

Harwich Community Center News



November 2023

Phone: 508-430-7568



Director's Update

This year has been another year of learning, stretching, growing, and problem solving. Over the past several months, and after careful consideration and approval—and in conjunction with other departments in the building—there have been some changes to the layout of the Community Center. I have tried to make changes and accommodations to serve all the community and strongly believe our Center is thriving. As we move forward, we will continue to honor the building's history, while we navigate the safest way to continue growing and flourishing.

We rise by lifting others and are blessed by the opportunities to serve and make a difference in our community. During this time of Thanksgiving, I wish to thank you for all your suggestions, support, and good will.

~ Carolyn Carey
Community Center Director

The building will be closed on the following date due to the holiday!
Veterans Day (observed) – November 10th
Thanksgiving Holiday – November 23rd & 24th



Mad Science – “Fire & Ice”

Nov 3rd, at 6PM

Discover how hot & cold science can be as you take a journey through the world of Fire & Ice! Experience crazy chemical reactions, explore the states of matter, and watch in amazement as our mad scientist demonstrates the extraordinary and chilly properties of dry ice! **This event is FREE to attend and for children of all ages!**



Teen Clothing Swap

Nov 9th, 5:30PM-8:30PM

for Grades 5 – 12



Exchange your gently used clothes and accessories for new-to-you items! Drop off your donations between normal business hours on Nov 1st- Nov 8th, then come back to shop the Swap on Nov 9th.

What can I donate? Gently used, clean clothing free from rips, tears, or stains. Accessories in good condition such as backpacks, hats, jewelry, scarves, bags, hair accessories, sunglasses, belts, etc. are also acceptable. We are unable to accept shoes, socks, undergarments (including sports bras & tights), or swimwear.

Can I still come to the Swap if I didn't donate? Yes! Every middle schooler or teen who visits the Swap will automatically receive 5 tickets to shop on, even if you didn't donate. Those who donated will receive bonus tickets for each item they donated to the swap, up to 10 bonus tickets. The maximum number of items someone may take from the Swap is 15.



For more information, call 508-430-7568 or email Reagan at: reagan.wilda@harwich-ma.gov



Free Bingo

Night!

Nov 30th
6PM-8PM

Play bingo for prizes!
Open to all ages and families!

WALKtober Step Challenge

Celebration Night

Nov 17th, at 5:30PM

We invite all our WALKtober participants to join us for a celebration and awards ceremony for a job well done! We'll have prizes for different categories and light refreshments will be served.



Cape Cod Military Museum Lecture

Nov 21st, at 2:30PM

This month's topic: 'The Great War – WWI'

The Cape Cod Military Museum is dedicated to promoting an understanding and appreciation of the contributions of Americans in the conflicts of the 20th century, with an emphasis on the unique role of southeastern Massachusetts.



Event Calendar & Schedule



FOLLOW US ON FACEBOOK
@HarwichCommunityCenter

Monday – Building closes at 6PM

Walking Club	6:00AM – 8:00AM
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 – 2:00PM
Indoor Walking Club	10:30AM – 12:00PM
COA Grab & Go Meals	11:30AM – 12:30PM
Jill's Exercise Class	11:30AM – 12:30PM
Men's 55+ Basketball	12:00PM – 2:00PM
Girl Scouts	4:00PM – 6:00PM
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
Intermediate Tai Chi	10:00AM – 11:00AM
Indoor Walking Club	10:00AM – 11:00AM
Senior Volleyball	11:00AM – 1:00PM
Homeless Prevention Council	1:00PM – 3:00PM
Mah Jongg	1:00PM – 4:00PM
Town Band	6:30PM – 8:00PM
Insight Meditation	7:00PM – 8:30PM

Wednesday

Walking Club	6:00AM – 8:00AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12:00PM
Wednesday Stitchers	10:00AM – 2:30PM
QiGong	10:00AM – 11:00AM
Indoor Walking Group	11:00AM – 12:00PM
Men's 55+ Basketball	12:00PM – 2:00PM
COA Sign Language	1:00PM – 2:00PM
Cranberry Mah Jongg	1:00PM – 4:00PM
Shooting Stars Basketball	5:15PM – 8:45PM
Sound Dunes Swing Band	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
Lumi Yoga & Wellness	9:00AM – 10:15AM
Indoor Walking Group	11:00AM – 12:00PM
Artists' Open Painting	1:00PM – 3:30PM
Adult Volleyball	6:30PM – 8:45PM

