

Harwich Community Center News



May 2022



Phone: 508-430-7568 • Fax: 508-430-7085

Director's Update

Hello Everyone,

What a beautiful day it is as I write this letter!

As the weather gets nicer, I feel more motivated. I learned about an exciting event where you get some exercise and could win prizes for yourself and our Council on Aging:

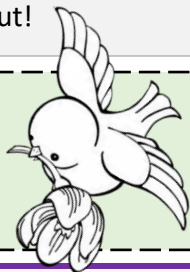
Lace Up your Sneakers – the **Walk Massachusetts Challenge** is back! Our participation helps the COA with money for fitness programs and gives you a chance to win one of several prizes.

The challenge runs from May 1st to October 31st, 2022. In that time, as you complete the challenge, you are entered into a drawing for a \$50 Visa gift card, a \$25 Amazon gift card, or a \$10 Dunkin' gift card... and for each person who completes their challenge, the Council on Aging gets an entry to win up to \$1,000 for use with fitness programming. The more who walk, the better their chances! To check out how it works, please go to www.walkmachallenge.com

Since we are talking about walking, if you are a dog owner, join the Sampson Fund and Harwich Conservation Trust for **Walk 'n Wag** on Saturday, May 14th, 10AM-2PM. Check out the flyer for this event inside our newsletter.

Hope to see you inside or out!

Spring Coloring Pages are available in the front lobby!



The building will be closed on the following dates due to the holidays!

May 30th – Memorial Day

Town Meeting

Harwich will be hosting its Annual Town Meeting on:

May 2nd & 3rd – Starting each night at 7PM

(Registration for Town Meeting begins at 5PM in the Multi-Purpose Room)



Town Meeting Child Care

The Harwich Rec Department will be providing on-site childcare for the upcoming Town meeting on May 2nd & 3rd – NO COST!

Preregistration is required!

Contact the Harwich Rec Dept. at 508-430-7553 to reserve your space. Reservations must be made by 4PM on May 2nd. No walk-ins.

“Connect” with your Friends! It does not have to be a “hole” afternoon. Sometimes a short break is all you need “four” a little rejuvenation.

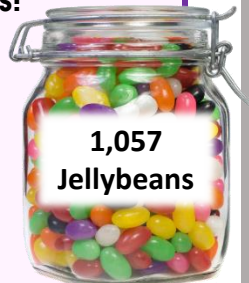
We hope this was not too “corny.” We thought we would just use a play on words to announce our new courtyard improvements. We are excited to announce new games in the Community Center courtyard. We have *Corn-Hole Toss* and *Connect Four*, along with some new outdoor seating areas. Stop by and check it out!



Congrats to our Jellybean Contest Winners!



In April we had a contest to guess how many jellybeans were in the jar. Congratulations go out to our two winners: Heather Skowcorek, our adult winner who guessed 1,031, and Bella Gannon, our child winner who guessed 1,016. Great job guessing!



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: Harwich Town Band

The Harwich Town Band is one of the oldest and proudest volunteer concert bands on Cape Cod. Founded in 1975 by a group of local wind and percussion musicians, the band has grown to 45 members who bring enjoyment to thousands of Cape residents and visitors throughout the year.



Under the direction of the musical director and conductor, Tom Jahnke, the band is gearing up for their annual Harwich Memorial Day Ceremony on Monday May 30, 2022 and also the very popular, free summer concert series that will kick off on Tuesday, June 28th at Brooks Park.

Although rehearsals are well underway, it is never too late to join the Harwich Town Band! Just let them know so they can prepare a music folder for you. Rehearsals take place on Tuesday evenings at the Community Center. **If you are interested in finding out more about the band, please call Tom Jahnke at 617-717-9828, or check out their facebook page called Harwich Town Band.**

Fitness Room Updates

"I always try to start out with some type of goal. Then I work backward and think of what I need to do to get there, and give myself smaller goals that are more immediate." — *Kristi Yamaguchi (In celebration of Asian Pacific Heritage Month)*

Fitness Room Member Spotlight!



Jim Mangan

A resident of Harwich for over 30 years, Jim Mangan maintains a very active lifestyle in our community. He is a familiar face at the Community Center and around town through his involvement with many of the Council on Aging programs, Meals on Wheels, as well as lending a helping hand at many of the Harwich flu clinics.

