

# Harwich Community Center News



October 2021

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

**Building Hours:** Monday – Friday: 6AM-4PM  
October 11<sup>th</sup> – BUILDING CLOSED

## Director's Update

The role of the Community Center is evolving and we are making changes to improve our programs and services. One important piece that will enable advantageous advances for the Community Center is an exchange of ideas and information with all of you.

We have made some meaningful improvements over the last 20 years, and my hope is that moving forward, and with the incorporation of new ideas (like the development of our new monthly newsletter), the Center will continue to grow and meet the challenges and changing needs of our patrons. While the Community Center is currently providing many wonderful services and activities, further growth would be served well by putting a finger on the pulse of the necessities of those we serve.

As the writer, H. Jackson Brown Jr. stated, "We cannot change the direction of the wind, but we can adjust our sails."

Please help us adjust our sails.

Sincerely,  
Carolyn Carey

## Halloween Trick-or-Treat Drive-Thru

Back by popular demand!

Friday, Oct 29<sup>th</sup> – Begins at 5:30PM

~lasts until all goody-bags have been given out~

The Harwich Community Center will once again be hosting a Trick-or-Treat Drive-Thru for the kids. Dress up in your Halloween costumes & stop by the Community Center to receive a treat! No need to get out of the car, we will have a drive-thru service for you to collect your goodie-bag\*!

\*While supplies last. Pre-packaged goodie bags are limited to 1 per child.

## Current Room Reservation Policy

The Harwich Community Center's facilities include a number of spaces which are available for use by community groups and local organizations.

For more information about renting a room, and about current room reservation policies and rules, scan the QR code, or visit the link here:

[www.harwich-ma.gov/services/pages/rental-information](http://www.harwich-ma.gov/services/pages/rental-information)



**Our Building Information Booklet has been updated! Stop by the front desk for a copy, or you can check it out on our website at the link above.**

## Candy Corn Guess & Win!

*Guess how many candy corn are in the jar and win a prize!*

It's that time of year again for our Annual Candy Corn Count! Stop by the Community Center to submit your entry. The closest guess wins! Two prizes will be given out, one for adults and one for children.

**Last chance to enter is Oct 22!**

\*\*\*\*\*★☆☆☆☆\*\*\*\*\*

## Special Town Meeting

October 18<sup>th</sup>

For more information, visit the Town's website at:

[www.harwich-ma.gov](http://www.harwich-ma.gov)

The Warrant will be available online.

\*\*\*\*\*★☆☆☆☆\*\*\*\*\*

## We process passport applications!

Appointments are required.  
Sign up at the front desk today.

## Fitness Room Member Spotlight!

### Doug Tracy

A Harwich resident since 1987, Doug hails from Connecticut, as well as Andover, MA. A Norwich University graduate, he spent many years in army intelligence and over 35 years in the high tech field. A Fitness Room member since 2014, you can often see Doug on the treadmill and recumbent bike. Doug believes, "everyday have a time and place to go." – A sound piece of advice!

## 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.

**Hours:** Monday – Friday, 6AM-4PM  
(Currently closed on weekends)

## 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.

## Town Employment Opportunities

The Town of Harwich is hiring!  
Come join our team!

### Some of our Open Positions:

- Weight Room Program Aide
- Customer Service Rep
- Substitute Custodian

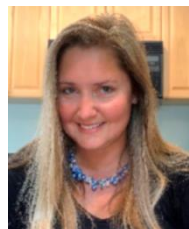
### Apply Now!

[www.harwich-ma.gov/home/pages/employment-opportunities](http://www.harwich-ma.gov/home/pages/employment-opportunities)



## Jill Brown Returns!

Our Fitness Room certified personal trainer, Jill Brown, is back in our workout room! Jill has a vast knowledge of the human body and focuses on helping individuals incorporate exercise into their lifestyle. **Jill 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 complementary to all Fitness Room Members!



## 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

# October Event Calendar

## 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
Quilt Bank	10AM – 2PM
Adult Tennis	10:30AM – 12PM
Beginner Tai Chi	11:15AM – 12:15PM
Men's 55+ Basketball	12PM – 3PM
Resiliency Training	1PM – 2PM

## Tuesday

Walking Club	6AM – 8AM
Yogi Nomad	9AM – 10AM
Mah Jongg	9:30AM – 12:30PM
Senior Volleyball	11AM – 1PM
Homeless Prevention Council	1PM – 3PM
Mah Jongg	

## Wednesday

Walking Club	6AM – 8AM
Senior Fit	9AM – 10AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Wednesday Stitches	10AM – 2PM
Walking Group	11AM – 11:45AM
Men's 55+ Basketball	12PM – 3PM
Cranberry Mah Jongg	1PM – 4PM
Swing Band Practice	1:30PM – 4PM