Friday

Walking Club	6:00AM – 8:00AM
Rec Sit/Fit Class	9:30AM – 10:30AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Intermediate Tai Chi	10:00AM – 11:00AM
Senior Volleyball	11:00AM – 1:00PM
COA – Cribbage	1:00PM – 2:30PM
Men's 55+ Basketball	1:00PM – 3:00PM
Shooting Stars Basketball	5:15PM – 8:45PM
Al-Anon	5:30PM-6:30PM
Pound	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

- **Community Orchestra:** Nov 1, 8 & 15th, 6PM-8:30PM
- **Newcomers Game Night:** Nov 1st & 15th, 6:30PM-8:45PM
- **Mad Science "Fire & Ice":** Nov 3rd, @ 6PM
- **Harwich Democrats,** Nov 4th, 10AM-11:30AM
- **Front Porch Rug Braiding:** Nov 4th, 10AM-3PM
- **KD Quilters:** Nov 6th & 20th, 9:30AM-1PM
- **Sight Loss Services:** Nov 7th, 10:30AM-12PM
- **Garden Club Mtg:** Nov 7th, 1PM-3PM
- **Friends of COA:** Nov 8th, 9:45AM-12PM
- **Teen Clothing Swap:** Nov 9th, 5:30PM-8PM
- **Cape Cod Rowing:** Nov 9th, 6PM-8:30PM
- **Women's Club Mtg:** Nov 9th, 1:30PM-3:30PM
- **Harwich Republicans:** Nov 16th, 5PM-6:30PM
- **WALKtober Celebration:** Nov 17th, @ 5:30PM
- **Cranberry Rug Hookers:** Nov 18th, 9:30AM-1:30PM
- **Artist Monthly Meeting:** Nov 18th, 1:30PM-4PM
- **Military Museum Talk:** Nov 21st, 2:30PM-4:30PM
- **Women's Book Club:** Nov 27th, 2PM-3:30PM
- **Free Bingo Night:** Nov 30th, 6PM-8PM

November

Council on Aging Activities

- **Brown Bag Program:** Nov 1st, 8AM-12PM
- **Brain Longevity:** Nov 3rd, 11AM-12:15PM
- **Chair Yoga:** Nov 8th, 11AM-12PM
- **Singing Group:** Nov 9th, 2PM-3PM
- **Balance Boosters:** Nov 9, 7, 14 & 16th, 12:15PM-1PM
- **Happiness for Seniors:** Nov 14th, 1PM-2:30PM
- **Senior Fit:** Nov 15th, 17th & 29th, 9:15AM-10:15AM
- **Big Screen Movie Day:** Nov 17th, 1PM-3PM
- **Fall Risk Assessment:** Nov 29th, 1PM-3PM

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

Cape Cod Children's Place Activities

Circle Time

Wednesdays, 10:30AM-11:30AM

Playgroup/Open Gym

Thursdays, 9:30AM-10:45AM

Pajama Playgroup:

Thursdays, 5:30PM-7:30PM

Harwich Recreation Department 18+ Billiards League

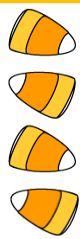
Saturdays, 12PM-4PM

~ \$20 Entry Fee ~

For more information, or to sign up, contact the Rec Dept. at 508-430-7553.



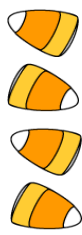
Fall back with Daylight Savings! – November 5th
Don't forget to turn your clocks back one hour!



Congrats to our candy corn winners!

There were 874 candy corn in the jar this year.

Congrats to our two winners, Mary Olsson & Isaac



Coming Soon in December...

- **Harwich Garden Club Holiday Boutique:**
 - Dec 2nd, 9AM-1PM
- **Swing Band Concert:** Dec 6th
- **Red Cross Blood Drive:** Dec 11th, 11AM-5PM
- **Woman's Club Santa's Workshop / Toy Drive:**
 - Dec 14th, 3PM-7PM
- **Town Band Holiday Concert:** Dec 17th
- **Winter Solstice – Drum Circle:** Dec 22nd, 5PM-8:30PM

Elder Services – Free Thanksgiving Meals



Elder Services of Cape Cod and the Islands, Inc. will once again be providing Thanksgiving meals to individuals 60 years of age or older residing in Barnstable County. Each meal is free of charge & will contain traditional Thanksgiving menu items.