Jim was a nurse anesthetist for 45 years at St. Mary's Hospital in Troy, New York where he met his lovely wife, Pat, who was also a nurse anesthetist. They are blessed with 3 wonderful grandchildren and 2 step grandchildren.

A member of the Harwich Community Center Fitness Room for over 15 years, Jim tries to get in a work out several times a week. He enjoys the recumbent bicycle, smith machine and the circuit training. When asked what keeps him motivated, Jim states, "I enjoy working out and it's a nice feeling after I've finished; otherwise, I would just be sitting in a chair waiting for my next meal!"

Walking

There are many benefits to walking!

- Improved cardiovascular health
- Improved endurance
- Lower blood pressure
- Lower blood sugar
- Improved mood

Walking with a group or a friend builds motivation and social connections!

Our track behind the Center provides a safe place to enjoy the outdoors. **3 loops is a mile!**

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

- **Philosophy & Film:** May 2nd & 9th, 1PM-4PM
- **KD Quilters:** May 2nd & 16th, 9AM-2PM
- **Sight Loss:** May 3rd, 10:15AM-12:15PM
- **Balance Boosters:** May 3rd, 5th, 10th & 12th, 10:30AM-11:15AM
- **Jill's Exercise:** May 4th, 6th, 11th & 13th, 9:30AM-10:30AM
- **Machine Embroidery:** May 5th, 11AM-3PM
- **COA Brown Bag Program:** May 6th, 8AM-12PM
- **Harwich Democrats:** May 7th, 10AM-11:30AM
- **Friends of COA:** May 11th, 10AM-11:30AM
- **Senior Fit:** May 11th & 25th, 9:15AM-10:15AM
- **Cranberry Rug Hookers:** May 14th, 10AM-1PM
- **Hydrangea Society:** May 18th, 5PM-9PM
- **Foot Care Clinic:** May 4th, 17th & 18th, 9AM-3PM
- **Big Screen Movie Day:** May 20th, 1PM-3PM
- **Women's Book Club:** May 23rd, 2PM-3PM
- **Mobile Dental Clinic:** May 27th, 9AM-3PM
- **Red Cross Blood Drive:** May 27th, 2:30PM-7PM

Council on Aging Activities

- **Crochet Group:** May 9th & 23rd, 10AM-11AM
- **Widowers Diet:** May 12, 19 & 26th, 10AM-11:15AM
- **Suicide Prevention Training:** May 23rd, 10AM-11AM
- **Elder Law:** May 24th, 1PM-2:30PM
- **Ladies Social Hour:** May 25th, 1PM-2:30PM

MAY 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 |
|--|---|
| Walking Club: 6AM-8AM | Walking Club: 6AM-8AM |
| Table Tennis: 8:30AM-10:30AM | Spring Walking: 10AM-10:45AM |
| Spring Walking: 11AM-11:45AM | Senior Volleyball: 11AM-1PM |
| Men's 55+ Basketball: 12PM-2:30PM | Open Gym: 1PM-2:30PM |
| After School Rec Youth: @ 2:30PM | After School Rec Youth: @ 2:30PM |

| Wednesday | Thursday |
|--|---|
| Walking Club: 6AM-8AM | Walking Club: 6AM-8AM |
| Senior Fit: 9:15AM-10:15AM** | Senior Softball: 8:30AM-10:30AM |
| Spring Walking: 11AM-11:45AM | Spring Walking: 11AM-11:45AM |
| Men's 55+ Basketball: 12PM-2:30PM | Open Gym: 12PM-2:30PM |
| After School Rec Youth: @ 2:30PM | After School Rec Youth: @ 2:30PM |
| Rec Youth Basketball: 5PM-7PM | Adult Volleyball: 7PM-8:45PM |

Monday – Building closes at 6PM

| | |
|-----------------------|------------------|
| 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 |
| Spring Walking | 11AM – 11:45AM |
| Quilt Bank | 10AM – 2PM |
| Men's 55+ Basketball | 12PM – 3PM |
| Zumba | 5PM – 6PM |

