

Harwich Community Center News

Phone: 508-430-7568



May 2023



Director's Update

Hello everyone!

Happy May! As I start to write this month's letter, I am reminded of a quote that seems so appropriate; "Life is what happens to you while you are busy making other plans."

In so many situations, we are forced to demonstrate resilience. Resilience is defined as an individual's ability to successfully adapt to life's tasks in the face of social disadvantage or highly adverse conditions, or the ability to recover from or adjust to misfortune or change. In a sense, it's about our ability and willingness to shift to Plan B.

Whether we realize it or not, we are constantly engaged in a process of planning in our lives. We plan how we are going to spend our day, what groups or organizations we might join, what to have for lunch, or when to run errands. Conditions change, circumstances change, needs change, abilities change, and sometimes those changes force us to go to Plan B.

The Community Center is changing and growing. We have moved to our Plan B on room rentals (please see proposed changes in this newsletter), and Weight Room Hours (now closing 15 minutes early on Monday evenings at 5:45PM and Saturday afternoons at 3:45PM to allow for cleaning).

We do the best we can with the information we have available to us at the time, but sometimes the best laid plans... The important thing is to have a plan in place to begin, so that you have some idea of where you're going. One of my roles is to assist clubs and organizations in undertaking this type of planning for programs and room use, and to help explore options.

I encourage anyone who has questions to stop by or contact me to discuss this in greater detail. I PLAN to be in the office Monday – Friday, 8:30AM-4PM!

Don't forget about the Town Meeting. Hope you plan to come, May 1st at 7PM.

~ Carolyn Carey

The building will be closed on the following date due to the holiday!
Memorial Day – May 29, 2023



Annual Town Meeting

Harwich will be hosting its Annual Town Meeting on:
May 1st & 2nd – The May 1st meeting starts at 7PM
(Registration for Town Meeting begins at 5PM in the Multipurpose Room)

Jump Into Summer!

Starting May 1st

Drop by the front desk to pick up your jump rope and tally sheet. Spend time each day "jumping into summer" and record your activity.

It's a great way to get fit and have fun all at the same time.

Turn in your sheet on May 24th, 25th or 26th to receive a prize!



Grab a Tea with Me!

May 5th, starting @ 11AM

Join us for a FREE cup of tea (or coffee) to discuss any ideas or concerns you might have about the Community Center.

All are welcome!

Beach Blanket Bingo!

Join us May 16th

6PM-8PM

Pizza will be provided!



- B**e a good listener
- I**nspect your game cards carefully
- N**ot everyone will win
- G**obble some pizza (on us!)
- O**nly the lucky will win

Must be at least 16 years old to attend.

Registration required!

Call to sign up

508-430-7568



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 Class	9:30AM – 10:30AM
Cranberry Rug Hookers	9:30AM – 1:00PM
Quilt Bank	9:00AM – 2:00PM
Indoor Walking Club	10:30AM – 11:45AM
COA Scabble	10:30AM – 11:30AM
Men's 55+ Basketball	12:00PM – 2:00PM
Jill's Exercise Class	11:30AM – 12:30PM
Ukulele Class: Strumming	1:00PM – 2:00PM
Ukulele Class: Beginners	2:00PM – 3:00PM
COA – Open Play	2:00PM – 3:00PM
After School Youth Rec	2:30PM – 5:00PM
Newcomers Cornhole Toss	3:00PM-5:00PM
Girl Scouts Meeting	4:00PM – 6:00PM
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
Coffee Connections	9:00AM – 10:00AM
Mah Jongg	9:30AM – 12:30PM
COA SHINE	9:30AM – 12:30PM
Intermediate Tai Chi	10:00AM – 11:00AM
Indoor Walking Group	10:00AM – 10:45AM
COA – Canasta	10:30AM – 11:30AM
Beginner Tai Chi	11:15AM – 12:15PM
Senior Volleyball	11:00AM – 1:00PM
Homeless Prevention Council	1:00PM – 3:00PM
Mah Jongg	1:00PM – 4:00PM
COA – Open Play	2:00PM – 3:00PM
After School Youth Rec	2:30PM – 5:00PM
Rec Youth Basketball	5:00PM – 7:30PM
Town Band	6:30PM – 8:00PM