Meals will be offered by reservation at the **Falmouth Senior Center** at 780 Main Street on Monday, November 20th, 2PM-3PM, followed by a pair of events on Tuesday, November 21st at the **Office of Elder Services** at 68 Route 134 in South Dennis from 10AM-12PM and The **Provincetown COA** at 2 Mayflower Pl. in Provincetown from 12PM-1PM.

Meals are limited and will be available for reservation on a first-come, first-served basis until Wednesday, November 15. To reserve a meal, please call the Nutrition Department at Elder Services at 508-394-4630 x412 between 9AM-10:30AM.

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

- | | |
|--|---|
| <ul style="list-style-type: none"> • Amazing residents & patrons! • Alecsies House of Pizza • Cape Cod Five Cent Savings • Cape Pediatric Dental - Dr. Murray Johnson • Cape Cod Associates Real Estate • Cape View • Consigning Women • CVS – East Harwich & Harwich Port • Dennisport House of Pizza • Dunkin Donuts • East Harwich Market • Hart Farm • Harwich Police & Harwich Fire Dept. • Heather's Hair Port Salon & Spa | <ul style="list-style-type: none"> • Moran Engineering Associates, LLC • Hinckley Home Center • RPM Carpets & Floor Coverings • Wequassett Resort & Golf Club • Shaws/STAR Market – Harwich • Spinners Pizza • Staples • Stop & Shop – Harwich • TD Bank • Terry's TV & Appliance • U.S. Foods • Walgreens – Yarmouth • Ring Brothers • Wychmere Beach Club |
|--|---|



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

Thank you to all our volunteers for your help in October!



We would like to give a special thanks to all of our volunteers for donating their time and energy for helping us make this year's Halloween events a big success. Between organizing costumer for our Boo-tique Costume Pickup, and packaging goodie bags and handing out treats at the different drive-thru stations, it is thanks to all of your efforts that this year's Trick-or-Treat Drive-Thru went so smoothly.

Thank you for all your help!

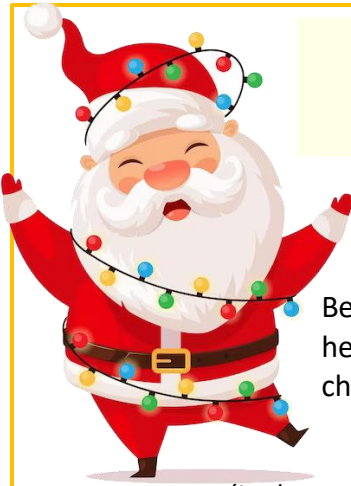


It's hard to believe that two months have already gone by so quickly and yet I am feeling right at home here at the Community Center.

Between the staff and the amazing members of the community who welcomed me, it took no time to settle in. It certainly was a busy couple of months, and while we were eagerly getting ready for our Annual Drive Through Trick or Treating event, we hosted 12 other events and programs inside the Community Building; from informative health discussions to movie nights, game nights, military talks, and more. We certainly had something for everyone. I am excited for the coming months and look forward to doing more programming for our community. Please stop by my office anytime, I would love to hear your ideas!



*~Reagan Wilda
Program Specialist II*



Santa Claus is coming to town!

Dec 14th, 4:30PM—6:30PM

Stop in for a North Pole themed celebration!



- ❖ Visit Rudolph's Book Nook and pick up a FREE children's book (1 per family).
- ❖ At Elfie's Art Works you can make a craft chain link for your tree or write a letter to Santa
- ❖ Mrs. Claus will be waiting with a sweet treat and a cup of cheer

Bells ringing—Carolers singing—Come visit Santa in his workshop! Bring a camera and Santa's helper will snap a photo to capture the moment. This event is free to people of all ages—from children to seniors, everyone can enjoy this fun festive holiday gathering.

Sponsored by the Harwich Women's Club in collaboration with Monomoy Family Resource Early Childhood Program, and other local non-profits. Toy donations are welcome.

(In the event of inclement weather closing the Center, the make-up snow date will be on Dec 19th)

Fitness Room Updates

Did you know that there are many social benefits of exercise? Those benefits include:

- A sense of community
- Boosted self-esteem
- Increased empathy
- Stronger and healthier community

The Harwich Community Center offers several options for folks to engage in exercise. There are group classes for all ages, and our Fitness Room is a great place to become part of the community!



