

Harwich Community Center News



November 2022



Phone: 508-430-7568

Director's Update

My first director's update for this newsletter a year ago ended with a quote from the writer, H. Jackson Brown Jr., stating "We cannot change the direction of the wind, but we can adjust our sails."

I thought it was important to check in with all of you to see how we are navigating and what adjustments we can make to our sails.

We have made some meaningful improvements over the year. My hope is moving forward we can incorporate new ideas and develop programs that serve the entire community. One of the best ways to continue evolving is to get renewed ideas that can be combined 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? What are the building details that you would like to see expanded or reduced? What kind of activities do you feel should be fostered in the building? Have you tried any new programs in the past year? Have you found our newsletter helpful?

Your thoughtful feedback will assist in devising and developing a blueprint to move into the future. Feel free to stop in or email me with your thoughts: CCarey@town.harwich.ma.us

As we approach the Thanksgiving season, I find myself reflecting back on the excitement of last year. While I can't truly put my thoughts and feelings into words, one thing that is abundantly clear is my overwhelming gratitude for all that I cherish.

Thank you and Happy Thanksgiving!

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

Veterans Day – November 11th

Thanksgiving Holiday – November 24th & 25th

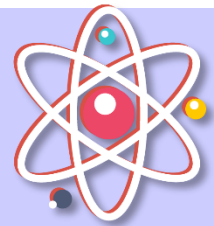


Mad Science

November 4th

Starting at 6PM

"Don't try this at home!"



Children will be dazzled and "edu-tained" as they interact with our Mad Scientists. This spectacular show will thrill audiences of children and adults alike with impressive science experiments. Watch things bubble, explode, shatter, and take on a life of their own. It's not magic, it's science!

This event is FREE! No registration required, just stop by to check it out!

Try It You Might Like it!

November – Art

Craft Night – Nov 17th, starting @ 5:30PM

Bring the entire family and come craft with us!

We have some fun craft kits, and some do-it-yourself ideas for the upcoming holidays. Everyone can do it. Join us for light refreshments and crafting. *(A mini version of Make It & Take It)*

Theatre Costumes on Display!

November 13th – 30th

The Community Center is excited to partner with Cape Cod Theatre Company/HJT for an enchanting exhibit featuring costumes from some of the amazing performances at the Theatre Company. Costume designs are an integral part of any production. Please take the opportunity to come in and check out the transforming costumes.

Enter to win 2 tickets to the upcoming show, A Christmas Story (Dec 2 - 30)

New Program – Grab a Tea with Me

I would like to invite you to join me for a cup of tea (or coffee) on me to discuss any ideas or concerns you might have. I will invite a colleague or two from the Community to join me, and together with any other citizens who might drop in, you can ask questions, get information, say *Hi*, or just grab a cup of coffee or tea!



Our first meeting will be Monday, November 7th, from 2PM-3PM.

State Election
November 8th

Polls open 7AM-8PM

Event Calendar & Schedule

Other Events

- **Sight Loss:** Nov 1st, 9:30AM-12:30PM
- **Garden Club Meeting:** Nov 1st & 2nd, 1PM-3:30PM
- **Balance Boosters:** Nov 1st & 8th, 10:30AM-11:15AM
- **Foot Care Clinic:** Nov 2nd, 16th & 20th, 9AM-2:30PM
- **Friends of COA:** Nov 2nd, 10AM-11:30AM
- **Tai Chi:** Nov 2nd, 9:45AM-11:15AM
- **Community Orchestra:** Nov 2nd, 9th & 16th, 6PM-9PM
- **Senior Fit:** Nov 2nd, 9th & 16th, 9:15AM-10:15AM
- **Bayberry Quilters:** Nov 2nd & 10th, 1PM-4PM
- **Mad Science "Don't Try This At Home":** Nov 4th, starts at 6PM
- **COA Brown Bag Program:** Nov 4th, 8AM-12PM
- **COA Brain Longevity:** Nov 4th, 11AM-12:15PM
- **Harwich Democrats:** Nov 5th, 9:30AM-11:30AM
- **KD Quilters:** Nov 7th & 21st, 9:30AM-1PM
- **CMSC Driver's Ed:** Nov 7th through Nov 21st, Mon-Fri, 3:30PM-6PM
- **SHINE Medicare:** Nov 8th, 1PM-3PM
- **State Election:** Nov 8th, 7AM-8PM
- **Sign Language Basics:** Nov 9th, 16th, 23rd & 30th, 12:45PM-2:15PM
- **Front Porch Rug Braiding:** Nov 12th, 10AM-3PM
- **How CORD Can Help You:** Nov 15th, 12:45PM-2:15PM
- **Fitness Room Appreciation Day:** Nov 16th
- **Craft Night (Try It, You Might Like It):** Nov 17th, starting at 5:30PM
- **Master Gardeners Meeting:** Nov 17th, 11AM-2PM
- **Harwich Republicans:** Nov 17th, 5PM-6PM
- **Big Screen Movie Day:** Nov 18th, 1PM-3PM
- **Mobile Dental Clinic:** Nov 18th, 9AM-3PM
- **Cranberry Rug Hookers:** Nov 19th, 9:15AM-1:15PM
- **Artists Member Meeting:** Nov 19th, 2PM-4PM
- **Country Meadow Condo Assoc:** Nov 22nd, 5:30PM-9PM
- **Women's Book Club:** Nov 28th, 2PM-3:30PM
- **Cranberry Festival Meeting:** Nov 20th, 6:30PM-9PM

