

Harwich Community Center News

Phone: 508-430-7568



May 2024



Celebrate May with the fairies! There will be a **Craft Workshop**, **Scavenger Hunt**, and a **Party/Movie Night!**

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

Director's Update

Hello everyone!

Happy May! Believe it or not, we are already five months into 2024—Almost halfway! However, in many ways, it feels like it's just beginning.

May is a month electric with anticipation. We all eagerly await the month to play out, as it means summer, warmer weather, and beach days on the horizon. People are excitedly planning graduations, Town Meetings, summer vacations, and looking forward to much deserved summer and Cape activities.

I recently received a card from someone and it had a quote from Kobe Bryant that read:

"The most important thing is to try and inspire people so that they can be great at whatever they want to do."

This quote seemed truly reflective of how I feel about the Community Center and each and every person that passes through the building. However you interact with the staff, a program, or the building in general, my desire is that you feel supported to achieve what you need.

Wishing you greatness in all that you do!

~ Carolyn Carey
Community Center Director

The building will be closed on the following date due to the holiday!

Memorial Day – May 27, 2024



Annual Town Meeting

Harwich will be hosting its Annual Town Meeting on:
May 6th & 7th – The May 6th meeting starts at 7PM
(Registration for Town Meeting begins at 5PM in the Multipurpose Room)

FREE Community Center Special Events!



Book Talk with Yvonne de Sousa: May 1st, Starting @ 2PM

Join local author, Yvonne de Sousa, for a talk about her two books: *Shelter of the Monument* and *MS Madness!*

Drop-In

"Family Fun Friday" in the Gym: May 3rd

5:30pm-6:30pm: Play games set up around the gym (*Open to all*)
6:30pm-7:30pm: Open Gym time (*For Harwich Residents only*)



Drop-In



Teen Job Fair: May 9th, 4PM-8PM

Teens can meet and connect with local employers to find out about job opportunities. For ages 15–18.
Sponsored in part with Harwich Youth & Family Services.

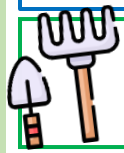
Drop-In



Animal Control Officer Talk Series

Join Harwich Animal Control Officer, Jennifer Harrington, for a series of educational classes. This month's class topics are:
Disaster & Emergency Preparedness for Pets: May 10th, 5:30PM
Pet First Aid Class: May 23rd, 5:30PM

Drop-In Event



Garden Clean-Up: May 14th, 4:30PM-6:30PM

Help the Community Center clean up its gardens just in time for the spring growing season! (*Rain date will be May 15th*)



Drop-In



Talk with Betty Trummel: A to Z Literacy Movement

May 16th, 2:30PM
Hear about Betty's experiences in Lusaka, Zambia, as a volunteer with *A to Z Literacy Movement*.

Drop-In



Free Community Shred Event

May 18th, 9AM-12PM
Get your documents professionally shredded with Stericycle.



Drop-In

Mother's Day Craft
May 8th, starting @ 5:30PM
\$15 per person
Join us for a fun *Liquid Glass Workshop* celebrating Mother's Day, hosted by Hammer & Stain Cape Cod.
Registration Required. To sign up, call 508-430-7568, OR email: reagan.wilda@harwich-ma.gov

Talk with Betty Trummel: Rocky Mountain National Park
May 29th, 5:30PM-7:30PM
Tour this jewel of our national park system!



Cape Cod Military Museum Lecture – May 24th, 2:30PM

This month's topic: "D-Day & Its Ties to Cape Cod"
Stop in for an hour of informative and fantastic storytelling with Military Museum lecturer, Joe Yukna.

Drop-In

Event Calendar & Schedule

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 Class	11:30AM – 12:30PM
COA Beginner Line Dance	2:00PM – 3:00PM
COA Novice Line Dance	3:00PM – 4:00PM
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
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	4:30PM – 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
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

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

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

Saturday

Lumi Yoga & Wellness	9:00AM – 10:00AM
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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

- **Newcomers Game Night:** May 1st & 15th, 6:30PM-8:45PM
- **Book Talk – Yvonne deSousa:** May 1st @ 2PM
- **Family Fun Friday:** May 3rd, 5:30PM-8PM
- **Biennial Rug Show:** March 4th, 10AM-3PM
- **Harwich Democrats:** May 4th, 10AM-11:30AM
- **Town Meeting:** May 6th & 7th, 7PM
- **KD Quilters:** May 6th & 20th, 9:30AM-1PM
- **Sight Loss Services:** May 7th, 10:30AM-12PM
- **Friends of COA:** May 8th, 9:45AM-12PM
- **Mother's Day Craft Workshop:** May 8th, 5:30PM
- **Teen Job Fair:** May 9th, 4PM-8PM
- **Women's Club Mtg:** May 9th, 1:30PM-3:30PM
- **Emergency Preparedness for Pets:** May 10th, 5:30PM
- **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
- **Community Garden Cleanup:** May 14th, 4:30PM-6:30PM
- **Harwich Republicans:** May 16th, 5PM-6:30PM
- **COA Friendly Visitors:** May 16th, 9AM-10AM
- **A to Z Literacy Movement:** May 16th, 2:30PM
- **Hydrangea Society:** May 16th, 5PM-8PM
- **Fairy Door Crafting:** May 17th, 5:30PM
- **Community Shred Event:** May 18th, 9AM-12PM
- **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
- **Town Election:** May 21st, 7AM-8PM
- **Military Museum Talk:** May 24th, 2:30PM
- **Rocky Mountain National Park Talk:** May 29th, 5:30PM
- **Fairy Party Movie Night:** May 31st, 4PM-8PM