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 complementary 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.

Fitness Room Member Spotlight!

Abid (Abdul) Raooof



This month's Fitness Room Spotlight is Abid (Abdul) Raooof. Abdul lived in Buffalo, NY for forty years. He has been a Harwich resident for fourteen years now. He was born in Iraq and migrated to the United States in 1959. He attended New York University Graduate School of Government and received

his Phd in 1965. He is a retired professor from the State University of New York, where he taught for forty years.

Abdul is happily married to his wife Ida Mae; they have two children and four grandchildren. He was formerly a regular runner for many years, however, he now enjoys taking brisk daily walks. Abdul and Ida Mae are avid fans of entertainment and the cultural activities on Cape Cod. In addition, the couple are supporters of several humanitarian and social justice organization activities both on the Cape as well as nationwide. Since becoming a resident of Cape Cod, Abdul has been highly active in interfaith and social justice groups, and he has taught numerous classes in life learning programs on politics at both the Eldredge and Snow libraries.

When we asked Abdul what he liked about the Fitness Room, and what keeps him motivated to work out, he stated, "It has good and modern equipment, and its staff is very friendly and helpful." As far as what keeps him motivated to consistently workout each week he said, "Regular exercise rejuvenates me both physically and mentally."

Abdul, the Harwich Community Center Team would like to thank you for supporting our Fitness Room; for sharing a little bit about yourself with us. Both your good sense of humor and friendly demeanor make it a pleasure to see you weekly!

Center Stage: Cape Cod Senior Softball League



Are you interested in getting involved in a team activity that can offer fun, friendship and fitness? The Cape Cod Senior Softball league could be just what you are looking for! Our league is open to men and women who will be 50 years old or older at some point in 2024.

Registration for the 2024 Season will be open early next year. In the meantime, please provide us with an email address so that we can stay in touch. You will receive a note when registration opens. **Questions can be directed to Jim Gunning at: capecodseniorsoftball@yahoo.com**

The Cape Cod Senior Softball League (CCSSL), started in 1987, then known as the Cape Old Timers Softball League is dedicated to senior softball. Our first priority is to provide an atmosphere of recreation and enjoyment of the game of softball for players at all levels of athletic skill at a competitive level. We strive to provide a safe environment for all players. CCSSL is a non-profit corporation staffed by dedicated officers, directors and volunteers who donate their time and efforts to the operation and total governance of the League.

Since the organization of the CCSSL in 1987, we have expanded our membership to over 250 active players, each of whom brings a variety of skills and abilities to their respective twenty teams. Within the total structure of CCSSL, teams are formed according to specific age levels: Division 1 (ages 55-65); Division 2 (ages 66-74); Division 3 (ages 75 and up).

www.capecodseniorsoftball.com



Town of Harwich – Hall of Fame

Sheldon J. Thayer Sr.

Inducted May 2005

“Sheldon J. Thayer, Sr. was founder of Thayer’s Florist, a successful family business in Harwich that is still serving the Lower Cape area into its eighth decade. Sheldon contracted polio as a child and was deemed physically unfit to serve in the military during World War II. He volunteered to help out at Cape Cod Hospital where doctors, nurses and staff were being called into the war effort. His hard work proved that he had much more to offer, and he was promoted to the hospital ambulance, first as a driver, and then as a medical attendant. While on duty at the hospital, he learned to be an x-ray technician, gave shots, assisted doctors, and even delivered babies.



In addition to his work at the hospital, he also served as Air Raid Warden for the village of South Harwich during the war. When the war ended, he became Chairman of the Safety Service Program of the American Red Cross. He began teaching basic First Aid to interested volunteer firemen in many Cape towns, and it was this affiliation that spurred the formation of “Rescue Squads,” first in Harwich and eventually in all the Fire Departments on Cape Cod. He continued to teach personnel First Aid and the techniques of rescue work for decades on Cape Cod and in Pennsylvania and New Jersey as well.

Sheldon Thayer’s expertise in Safety and First Aid was recognized and he was offered a place on the Harwich Fire Department. He started at the rank of Captain. One of his tasks was to design a vehicle to meet the needs of a rescue unit within the fire department. At fires, his function was search and rescue. He and a small crew integrated First Aid and Rescue into fire departments at a time when fire fighting meant only that. Sheldon created the First Aid/Rescue System for Harwich and was instrumental in forming the first Rescue Dive Team in Harwich and on the Cape. They were officially known as “The Rescue Squad,” and Sheldon was promoted to Deputy Chief shortly thereafter...”