Wednesday

Walking Club	6:00AM – 8:00AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12:00PM
Wednesday Stitchers	10:00AM – 2:30PM
Newcomers Ping Pong	10:00AM – 11:00AM
QiGong	10:00AM – 11:00AM
COA – Open Play	10:30AM – 11:30AM
Indoor Walking Group	11:00AM – 11:45AM
Men's 55+ Basketball	12:00PM – 2:00PM
COA Sign Language	1:00PM – 2:00PM
Cranberry Mah Jongg	1:00PM – 4:00PM
COA Fit & Strong	1:30PM – 3:00PM
COA – Rummikub	2:00PM – 3:00PM
After School Youth Rec	2:30PM – 5:00PM
Rec Youth Basketball	5:00PM – 7:30PM
NA	7:30PM – 9:00PM

Council on Aging Activities

- **COA Friendly Visitors:** May 3rd, 8:30AM-10:30AM
- **Chair Yoga:** May 10th & 24th, 11AM-12PM
- **Assisted Living Talk:** May 11th, 10AM-11AM
- **Men's Breakfast:** May 12th, 9:15AM-10:30AM
- **Men's Book Club:** May 12th, 11AM-12PM
- **Tick Talk:** May 15th, 1PM-2PM
- **Estate Planning:** May 16th, 1PM-2PM
- **Horticulture Happy Hour:** May 18th, 10AM-11AM
- **Mobile Dental Clinic:** May 19th, 9AM-3PM
- **Singing Group:** May 25th, 2PM-3PM
- **Women's Breakfast:** May 26th, 9:15AM-10:30AM

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 – 11:45AM
Open Gym	12:00PM – 2:00PM
Harwich Artists Open Painting	1:00PM-3:30PM
Bayberry Quilters	1:00PM – 4:00PM
COA – Bridge	1:00PM – 4:00PM
After School Youth Rec	2:30PM – 5:00PM
Rec Youth Basketball	5:00PM – 6:30PM
Zumba	5:30PM – 6:30PM
Adult Volleyball	6:30PM – 8:45PM
Sound Dunes Swing Band	6:30PM – 8:30PM

Friday

Walking Club	6:00AM – 8:00AM
Rec Sit/Fit Class	9:30AM – 10:30AM
Intermediate Tai Chi	10:00AM – 11:00AM
COA – Open Play	10:30AM – 11:30AM
Senior Volleyball	11:00AM – 1:00PM
COA – Cribbage	1:00PM – 2:30PM
Men's 55+ Basketball	1:00PM – 3:00PM
COA Fit & Strong	1:30PM – 3:30PM
After School Youth Rec	2:30PM – 5:00PM
Al-Anon	5:30PM-6:30PM

Saturday

Lumi Yoga & Wellness	9:00AM – 10:00AM
Open Gym	12:00PM – 3:45PM

Other Events

- **Town Meeting:** May 1st – 3rd, starting at 7PM
- **Sight Loss:** May 2nd, 9:30AM-12:30PM
- **Harwich Garden Club Meeting:** May 2nd, 1PM-3:30PM
- **COA Balance Boosters:** May 2nd, 4th, 9th & 11th, 10:30AM-11:15AM
- **Insight Meditation:** May 2nd, 7PM-9PM
- **Newcomers Game Night:** May 4th, 6:30PM-8:45PM
- **Grab a Tea with Me:** May 5th, at 11AM
- **COA Brown Bag Program:** May 5th, 8AM-12PM
- **Harwich Democrats:** May 6th, 10AM-11:30AM
- **KD Quilters:** May 8th & 22nd, 9:30AM-1PM
- **Newcomers Monthly Meeting:** May 8th, 9AM-11AM
- **WILPF:** May 9th, 5:30PM-7:45PM
- **Sharing Kindness:** May 9th & 23rd, 5:30PM-7:30PM
- **Friends of COA:** May 10th, 10AM-11:30AM
- **Cape Community Orchestra:** May 10th, 6PM-9PM
- **Women's Club Meeting:** May 11th, 1:30PM-3:30PM
- **Front Porch Rug Braiding:** May 13th, 10AM-3PM
- **Town Election:** May 16th, Polls open 7AM-8PM
- **Beach Blanket Bingo:** May 16th, 6PM-8PM
- **Hydrangea Society Meeting:** May 17th, 6PM-8PM
- **Jill's Senior Fit:** May 17th, 19th, 24th, 26th & 31st, 9:15AM-10:15AM
- **Harwich Republicans:** May 18th, 5PM-6PM
- **Big Screen Movie Day:** May 19th, 1PM-3PM
- **Cranberry Rug Hookers:** May 20th, 9:15AM-1:15PM
- **Artists Monthly Meeting:** May 20th, 2PM-4PM
- **Women's Book Club:** May 22nd, 2PM-3:30PM
- **Cranberry Festival Committee Meeting:** May 24th, 6:30PM-9PM
- **WE CAN Pathmakers:** May 30th, 5PM-6PM