For more information about specific classes, as well as contact information for groups & instructors, please contact the Community Center at 508-430-7568. For info on all events, please check our event schedule online: harwich-ma.gov/community-center



Fall back with Daylight Savings! – November 6th
Don't forget to turn your clocks back one hour!

November 2022 - GYMNASIUM SCHEDULE

Game Room Hours: The Game Room is open for general use during normal building hours. **Open Gym: Saturday, 12PM-3:45PM**

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

Monday	Tuesday
Walking Club: 6AM-8AM	Walking Club: 6AM-8AM
Indoor Walking: 11AM-11:45AM	Indoor Walking: 10AM-10:45AM
Men's 55+ Basketball: 12PM-2PM	Senior Volleyball: 11AM-1PM
After School Youth Rec: @ 2:30PM	Open Gym: 1PM-2:30PM
	After School Youth Rec: @ 2:30PM

Wednesday	Thursday
Walking Club: 6AM-8AM	Walking Club: 6AM-8AM
Indoor Walking: 11AM-11:45AM	Children's Open Gym: 10AM-11AM
Men's 55+ Basketball: 12PM-2:30PM	Indoor Walking: 11AM-11:45AM
After School Youth Rec: @ 2:30PM	Open Gym: 12PM-2:30PM
Rec Youth Basketball: 5:15PM-8:30PM	After School Youth Rec: @ 2:30PM
	Adult Volleyball: 6:30PM-8:45PM

Monday – Building closes at 6PM

Walking Club	6AM – 8AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Rec Sit/Fit Class	9:30AM – 10:30AM
Cranberry Rug Hookers	9:30AM – 1PM
Quilt Bank	10AM – 2PM
Men's 55+ Basketball	12PM – 2PM
Newcomers Cornhole Toss	3PM-5PM
Wellness Clinic	4PM – 5PM
Zumba	5PM – 6PM

Tuesday

Walking Club	6AM – 8AM
Lumi Yoga & Wellness	9AM – 10:15AM
Mah Jongg	9:30AM – 12:30PM
Tai Chi	10AM – 11AM
Indoor Walking Group	10AM – 10:45AM
Senior Volleyball	11AM – 1PM
Homeless Prevention Council	1PM – 3PM
Mah Jongg	1PM – 4PM
Children's Pajama Playgroup	5:30PM – 6:15PM
Town Band Rehearsal	6:30PM – 8PM
Insight Meditation	7PM – 9PM

Wednesday

Walking Club	6AM – 8AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12PM
Jill's Exercise Class	9:30AM – 10:30AM
Wednesday Stitchers	10AM – 2PM
Indoor Walking Group	11AM – 11:45AM
QiGong	11AM – 12:15PM
Men's 55+ Basketball	12PM – 2PM
Cranberry Mah Jongg	1PM – 4PM
Lumi Yoga & Wellness	5PM – 6:15PM
NA	7:30PM – 9PM

Thursday

Walking Club	6AM – 8AM
CC Business Referrals	7:15AM – 8:30AM
Zumba	7:30AM – 8:30AM
Lumi Yoga & Wellness	9AM – 10:15AM
Children's Playgroup	10AM – 12:30PM
Indoor Walking Group	11AM – 11:45AM
Harwich Artists Open Painting	1PM-3:30PM
COA Girl Power Group	2:30PM – 4:30PM
Zumba	5:30PM – 6:30PM
Adult Volleyball	6:30PM – 8:45PM