Tuesday

| | |
|-----------------------------|------------------|
| Walking Club | 6AM – 8AM |
| Yogi Nomad | 9AM – 10AM |
| Mah Jongg | 9:30AM – 12:30PM |
| Spring Walking | 10AM – 10:45AM |
| Beginner Tai Chi | 10AM – 11AM |
| Senior Volleyball | 11AM – 1PM |
| COA Computer Basics | 12PM – 1:30PM |
| 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 |
| Bit of Bliss Yoga | 9:30AM – 10:30AM |
| Wellness Clinic | 9:30AM – 12PM |
| Wednesday Stitchers | 10AM – 2PM |
| Spring Walking | 11AM – 11:45AM |
| COA Computer Basics | 12PM – 1:30PM |
| Men's 55+ Basketball | 12PM – 3PM |
| Cranberry Mah Jongg | 1PM – 4PM |
| QiGong | 1:30PM – 2:30PM |
| NA | 7:30PM – 9PM |

Thursday

| | |
|-----------------------|-----------------|
| Walking Club | 6AM – 8AM |
| CC Business Referrals | 7:15AM – 8:30AM |
| Zumba | 7:30AM – 8:30AM |
| Yogi Nomad | 9AM – 10AM |
| Spring Walking | 11AM – 11:45AM |
| Open Gym | 12PM – 2:30PM |
| Open Painting Session | 1PM – 3:30PM |
| Zumba | 5:30PM – 6:30PM |
| Adult Volleyball | 7PM – 8:45PM |

Friday

| | |
|----------------------|------------------|
| Senior Fit | 9:15AM – 10:15AM |
| Beginner Tai Chi | 10AM – 11AM |
| Senior Volleyball | 11AM – 1PM |
| Men's 55+ Basketball | 1PM – 3PM |
| Al-Anon | 5:30PM-6:30PM |

Saturday – Building closes at 4PM

| | |
|----------|---------------|
| Open Gym | 12PM – 3:30PM |
|----------|---------------|

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 |

Lending Library

Welcome to “The Little Book Nook”; a vibrant and special destination for kids, along with their families, caregivers and teachers to pick out a book from our book shelf to take home and enjoy! It is well stocked with a variety of books to spark creativity and imagination. Donations of new and gently used children books are always welcome!



Student of the Month!

Emory Hines

“Hi! My name is Emory Hines. I am an eighth-grader at Monomoy High School, and I went to Harwich Elementary School. I am heavily involved in the Performing Arts Program at Monomoy. I am in chorus, and I was a part of the fall play and spring musical cast. I am also Class Secretary for the Class of 2026 Officers. At this point, I have no idea what I want to do in the future, but I think I would like to stay involved with theater and performing in some way! Something fun I’m involved in coming up is the music department’s spring concert, where many great pieces are being performed!”

Emory was nominated by multiple teachers at MRHS based on her active involvement in a wide variety of school activities, strength of character, and positive attitude. In addition to her extracurricular success, she is a top academic student and engaged learner. You can see her and the rest of our talented music students in the MRHS Spring Concert on Tuesday, May 17 from 7-9 PM.



Harwich Community Center Facilities Committee Member & Volunteer of the Month! – Angelina Raneo-Chilaka

The Harwich Community Center would like to express its sincere appreciation to Angelina “Angie” Chilaka, an incredibly dedicated and selfless soul who is involved in so many of the special events that help make our Community Center thrive! Her irrepressible spirit of volunteering extends to other areas of the community as well. Angie is active with the Harwich Children’s Fund, the American Red Cross, and serves on the boards of Harwich COA and Outer Cape Health Services. She is also a member of the Harwich Facilities Committee.



Born and raised in Harwich, Angie is a retired health education and general science teacher. She taught, coached and inspired middle and high school students for over 40 years in New York, NY, and in Harwich, where she retired in 2017. She holds an undergraduate degree from Northeastern University and a Master’s Degree in health and physical education from Columbia University.

Thank you Angie for always lending a helping hand to the Community Center and our community!

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 about current volunteer opportunities, please call us at 508-430-7568 today!**

Support the Troops!

There is a **Support Our Troops** donation box in the Community Center's front lobby, sponsored by *Cape Cod Cares for the Troops*—who has been sending care packages to our deployed troops since 2005, supporting Veterans, Wounded Warriors, Blue Star Families, and Gold Star Heroes and their families. They welcome any donation that you are able contribute!