May

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

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

Cranberry Rug Hookers – Biennial Rug Show



May 4th, 2024, 10AM-3PM

(In the Community Center Multi-Room)

- View beautiful handmade hooked rugs
- Watch hooking artists at work
- Enjoy light refreshments
- Shop a variety of vendors:
 - Lucille Festa
 - Laura Kenyen
 - Ania Knap

For more information, contact

Joanne Levine at:

774-454-6508

cranberryrughookers@gmail.com



Harwich Town Election

May 21st

*in the Community Center
gymnasium*

Polls are open 7AM-8PM

Guild of Harwich Artists – Art Demonstration Saturday, May 18th, 2PM-4PM

Join the Harwich Artists this month for their annual art critique of members paintings by John Clayton. This free event is open to the public—located in the Community Center’s Multi-Purpose Room.

www.guildofharwichartists.org



Seeking Teacup Donations

The Harwich Community Center has teamed up with Veterans Outreach and are asking for donations of teacups. If you have any teacups (with or without the saucer) you would like to donate, please drop them off at the Community Center during open business hours.



Guess and Win!

May 1st – May 16th

Stop by the Community Center front desk to
submit your guess!

Guess how many candies are in the jar and you could win 2 tickets to Cape Cod Theatre Company/Harwich Junior Theatre’s *“Princess & the Pea.”*

www.capecodtheatrecompany.org



NEW COMPUTER STATIONS! FREE TO USE!

We are excited to share that the public computers are up and running in Community Center lobby. Three computers and a printer are available for public use during open business hours. A huge thank you to Chatham Harwich Woodworks group for building the fabulous desk for the new computers.



Grab your calendars and save these important dates!

- Craft Fairs (Brooks Park): **July 13th - 14th & August 10th - 11th**
- Community Yard Sale (Brooks Park): **August 2nd**
- Festival Weekend & CranJam (Community Center): **September 14th-15th**

CranFest in the Courtyard!

Come and enjoy music every Thursday evening in July & August

WHERE: The Cultural Center, 204 Sisson Road

WHEN: Gates open at 5:45pm and music at 6:30pm

The Harwich Cranberry Festival Committee meets year-round planning these exciting summer events! For more information, visit:

Facebook Festival Business page:

www.facebook.com/Harichcranberryfestival

Cranberry Festival Website:

www.harwichcranberryartsandmusicfestival.org

Stay Tuned!

New **Mobile Youth Outreach Program** will be coming to the Harwich Community Center beginning next month. This new program will be implemented throughout the Cape and Islands to serve young adults who are experiencing housing instability or homelessness. Members of the Youth Outreach Program will be here to educate and bridge youth people to long term services to help them achieve stability. Keep an eye out for open office hours coming soon!

FREE!

FREE!

May Fairy Events!



Fairy Door Craft Workshop

May 17th
5:30pm-7:30pm

Registration Required!

Call to sign up 508-430-7568

To sign up via email, contact:
reagan.wilda@harwich-ma.gov

Join us for a fun Friday night of
crafting and decorating fairy doors.

This event is FREE &
everyone is welcome!

Fairy Door Scavenger Hunt

*The fairies are
back in Harwich!*

12 Fairy Doors are hidden
throughout Harwich on
Town Properties.
See if you can find them all!

Pick up a packet filled with clues starting **May 13th**

Scavenger Hunt Packets are due back by May 24th
Special gifts will be given out to those who find all the hidden doors.

Fairy Party Movie Night

May 31st
4pm-8:30pm

Join us for a fun
night of fairy magic!

Games, music, snacks and more. To wrap up the evening,
starting at 6PM, we'll watch 2008 movie Tinkerbell.

Town of Harwich – Hall of Fame

David R. Scannell

Inducted May 3, 2016

In November of 2015, the community lost an icon of the Harwich Town Hall, David R. Scannell. A lifelong resident, Dave was loyal and dedicated in his 34 years of service and was the senior member of Town Hall. In his role as the Assessing Director, he was known for his love of this community and his genuine caring for all taxpayers. Dave especially took great pleasure in assisting the Town's most vulnerable seniors and sought out avenues to assist them above and beyond. His caring for the community and its residents was paramount in all he did. Dave maintained the integrity of the office, which was a lightship to his peers and was highly regarded by his peers across Cape Cod for his kindness and wisdom as the Dean of Cape Assessors. A true gentleman, and a dear friend, Dave's presence will be missed by those who had the good fortune to have known him.



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.

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 this must go before the Board of Selectmen for approval.

Fitness Room Updates



The warm weather is on its way!

