transformed into an important part of the community. In addition to being a location for many community groups to meet up and grow, it is also a collaborative effort among the Council on Aging, the Harwich Recreation Department, and Channel 18, serving residents both young and old.

Thanks to the use of the Center's gymnasium, as well as the back fields and the building's activity rooms, the Recreation Department hosts not only the different sporting programs such as Adult Tennis, Volleyball, and Men's 55+ Basketball—it also runs the After School Youth Rec Program as well as the Summer Camp Program, giving the community's children a place to go throughout the year. In addition to that, the Community Center serves as the central meeting point for all of Harwich's life guards during the summer time.

On the opposite end of the building, the Council on Aging runs countless numbers of important programs for Harwich's senior population. Making use of the building's kitchen and multi-purpose room. The COA runs its weekday senior lunch program, which serves as a place for seniors to come and eat, and also socialize for an hour. Using the building's activities rooms as well as back offices, the COA holds exercise programs, gaming groups, educational seminars, and a number of health-related services, such as its monthly dental clinic, wellness clinics, foot care programs, and medical equipment rentals.

Channel 18, the public access channel, runs the majority of its operations out of the Community Center. Making use of the building's private studio space, Channel 18 films interviews with special guests and Department Heads, as well as recording the monthly Facilities Committee meeting and the Annual Town Meeting that is held in the Center's gymnasium—all of which is posted online and airs on TV for the general public to view.

The building is more than its meeting rooms—in working under than same roof, these departments are better able to communicate and organize with one another. The success of these programs wouldn't be possible without the Harwich Community Center.



We hope we won't have to close again!
Just in case though, 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

You can also sign up for Emergency Alerts and Routine Notifications here:

harwich-ma.gov/home/pages/notifications



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