## Thursday

Walking Club	6AM – 8AM
CC Business Referrals	7:15AM – 8:30AM
Table Tennis	8:30AM – 10:30AM
Yogi Nomad	9AM – 10AM
Painters Group	9AM – 12PM
Wellness Clinic	9:30AM – 12PM
Adult Tennis	10:30AM – 12PM
Beginner Tai Chi	11:15AM – 12:15PM

## Friday

Senior Fit	9AM – 10AM
Senior Volleyball	11AM – 1PM
Men's 55+ Basketball	1PM – 3PM
Chronic Disease Program	1PM – 3:45PM

## We want to hear from you! Tell us your thoughts on how the Community Center can be improved!

The mission of the Harwich Community Center is to provide facilities for the residents (permanent residents and nonresident taxpayers) of Harwich to engage in recreational, social, educational, cultural, community service, civic, and governmental activities. The Center provides opportunities for persons of all ages to participate in a wide range of programs that educate and stimulate the public, enhance self-confidence, and promote mental and physical health. Since its opening in 2000 there has been a full history of growth, change and efforts to keep current with the time and needs of those the building serves. One of the best ways to continue evolving is to get renewed ideas that can be incorporated into the functionality of the building straight from those who utilize the space and that's where you come in. Please take a moment to think about your building usage. How could your experience be improved upon? Are there materials, resources or equipment that would enhance your usage? What are the building details that you would like to see expanded or reduced? What kinds of activities do you feel should be fostered in the building? Do you have ideas of other ways the building could serve the people as stated in the mission developed in 2000? Your thoughtful feedback will assist in devising and developing a blueprint to move in to the future.

Your thoughts can be submitted to the front desk during our regular hours of operation 6am to 4pm, Monday – Friday. You can also email your thoughts to [ccarey@town.harwich.ma.us](mailto:ccarey@town.harwich.ma.us)

## Other Events

- **KD Quilters:** Oct 4 & 18, 9AM-2PM
- **Balance Boosters:** Oct 5 & 12, 9:30AM-11:15AM & Oct 7 & 14, 1PM-1:45PM
- **Sight Loss:** Oct 5<sup>th</sup>, 10:30AM-12PM
- **Foot Care Clinic:** Oct 6, 19 & 20<sup>th</sup>, 9AM-3:30PM
- **Men's Book Club:** Oct 8<sup>th</sup>, 10AM-11AM
- **Support Group for Women Who Live Alone:** Oct 13<sup>th</sup> & 27<sup>th</sup>, 1PM-2PM
- **Open Painting Sessions:** Oct 14, 21 & 28, 1PM-3:30PM
- **Women's Club Mtg:** Oct 14<sup>th</sup>, 1:30PM-3:30PM
- **COA - Big Screen Movie Day:** Oct 15<sup>th</sup>, 1PM-3PM
- **Mobile Dental Clinic:** Oct 22<sup>nd</sup>, 9AM-3PM
- **COA – "Let's Talk About Tomorrow":** October 5<sup>th</sup>, 12PM-1:30PM

**Public Drive-Thru Flu Clinic:** October 13<sup>th</sup> & 18<sup>th</sup>, 1PM-3PM

For more information about specific classes, as well as contact information for groups & instructors, please contact the Community Center at **508-430-7568**

## October 2021 - GYMNASIUM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Walking Club:</b> 6AM-8AM	<b>Walking Club:</b> 6AM-8AM	<b>Walking Club:</b> 6AM-8AM	<b>Walking Club:</b> 6AM-8AM	<b>Walking Club:</b> 6AM-8AM
<b>Table Tennis:</b> 8:30AM-10:30AM	<b>Family Rec Open Gym**:</b> 8:30AM-10:30AM	<b>Senior Fit:</b> 9AM-10AM	<b>Table Tennis:</b> 8:30AM-10:30AM	<b>Senior Fit:</b> 9AM-10AM
<b>Adult Tennis:</b> 10:30AM-12PM	<b>Senior Volleyball:</b> 11AM-1PM	<b>Walking Group:</b> 11AM-11:45AM	<b>Adult Tennis:</b> 10:30AM-12PM	<b>Senior Volleyball:</b> 11AM-1PM
<b>Men's 55+ Basketball:</b> 12PM-2:30PM	<b>Open Gym:</b> 1PM-2:30PM	<b>Men's 55+ Basketball:</b> 12PM-2:30PM	<b>Open Gym:</b> 12PM-2:30PM	<b>Men's 55+ Basketball:</b> 1PM-3PM
<b>After School Rec Youth:</b> Starts at 2:30PM	<b>After School Rec Youth:</b> Starts at 2:30PM	<b>After School Rec Youth:</b> Starts at 2:30PM	<b>After School Rec Youth:</b> Starts at 2:30PM	<b>After School Rec Youth:</b> Starts at 2:30PM

**\*\*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 Monday - Friday, 6AM-4PM (with one exception\*\*)

**\*\*Please Note: The Game Room is unavailable on Thursdays from 10AM-12PM.**