Our weight room is open year-round for all of your fitness needs, but did you know that we have some great options outdoors? You can walk our track behind the Community Center. Three laps is equal to 1 mile. **We also have a fit-trail course!** There are several stations designed to work different muscle groups. If you would like some instruction, please ask our personal trainer, Jill Brown.



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.

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 complimentary to all Fitness Room members!



Reflections – A look back at last month...



April 1st - Spaghetti Dinner and Trivia Night - Almost 100 people came out for our second Community Spaghetti Dinner and this time we added Trivia! Winning teams took home Dunkin' gift cards. A huge thank you to the anonymous donor and their family who sponsored and funded this event!



April 11th - Ping Pong Tournament - With 20 participants and several spectators, Ping Pong was a blast! Players of all ages 11 to 87 came out to compete in doubles and singles rounds. Thank you to Phil and Denise McClung for volunteering to help make this event run so smoothly! We can't wait to have another one. Stay tuned for future dates!



April 16th – Mad Science – JJ didn't disappoint with his *Marvels of Motion* show! This interactive event was all about the fundamentals of moving science with Newton's Laws of Motion. We discovered the science of gravity and balance, kinetic beads, and watched JJ remove a tablecloth without clearing the table!



April 18th – Book Talk & Craft “Birds in My Closet” – A huge thank you to local author Pamala Chatterton-Purdy for sharing her book *Birds in My Closet*, which was inspired by an experience that the Pamela's husband had with their adopted son of Black Vietnamese heritage. It was a touching story about discovering the value of a person's uniqueness.





April 18th – Game Night

Families came out for a fun evening of games and puzzles! It was so much fun watching families from the community connect and share new games they like to play at home with others!



April 19th – Moving to Music – Children grades 4 to 8 danced and "moved to the music" with Alice! There's no better way to spend a Friday evening than exercising, meeting new friends, and dancing! Thank you, Alice!



April 26th – Military Museum Talk – For this month's Cape Cod Military Museum Lecture we welcomed students from Monomoy High School who listened in and even participated (*there may have been some singing*) in learning about WWII, Cape Cod and the Cradle Invasion.



April 26th – Family Fun Friday – Our first Family Fun Friday was a hit! For the first hour we had fun stations which included hula hooping, scooter racing, and obstacle course, a giant parachute and more. For the second hour, kids enjoyed open gym time shooting hoops!



April 30th – Talk with Betty Trummel: Alaska – Betty Trummel shared stories of her many travels throughout the Alaskan landscape. Be it via large and small cruise ships or by RV along the Alaskan Highway, Betty told attendees all about her experiences moving between the southeast coastal region to the highest mountain in North America.



We Process Passport Applications!

Whether you are renewing your passport, or getting one for the first time, we are here to help! **Our passport services are by appointment only**, so if you would like to set up an appointment, please contact us at **(508) 430-7568**.

Some of the services we offer are:

- Passport application processing for in-person applicants
- Passport photos (\$10.00)
- Assistance with passport-related questions



“Life is not what you alone make it. Life is the input of everyone who touched your life and every experience that entered it. We are all part of one another.”
- Yuri Kochiyama

FREE Coloring Pages are available in the front lobby!



**Please join us Canalside for the Alzheimer’s Family Support Center
Dave Birtwell Memorial Walk For Alzheimer’s**



In 2006, Captain David Birtwell, U.S.M.C, lost his 10-year battle to Alzheimer’s disease at the age of 84. A WWII Pilot, in moth the Naval and the Marine Air Corps., he served both his country and his family. He lived by the code of 3F’s: Faith, Family & Friends. David’s then 16-year-old grandson, Patrick Foley, started this walk to honor his “Pop-Pop” and bring awareness on the Cape & Islands and raise funds for the Alzheimer’s Family Support Center of Cape Cod & the Islands.

Saturday, May 18th, 2024

Registration: 11:00AM | Walk: 12:00PM

**Scusset Beach State Reservation
Cape Cod Canal Entrance**

**ALZHEIMER’S FAMILY SUPPORT CENTER
AT CAPE COD MALL** (across from Ten Pin)
www.alzfamilysupport.org

This fundraising event supports the AFSC’s array of free services for families and individuals who are navigating dementia diseases. Send your tax deductible donation to AFSC, 2095 Main Street, Brewster, MA, 02631.

***Come walk, roll, sit & listen to live music by the fabulous “Sound Dunes” Band!
Free food from infamous X-Grill.***



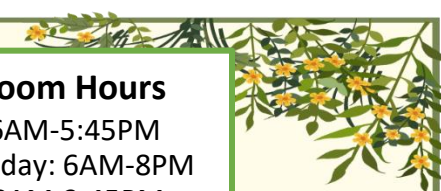
Alzheimer’s Family Support Center
Until there’s a cure, there’s community.

TO REGISTER OR FOR MORE INFORMATION:
CALL: 508-896-5170 | EMAIL: info@capecodalz.org

YOU DON’T HAVE TO GIVE TO WALK, AND YOU DON’T HAVE TO WALK TO GIVE!



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