Below is a list of some suggested items:

TOILETRIES

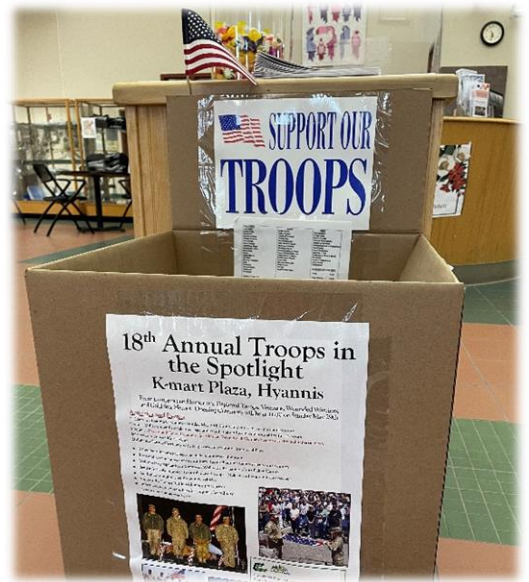
- Body wash
- Dental Floss
- Deodorant
- Eye Drops/Wash
- Female Products
- Hand Sanitizer
- Mouthwash
- Q-Tips
- Shampoo
- Sunscreen
- Toothbrush
- Toothpaste

FOOD

- Coffee Packs / Singles
- Cookies (packaged)
- Granola Bars
- Gum/Mints/Candy
- Little Debbie's Snacks
- Microwave Popcorn
- Microwave Soups
- Peanuts / Sunflower seeds
- Trail Mix
- Tuna / Chicken Packs
- Peanut Butter (Plastic Jars)
- Slim Jims / Beef Jerky

MISC

- Bug Repellent
- Cough Drops
- Decks of Cards
- First Aid Kits / Supplies
- Hand / Foot Warmers
- Socks (Crew white or black)
- Travel Games
- Sheet Set – Twin
- Towels & Washcloths



For a more extensive list of accepted items, see the donation box, or you can contact capecod4thetroops@comcast.net

Past Events & Activities



Thank You to Donors for this year's Egg Hunt Activity!

For this year's DIY Egg Hunt event, we gave out over 200 egg kits! We also had over 50 families join us in front of the Community Center for pictures with the bunny earlier this month.

We would like to thank out volunteers, Alice Cartier and Emily Mitchell, for helping facilitate this event—and a special thank you goes out to Staples and the Harwich Children's Fund for their incredible donations that helped make this year's Egg Hunt grab bags extra special!

AFTER PROM!!

A good time was had by all!

AFTER PROM!!

The traditional After Prom celebration was held here in the Community Center on April 14th. Over 100 high school students arrived to the building at the conclusion of the prom to continue their festivities and participate in the prearranged safe activities. The event was a serious undertaking that required parent volunteers to begin set-up in the building the day before. A total transformation of many of the rooms of the building helped bring to life the After Prom Committee's vision of creating an enchanted forest for the students. Some of the popular activities set up for the enjoyment of all included a bouncy house, movie theater, a candy bar, and even a hidden shark challenge that earned the winners prizes. The students made the most of each and every activity and the overnight hours flashed by with the students departing first thing in the morning.

Many thanks to the hard work of the After Prom Committee for their work in the set up and clean-up of the building as well as the great folks of the Harwich Community Center who made many changes to other pre-arranged group meetings as well as sharing their work space.

THE DAVE BIRTWELL
MEMORIAL WALK FOR ALZHEIMER'S

MAY 14TH 2022

alzfamilysupport.org





**Walk, Dance & Dine
to Raise Funds for Free Alzheimer's
Services**

info@capecodalz.org

SATURDAY, MAY 14, 11 AM - 2 PM
DAVE BIRTWELL WALK FOR ALZHEIMER'S
AT THE CAPE COD CANAL
SCUSSET BEACH STATE RESERVATION, SANDWICH
CONTACT US: 508 896-5170

Harwich Town Election

May 17th

in the Community Center gymnasium

Polls are open 7AM-8PM

Save the date!

Community Yard Sale

August 5th

(rain date is August 6th)

In Brooks Park

Spaces available for just \$20!

bring your own table

Sign-ups will begin mid-June.