Friday

Senior Fit	9:15AM – 10:15AM
Jill's Exercise Class	9:30AM – 10:30AM
Rec Sit/Fit Class	9:30AM – 10:30AM
Tai Chi	10AM – 11AM
Senior Volleyball	11AM – 1PM
Men's 55+ Basketball	1PM – 3PM
Al-Anon	5:30PM-6:30PM

Friday

Walking Club: 6AM-8AM
Senior Fit: 9:15AM-10:15AM
Senior Volleyball: 11AM-1PM
Men's 55+ Basketball: 1PM-3PM
Rec Youth Basketball: 5PM-9PM

Last month's TRICK-OR-TREAT HALLOWEEN DRIVE-THRU would not be possible without donations from our generous sponsors:

- Amazing residents & patrons!
- Cape Cod Five Cent Savings
- Cape Pediatric Dental - Dr. Murray Johnson
- Chapman Funeral Home
- Consigning Women
- CVS – East Harwich
- Dunkin Donuts
- East Harwich Market
- H&R Block
- Hart Farm
- Harwich Children's Fund
- Harwich Police & Harwich Fire Dept.
- Heather's Hair Port Salon & Spa
- Karma & Company
- Mondovi Dental East Harwich
- Moran Engineering Associates, LLC
- Nauset Disposal
- Ring Brothers
- RPM Carpets & Floor Coverings
- Staples – Orleans
- Stonewood Products
- Stop & Shop – Harwich
- TD Bank
- Terry's TV & Appliance
- U.S. Foods
- Walgreens - Yarmouth
- Wychmere Beach Club
- Zudy

Thank you for all of your support! And thank you to everyone in the community who donated candy this year!

Thank you to all of our volunteers for this year's Halloween Trick-or-Treat Drive Thru!

Every year we rely on the generosity of volunteers donating their time and energy to help us run our different events, and this year we have been especially lucky with the number of people that have stepped forward to help. Between packaging goodie bags and handing out treats at the different drive-thru stations, it is thanks to all of your help that we were able to run this year's Trick-or-Treat Drive-Thru so smoothly. Thank you to all our volunteers for helping us out this Halloween!



Congrats to our candy corn winners!

There were 739 candy corn in the jar this year. Congrats to our two winners, Ksenia Dryne & Benny Haley



Center Stage: Cape Community Orchestra

The Cape Community Orchestra was formed in 1990 to maintain an orchestra on Cape Cod for musicians of all ages who have the ability to read and perform music on their chosen instrument. The group performs orchestral programs consisting of classical, popular, show, operatic, march and ballet music. Members come from the entire Cape Cod area and represent a broad slice of professions, including public school musicians, retired persons, and many others.

Through their **Classics to the Classroom Program**, the orchestra brings free concerts to Cape Cod's elementary school children. After the program, the performers spend time together during their lunch period. For many of them, it will be the students first time experiencing live music!

Although the orchestra is well staffed with over forty five members, they are always looking for string players, particularly violinists, and occasionally have openings in other sections. Rehearsals are often held at various times at the Community Center. Anyone interested in joining is encouraged to contact them at capecommunityorchestra@gmail.com.



Fitness Room Updates

Fitness Room Member Spotlight!



Desi Metta

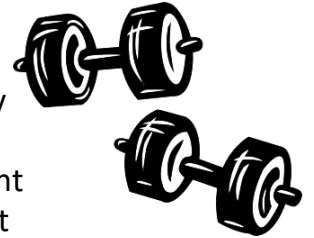
Desi is a new arrival to Harwich, having moved here with her boyfriend just two months ago. Earning her degree in special education at UMass Boston, Desi has recently started a new job here in Harwich as a special education teacher for Orleans Elementary. She has been a member of our fitness room for one month now, enjoying the convenience of stopping by after work to make use of the cardio machines.

Summer is her favorite time of year, and she loves spending time at the beach, making Cape Cod a great place for her to live and work. In fact, one of her most memorable travel experiences was going to the Azores back in April to enjoy both the beaches and the culture. Along with going to the beach, during her free time she likes hiking, cooking, and shopping.

Desi believes in sharing kindness and happiness wherever you go, and we are lucky to have her both as a member of our fitness room and as a special education teacher for Harwich.

We asked our members what their favorite things about the Weight Room are:

- Friendly staff
- Wonderful people
- Sense of community
- Camaraderie
- Friendly environment
- Beautiful equipment
- Access to Jill, our Personal Trainer



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!