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

Due to the Town Meeting and Town Election, some of our scheduled events will not be taking place on those days.

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-11PM.*

Open Gym Schedule

Tuesdays

1:00PM-2:30PM

Thursdays

12:00PM-2:30PM

Saturdays

9:00AM-11:00AM
(Family/Children*)

12:00PM-3:45PM (All ages)

**Children must be accompanied by an adult*

Facility Committee Meeting

May 5th at 10AM

This meeting is always open to the general public! We now meet on the first Friday of the month.





Harwich Town Election

May 16th

in the Community Center gymnasium

Polls are open 7AM-8PM



We had 1,649 jelly beans in this year's "Guess & Win" Jelly Bean Jar! Congratulations to our two winners, Tom Stello and Felix Lapuc!



Harwich Apparel for Sale!

We have long-sleeve shirts available for just \$20! We also have crew, hooded, and full-zip sweatshirts available for \$30 (color and sizes are based on availability), and grey quarter snaps are \$40.

Stop by today to see what we have in stock!



Updates to Non-Profit Room Use Fees for FY 23-24

Community Center Director, Carolyn Carey, and the Community Center Facility Committee have sought and received input on increases in room use fees for non-profit groups for FY 23-34 since January 2023. Input was received from members and organizers of non-profit groups and events, as well as from many Center patrons. The **proposed** changes are defined in the table below and provide the starting point for discussion and feedback from affected and interested parties.

Room	Current Fee	Proposed Fee	Percent Increase
Activity Rooms			
Single Use	\$40	\$45	12.5%
(*104 Uses) Yearly	\$165	\$190	15.1%
Multipurpose Room			
Single Use	\$60	\$80	33.3%
(*104 Uses) Yearly	\$275	\$300	9.09%
Gymnasium			
Single Use	\$125	\$150	20%
(*104 Uses) Yearly	\$450	\$500	11.1%
<i>Average Percent Increase:</i>			16.85%

* A 'Use' is defined as occupancy of space by an organization for a time period of up to **3 Hours**, including group's required set up and breakdown time.

Additional Use Units are counted as time that exceeds original **3 Hours**. Additional units will be counted in "whole" numbers; rounding up to the nearest whole full 3 hours of usage.

Other Proposed Changes

1. **For-Profit Group Fees:** For Fiscal Year 23-24, the proposed fee for for-profit groups is \$100 per single use of an Activity Room, \$160 per single use of the Multi-Purpose Room, and \$300 per single use of the Gymnasium. We also propose to eliminate the yearly fee option for for-profit groups, changing it to a single-use basis only.
2. **Booking Fees:** Defined as an amount due at time of application that would not be returned if a group cancels, but would be deducted from the room rental fee total when the group shows up as requested (see above).
3. **No-Show Fee:** An amount invoiced to a club or organization if they **do not** show up for a scheduled event and **do not** call to cancel the event. \$50 for each No-Call/No-Show event.

For more in-depth information about these policy changes, please see the front desk for a print-out. A public hearing is scheduled on May 15th at the Board of Selectmen's meeting.



Center Stage: Sharing Kindness

Sharing Kindness is a local, non-profit group that offers education and peer support for children, teens and families, who are grieving the loss of a loved one or seek guidance with mental health education and suicide prevention on Cape Cod.

