



Harwich Community Center Events – May

100 Oak Street

(508) 430-7568

www.harwich-ma.gov/community-center



Monday – Building Closes at 6PM

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
COA Grab & Go Meals	11:30AM – 12:30PM
Jill’s Exercise	11:30AM – 12:30PM
Beginner Line Dancing	2:00PM – 3:00PM
Novice Line Dancing	3:00PM – 4:00PM
Wellness Clinic	4:00PM – 5:00PM
Zumba	5:00PM – 6:00PM

Thursday

Walking Club	6:00AM – 8:00AM
CC Business Referrals	7:00AM – 8:30AM
Zumba	7:30AM – 8:30AM
COA Tech Support	9:00AM – 10:00AM
Lumi Yoga & Wellness	9:00AM – 10:15AM
COA Chess	9:30AM – 11:30AM
COA-Stay Active	9:30AM – 10:30AM
Rec 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

Tuesday

Walking Club	6:00AM – 8:00AM
Lumi Yoga & Wellness	9:00AM – 10:15AM
Mah Jongg	9:30AM – 12:30PM
COA - Beginner Tai Chi	10:00AM – 11:00AM
Rec Indoor Walking Club	10:00AM – 11:00AM
COA - Tai Chi	11:00AM – 12:30PM
Senior Volleyball	11:00AM – 1:00PM
Homeless Prevention Council	12:30PM-3:30PM
Mah Jongg	1:00PM – 4:00PM
Beginner African Drum Class	4:00PM – 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
COA – Tai Chi	11:00AM – 12:30PM
COA – Cribbage	1:00PM – 2:30PM
Rec Men’s 55+ Basketball	1:00PM – 3:00PM
Al-Anon	5:30PM – 6:30PM

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 Stitches	10:00AM – 2:30PM
Qi Gong	10:00AM – 11:00AM
Rec Indoor Walking Group	11:00AM–12:00PM
Rec Men’s 55+ Basketball	12:00PM – 2:00PM
COA Sign Language	1:00PM – 2:00PM
Cranberry Mah Jongg	1:00PM – 4:00PM
Mexican Train Dominos	1:00PM – 2:30PM
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

Building Hours of Operation

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

****Closed on Sundays & major holidays****

- Closed on May 27th for Memorial Day

Other Events

- **Newcomers Game Night:** May 1st & 15th, 6:30PM-8:45PM
- **Harwich Democrats:** May 4th, 10AM-11:30AM
- **KD Quilters:** May 6th & 20th, 9:30AM-1PM
- **Sight Loss Services:** May 7th, 10:30AM-12PM
- **Friends of COA:** May 8th, 9:45AM-12PM
- **Women’s Club Mtg:** May 9th, 1:30PM-3:30PM
- **Rug Braiding Guild:** May 11th, 10:30AM-3PM
- **Boston Photography:** May 11th, 12PM-3PM
- **Garden Club Meeting:** May 11th, 1PM-4PM
- **Chamber Job Fair:** May 13th, 10AM-2PM
- **Harwich Republicans:** May 16th, 5PM-6:30PM
- **Hydrangea Society:** May 16th, 5PM-8PM
- **Harwich Artists Monthly Mtg:** May 18th, 1:30PM-4PM
- **Cranberry Rug Hookers:** May 18th, 9:30AM-1:30PM
- **Women’s Book Club:** May 20th, 2PM-3:30PM

Council on Aging Activities

- **Balance Boosters:** May 2nd, 7th & 9th, 12:15PM-1PM
- **Exercise Program:** May 2nd, 9:30AM-10:30AM
- **Kentucky Derby Party:** May 3rd, 1:30PM-3PM
- **Brown Bag Program:** May 3rd, 8AM-12PM
- **Horticulture Hour:** May 8th, 10:30AM-11:30AM
- **Men’s Breakfast:** May 10th, 9:30AM-10:30AM
- **Ukulele Group:** May 13th, 1PM-2PM
- **Proxies & Patries:** May 13th, 10AM-11AM
- **Big Screen Movie Day:** May 17th, 1PM-3PM
- **Get Your Go Card:** May 22nd, 10AM-2PM
- **Book Talk-David Bates:** May 22nd, 1PM-2PM
- **Women’s Breakfast:** May 24th, 9:30AM-10:30AM
- **Protect Your Assets:** May 30th, 1PM-2PM
- **Cape Light Compact:** May 30th, 10AM-11AM
- **Craft Workshop:** May 31st, 1PM-3PM

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

Community Center Special Events

- **Book Talk – Yvonne deSousa:** May 1st @ 2PM
- **Family Fun Friday:** May 3rd, 5:30PM-8PM
- **Mother’s Day Craft Workshop:** May 8th @ 5:30PM
- **Teen Job Fair:** May 9th, 4PM-8PM
- **Emergency Preparedness for Pets:** May 10th, 5:30PM
- **Garden Clean-Up:** May 14th, 4:30PM-6:30PM

- **A to Z Literacy Movement:** May 16th, 2:30PM
- **Fairy Door Crafting:** May 17th, 5:30PM
- **Community Shred Day:** May 18th, 9AM-12PM
- **Pet First Aid:** May 23rd, 5:30PM
- **Military Museum Talk:** May 24th, 2:30PM
- **Rocky Mountain National Park:** May 29th, 5:30PM
- **Fairy Party/Movie Night:** May 31st, 4PM-8PM

- **Fairy Door Scavenger Hunt:** May 13th – May 24th
(Fair Doors hidden around town)

Town Meeting: May 6th-8th, Starts @ 7PM
Town Election: May 21st, Polls open 7AM-8PM
 Due to the Town Meeting and Town Election, some of our scheduled events will not be taking place on those days.