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.

Celebrating our Fitness Room Members!

Fitness Room Appreciation Day November 16th

As we approach the Thanksgiving season, the Community Center finds itself very thankful for your support, dedication and enthusiasm!

Stop by and join us for light snacks!

In addition to her regular schedule, Jill Brown, our certified personal trainer will be available from 10:30AM - 2:30PM.

This will be a great opportunity to catch up with your Fitness Room friends! If you can't stop by, we want you to know that you are appreciated!



Gardening Tips from Toni

Get to Know the Roses – *Peace* and *Love and Peace*

Ping Lim, a rose breeder at Bailey Nurseries, crossed an unnamed seedling with *Peace* and came up with *Love and Peace*, an award winning rose. The object was to produce a more disease free plant, and it is, but the subtle, soft and dreamy beauty of *Peace* is gone. *Love & Peace* produces many 5 ½ inch, high centered, yellow blooms edged with strawberry red. It is an impressive rose that always attracts attention and is usually in bloom. Look for it next to the sidewalk on the south side of the Community center behind the COA.

Next month we will compare *Love and Peace* to *Delightful Phyllis*, an exquisite rose bred by retired Texas Banker Ray Ponton, which is as obscure as *Peace* is famous.



Volunteer of the Month – [Andrea Toomey](#)

The Harwich Community Center would like to express its sincere appreciation to Andrea Toomey, an incredibly dedicated volunteer who has been working under the direction of her mother, Toni Hollingsworth, on the mulching and fall cleanup of the “Tip” O’Neil Rose Garden outside the Community Center. This is an especially important task since our summer was one of the driest on record!

Andrea, worked in sales at a distribution logistics company in the Framingham area for over 25 years before retiring and moving permanently to Harwich. She is a true believer in working hard, exercising and staying active.

Toni and Andrea truly exemplify what our Community Center stands for – the belief that we belong to each other and that we are stronger, healthier and more complete when we come together.

Thank you Andrea for lending a helping hand to the Harwich Community Center!



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.

We at the Community Center wanted to take a moment to say thank you to Robin Smith, our wonderful custodian, who will be leaving us for an exciting new opportunity.

Thank you for all you did – You will be missed!



Town of Harwich – Hall of Fame
Betty Bobp
Founder of the Harwich Junior Theatre
Inducted May 2004



“Betty Bobp was born in the early 1900s, and lived in Harwich for more than 45 years. She began teaching with only a high school diploma in a rural schoolhouse in North Dakota, and eventually earned her undergraduate degree from University of North Dakota...

In 1952, Betty Bobp founded the Harwich Junior Theatre, whose goal was to give children the best theatre experiences. She served in all capacities of the Theatre’s productions: as director, playwright, designer, seamstress and producer. Betty’s enthusiasm never waned as, later in life, she founded the Harwich Senior Players. This provided an opportunity for the elderly in Harwich (some of whom had never acted before) to perform readers theater to nursing homes and adult organizations throughout the Cape...”

To learn more about Betty Bobp, and 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 this must go before the Board of Selectmen for approval.

Elder Services – Free Thanksgiving Meals

Elder Services of Cape Cod & the Islands will be providing a Thanksgiving meal to individuals 60 years of age or older residing in Barnstable County.



Each meal is free of charge and will contain traditional Thanksgiving menu items. Meals will be distributed via a “grab and go” on Tuesday, 11/22 between 10AM-1PM at *Elder Services of Cape Cod & the Islands* office, located at 68 Route 124, South Dennis, MA. **There are a limited number of meals, so reservations are required.** To reserve a meal, please call the Nutrition Department at Elder Services at 508-394-4630 x412. **All reservations must be made by Wednesday 11/16 at 3PM.**

The Community Center would like to thank School Resource Officer, Tommy Clark, who was on his way to our Halloween Drive-Thru when he saw the need to help with a traffic back-up and jumped right in to assist. Once again going above and beyond for our community.



Garden Club of Harwich – Plant a Tree

Help the Garden Club celebrate their 90th year of serving Harwich by planting 90+ native trees by June 2023

We are all aware of the value of trees throughout the town and many have been lost to storms, disease, or development and not replaced. Replacing them with native species provides multiple benefits for our environment and future generations.