Led by Kim Mead-Walters, MD., the purpose of Sharing Kindness is to inspire *courageous conversation*, and to provide education and programs that will support the needs of both individuals and families.

Sharing Kindness meets at the Community Center every other Tuesday from 5:30pm to 7:30pm.

For more information, please visit kim@sharingkindness.org.

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 more about current volunteer opportunities, please call us at 508-430-7568.

Fitness Room Updates

Weight Room Hours are changing!

Beginning May 1st, our new fitness room hours will be:

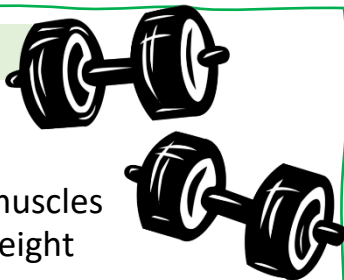
Monday, 6:00AM-5:45PM

Tuesday – Friday, 6:00AM-8:00PM

Saturday, 8:00AM-3:45PM

Strength Training

- Benefits your heart
- Improves balance
- Strengthens bones and muscles
- Helps lose or maintain weight



Our Weight Room has state-of-the-art equipment and our Personal Trainer, Jill Brown, can help you get started!

Jill is available on Monday & Thursday, 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.

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.

Fitness Room Member Spotlight!

Brent Hemeon



Brent Hemeon has been a Harwich resident since 1947, and according to Brent, it was at a time when our 'little town' had only 2000 residents, one post office, and cranberry bogs everywhere!

Brent is a true Renaissance man, whose varied interests and acquired practical skills have led to many great accomplishments in his life. A farmer, a builder of furniture, a lab retriever breeder and a wine producer are a few of the passions that Brent tirelessly pursues. Brent, married to Peggy for 55 Years, owns Hemeon Farms, which is located off Bank Street. They specialize in a variety of fruits and vegetables, but he is especially known for his green beans and Eastham turnips, which he cultivated from seeds of the original producer.

Brent has been a member of the Fitness Room for about 20 years. His workout routine includes the use of the recumbent bike, rowing machine and the circuit training 3 times/week. He enjoys starting his day off with exercise and the friendly banter of the members!

Thank you, Brent, for being a loyal member of our fitness room!



Cape Community Orchestra Concerts



The Cape Community Orchestra will present two performances of "American Masters," a concert featuring works by Aaron Copland, Leonard Bernstein, and Barbara Harbach. The music celebrates America, from the heartland to the west side of New York City.

Concerts are Friday, May 12th, 7:30PM at Monomoy Regional High School (auditorium, 75 Oak Street, Harwich), and Sunday, May 14th, 3:30PM at Yarmouth Senior Center (528 Forest RD, W. Yarmouth). Admission is free and donations are welcome.



Get to Know the Roses



Memorial Day

Hybrid tea from rose breeder Tom Carruth

Frilly and fragrant (Heaven Scent is its New Zealand name), this pink tea rose is always in bloom. Although better than most tea roses in an organic garden, it does have some blackspot issues which are not, however, harmful enough to limit blooming ability. There are around 5 of these roses spread around our garden and some are in the same area as First Prize and Teasing Georgia. South East corner of the garden is an enjoyable place to stop and smell the roses.



Town of Harwich – Hall of Fame Isobel (Izzy) Thompson Inducted May 2007

Isobel (Izzy) Thompson, a Harwich resident, is a selfless and tireless volunteer. In fact, she has been aiding people all her life. After earning a degree in nursing, she moved to Cape Cod from New Jersey. Here she worked in the intensive care unit at Cape Cod Hospital until she had her first child. Since that time, she has spent most of her time doing private duty nursing in people's homes. In addition, she spent five years working for Hospice and Palliative Care of Cape Cod.