Keep an eye out for more
information to come.



AMERICAN RED CROSS BLOOD DRIVE

American Red Cross Blood Drive

May 27th, 2:30PM-7:30PM

Pre-registration is required. Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org to sign up for this blood drive, or any other nearby blood drive.



Walk 'n Wag

Saturday, May 14th (10 a.m. – 2 p.m.)

Please park at the Cape Cod Regional Technical High School
Address: 351 Pleasant Lake Ave. (Rt. 124), Harwich

and then walk down to the
Hinckleys Pond-Herring River Headwaters Preserve

Bring your dog to HCT's
newest conservation destination
and enjoy music, food, and friends!

Dogs must be leashed at all times.
The event is free. Donations welcome.

For details visit:
www.harwichconservationtrust.org

presented by

HARWICH CONSERVATION TRUST

AND

THE SAMPSON FUND



Hello Everyone!

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. First, a big “thank you” goes out to all the folks who participated in the information gathering sessions held in March. It was a tremendously positive experience that facilitated the flow of ideas and the exchange of thoughts. That information is being considered as the Community Center’s Facilities Committee makes plans for the future. Please note that for the upcoming fiscal year (July 1, 2022 – June 30, 2023) there will be no changes to the pricing or format that has been used to reserve space within the building.

With that in mind, we are going to begin accepting applications for room usage for the full fiscal year period. Please utilize the online application that can be found at: www.harwich-ma.gov/community-center or you can pick up a copy at the front desk. Please remember that space will only be reserved for groups submitting complete application packets. That packet should include the application, payment to the Town of Harwich for the full amount, a current certificate of insurance naming the Town of Harwich as insured for \$1,000,000, a business license or professional license when applicable, and a CORI application for groups new to the building.

Completed packets will be reviewed and groups will be notified via the email address clearly printed on the application when spaces have been assigned. Please understand that we do our very, very best to meet all groups’ requests—however, it is a gigantic puzzle, with the goal of accommodating as many groups as we can with the best possible use of space. This does necessitate compromise and adjustments by everyone.

Please note that although there are no changes to the FY 22-23 reservations, there WILL be changes recommended to the Selectmen that will affect the fiscal year that begins July 2023 and runs to the end of June or 2024. These changes could affect the cost of space reserve, the amount of time a group can reserve a space in one setting, as well as the cumulative number of hours utilized in a fiscal year. Keep in mind these changes are over one year away, allowing our groups adequate time to adjust. As the building moves toward those changes, information will be distributed to the groups along the way. A final presentation will be made to the Selectmen, who will set the fees and structure. Everyone will be kept up to date and informed.

As always, thank you very much for your support and involvement with the Harwich Community Center. It is all of you and the diversity of the groups that make this building so amazing. Please feel free to contact the Community Center with questions or concerns at 508-430-7568.

Regards,
Carolyn Carey, Director

ASIAN PACIFIC AMERICAN HERITAGE MONTH

“Success isn’t about the end result, it’s about what you learn along the way.”— Vera Wang

Sweat Shirts Back in Stock!

Harwich Sweatshirts are back in stock at the Community Center! All adult sizes are now available for sale, from Small to 3XL.

Just \$30 each!

Sweatshirts come in grey, dark blue (hooded), and are **now available in pink!**

Stop by the front desk to purchase yours today!



Fiscal Year 2023 Holiday Calendar

The Community Center and other Town Buildings will be closed for the following holiday dates:

- **Monday, July 4, 2022** – Independence Day
- **Monday, September 5, 2022** – Labor Day
- **Monday, October 10, 2022** – Columbus Day
- **Friday, November 11, 2022** – Veterans Day
- **Thursday, November 24, 2022** – Thanksgiving
- **Friday, November 25, 2022** – Thanksgiving Holiday
- **Monday, December 26, 2022** – Christmas Day (Observed)
- **Monday, January 2, 2023** – New Year’s Day (Observed)
- **Monday, January 16, 2023** – Martin Luther King Jr. Day
- **Monday, February 20, 2023** – Presidents Day
- **Monday, April 17, 2023** – Patriots Day
- **Monday, May 29, 2023** – Memorial Day
- **Monday, June 19, 2023** – Juneteenth Day

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