Stop by the Harwich Community Center to pick up an application—fill out the form and mail to:

Native Trees for Harwich

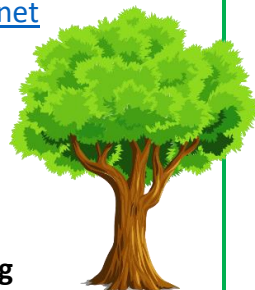
G. Schumann

PO Box 55, Harwich Port, MA 02646

Or you can email the requested information to riodd@comcast.net

The Garden Club will chart your tree on the Harwich map (located at the Community Center). The Garden Club thanks you for joining their 90th Anniversary campaign!

www.gardenclubofharwich.org





Harwich Information Guide

Learn About – How to Join a Board/Committee

Visit the Harwich Voter Information Committee website for a list of vacancies
<https://www.harwich-ma.gov/voter-information-committee>

1. Complete the Citizen's Committee Vacancy Form found on the VIC website
2. Meet with Selectmen Interview Committee to discuss your application, including your interests and qualifications. If the Interview Committee decides to forward your application to the full Board of Selectmen, it will be the subject of a vote.
3. Upon appointment by the Board of Selectmen, the applicant will be notified in writing by the Town Administrator's office of their appointment to the Board or Committee and the term of the appointment. You will receive a copy of the Town of Harwich Committee Handbook and be required to undergo Ethics Training offered by the Secretary of State's Office, and must be sworn in by the Town Clerk before taking any action at a meeting of the Board or Committee.

Learn About – How to Register to Vote

Online: Visit the Secretary of State's website at www.sec.state.ma.us/ele/eleidx.htm to:

- Register or preregister to vote
- Check Registration Information
- Update Address or Party Affiliation
- Update Name

In Person: Visit Town Hall, 732 Main Street, Harwich, and go to the Town Clerk's office to complete a Voter Registration form.

By Mail: Obtain a copy of the Voter Registration form from the Voter Information Committee website (www.harwich-ma.gov/voter-information-committee) or Brooks Free Library. Follow the instructions to complete the form and mail to:

Harwich Town Clerk
732 Main Street
Harwich, MA 02645



Learn About – Voter Information Committee



The Harwich Voter Information Committee works to inform and prepare town voters on issues to be addressed at Annual/Special Town Meetings and local elections, and to encourage voter registration and participation.

VIC activities include Channel 18 televised panel discussions on the Town Warrant, the Town's financial status, and other issues affecting residents, as well as a Meet the Candidates forum. VIC also produces and disseminates educational materials to inform local voters on election events, meetings, or other guidance on participating in local government.

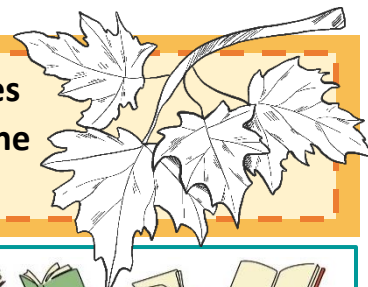
The charge of the Voter Information Committee is to offer education to Harwich voters, and as such focuses only on local issues and elections. The Harwich Voter Information Committee is a purely non-partisan town committee.

Residents are encouraged to apply by submitting the Citizens Activity Record Form to the Board of Selectmen

Let our lives be full of both thanks & giving.

“Enjoy the little things, for one day you may look back and realize they were the big things.” ~ Robert Brault

Fall coloring pages are available in the front lobby!



TAKE A BOOK!



Did you know that books create warm emotional bonds between adults and kids when they read together? Books are interactive, help develop critical thinking and nourish imaginations, and best of all—they are free! Please check out the Harwich Community Center “Little Book Nook,” where kids along with their families, caregivers and teachers can pick out a book from our book shelf to take home and enjoy. Donations of new and gently used children’s books are always welcome!



Coming Soon in December...

- Harwich Garden Club Holiday Boutique – Dec 3rd, 9AM-1PM
- Historical Society Craft Fair: Dec 3rd, 9AM-1PM
- Woman’s Club Santa’s Workshop: Dec 7th, 3PM-7PM
- Community Orchestra Holiday Fair: Dec 10th, 9AM-3PM
- Town Band Holiday Concert: Dec 18th
- Winter Solstice – Drumming: Dec 20th, 5PM-7PM

Upcoming charities to keep an eye out for:

- Dennis Harwich Lions Club Coat Drive
- Toys for Tots donation box
- Support the Troops
- Mitten Tree (TBA)

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!

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

You can find earlier issues of our newsletter on our webpage

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



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