Izzy Thompson was recently elected to the Cape Cod Council of Churches where she coordinates with other Cape Cod churches involved in the Overnights of Hospitality program. This program offers shelter to the homeless overnight at the church. She organizes the regular donations from local businesses so that those staying at the church will have something to eat. Working with the homeless through this program led to her most recent endeavor. She began going to the Salvation Army and saw that there was a big need for clothing and toiletry items. Ms. Thompson contacted friends and acquaintances for the needed items, and now gathers them herself. She loads up her van and delivers them to the Salvation Army herself. The homeless that come in for lunch are able to browse her tables for items they need. In addition to her volunteer work at the churches, Izzy helps out at the Pilot House, another program for the homeless, and Safe Harbor, a shelter for battered women. She is a true inspiration to us all.

To learn more about other important Harwich residents of the past, visit the
Harwich Community 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 gymnasium.

To nominate someone for the Hall of Fame, you must:

1. Complete a Hall of Fame Nomination Form (available at Town Hall) and return it to the Selectmen's Office
2. Provide a 5X7 photo of the individual
3. Include a written summary of who the person is and why they should be included in the hall of fame

Once a completed packet is received, it must go before the Board of Selectmen for approval.

Reflections – A look back at last month...



April 1st – 20th – It was our 23rd year for the **Guess How Many Jelly Beans** contest! Two prizes were handed out – one for adults and one for children. There were 1,649 jelly beans total!



April 4th-April 6th – The Community Center handed out complimentary **Do-it-Yourself Egg Hunt Kits** so that families could have their very own personal egg hunt at home. A total of **263 bags** were handed out to children.



April 5th & April 18th – Led by Carolyn Carey, room rates and booking procedures were discussed at the **Grab a Tea with Me Make-Up Meeting** on April 5th, and on April 18th an open invitation was also extended to discuss any ideas, concerns, to get information or just say “Hi”.



April 7th – There were lots of excited children and their parents at the Harwich Community Center’s very own **Bunny Photo Op!**



The **Game Room** is being put to good use!





April 12th – First warm day of 2023, and the rose garden clean up is well underway!



April 15th – Hand Bell ringers from across the Cape and as far away as New Jersey gathered to ring together as part of the **8th Cape Cod Spring Ring Concert!**



April 18th – It was a magical day filled with laughter & fun for the kids and adults who joined **Crazy Davy** for a free magic and illusion show.



April 18th – Members of the **Harwich Garden Club** created beautiful table arrangements for the **Meals on Wheels Program**.



April 29th – The Community Center was the meeting place for friends, family, co-workers and neighbors to sign in and start the spring cleanup across Harwich for the **8th Annual Tour de Trash**.





“When you learn something from people, or from a culture, you accept it as a gift, and it is your lifelong commitment to preserve it and build on it.”
~ Yo-Yo Ma

FREE Coloring Pages are available in the front lobby!



Harwich Cranberry Festival Updates – A summer of music enjoyment!

Cranfest on the Courtyard returns this summer on Thursday evenings, July 6th through August 24th, with a grand season finale show on Friday, September 1st. Located at ‘The 204’ (formerly Harwich Cultural Center) 204 Sisson Road in Historic Harwich Center. Gates will open 5:45PM with music beginning at 6:30PM. Bring a chair or blanket and select your spot for some great entertainment. You can add to your evening by bringing a picnic or take-out dinner while listening. Beer and wine will be available for purchase. These shows are rain or shine and will move indoors to the Auditorium if Mother Nature has inclement plans.

This summer’s schedule proves to be exciting, presenting a variety of artists with the following line-up on Thursday evenings:

- July 6th – Kate Campbell
- July 13th – Alice Howe and Freebo
- July 20th – Diana Jones
- July 27th – Crystal Shawanda
- Aug 3rd – Joe Jencks
- Aug 10th – Lucy Kaplansky
- Aug 17th – The Barefoot Movement
- Aug 24th – Reverie Road

And the Grand Season Finale: Friday, September 1st with John Gorka

Tickets are on sale now. To purchase tickets and/or to learn more about the artists and shows, please visit our website at: www.harwichcranberryartsandmusicfestival.org

Or our Facebook festival business page: www.facebook.com/HarwichCranFest
Mark your calendars as we gear up for a great festival season!

Would you like to volunteer? We would love to have you! One event, some events, or all, everyone is welcome to assist. Please contact us through the website.

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



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