To learn more about Sheldon 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.

Reflections – A look back at last month...

WALKtober Community Step Challenge

People of all ages stopped by to pick up their tally sheets and walking guides for our WALKtober Community Step Challenge! This challenge encouraged everyone to get outside and WALK just as fall creeps in and the weather is that perfect balance of comfortable and crisp (or get your walking done inside on those few cool rainy days we had).



Oct 5th – We had 20 people attend our **Open Mic Poetry Night**, an evening devoted to the appreciation of poetry. A mix of both original poems and poems by famous authors were shared by 12 different performers.



Oct 14th – The Harwich Conservation Trust, with Marcia and Mark Wilson, hosted their popular **Live Owl Show**. Two shows were held that Saturday, one at 11AM and the second at 2PM, and both shows were packed. Beginning with a slideshow presentation, Mark provided an introduction into the world of owls while sharing exciting stories from their travels across the country photographing North America's 19 owl species. Next, everyone enjoyed up-close encounters with live owls including screech, saw-whet, barred, great-horned, the Eurasian eagle owl, and a special guest: the American kestrel. Plus, Marcia led a hooting lesson with calls familiar to the local owls of the Cape.



Oct 17th – For our first ever **Clued In Murder Mystery Night**, 7 players showed up for a fun night of mysterious murder and intrigue. Four rooms were set up with each room decorated to be a room from the game Clue. There were also envelopes with clues and suspects hidden in each room, and after each was found, players worked together to find out the big 'Who-did-it?' question. This interactive mystery scavenger hunt is one we will definitely be hosting again, so keep an eye out for future details!



Oct 19th – Kids had a blast picking out their **FREE** costumes and costume accessories, and **over 125 costumes** were given out at our annual **BOO-tique Costume Pick-Up!**





Oct 20th – This month’s Family Movie Night featured the Halloween classic, Hocus Pocus. Families enjoyed free popcorn and snacks along with the witchy antics of the three Sanderson Sisters. It was a big hit, with over 60 people showing up!



Oct 21st & 22nd – It’s no surprise that independent artisans, crafters, and local farmers are a persistent bunch! Back in September, the Harwich Cranberry Festival unfortunately had to be postponed due to the risky weather conditions of an approaching hurricane. Despite this delay, we still had over 50 vendors in attendance for the **Cranberry Festival Weekend Make-Up Date** in October. Tents were set up all over the field behind the Community Center and even though it rained on the first day of the festival, people still stopped by to show their support.

Oct 27th – The **Cape Cod Military Museum** hosted their first lecture in what will be a series of talks (*one each month from Oct 2023 through to June 2024*) regarding various war events and how they pertain to Cape Cod in particular. Each lecture will coordinate with the time of year (so of course the October talk was all about **Bizarre & Eerie** events!).



Volunteer Halloween Prep

Volunteers stopped by on October 24th to help us assemble goody-bags for our upcoming Trick-or-Treat Drive Thru, and then showed up again on October 31st to help us pass out those goody-bags to children and their families. We thank them for all their help!



Oct 31st – Last but certainly not least is our biggest event in October—our **Halloween Trick-or-Treat Drive Thru!** Cars were lined down Oak Street and kids of all ages were dressed up in costume ready to get their goody-bags. With three different stations set up to stop at, we handed out about 200 goody-bags. Thanks goes out to all our volunteers and donors for making this event possible!



NATIVE AMERICAN HERITAGE MONTH

November is Native American Heritage Month, also known as American Indian and Alaska Native Heritage Month. This month was established to honor and recognize Native Americans as the first people of this nation, and to celebrate both their cultural heritage and importance to our past, our present, and our future.

“Amazing the things you find when you bother to search for them.”

– Sacagawea



Drive-Thru Flu Clinic November 14th, 2:30PM-4:30PM

- **Covid-19 Booster**
 - Pfizer 12+
- **Flu Shots**
 - 6 Months+
 - High Dose 65+

*Hosted by the Heath Department
and the VNA of Cape Cod*

PRE-REGISTRATION IS REQUIRED!

Scan the QR
Code to sign up,
or visit the
Town's website
for more
information to
register.



WHERE:
Harwich
Community Center
100 Oak Street
(Parking Lot)



Harwich Community Center is always looking for ways to expand our program offerings

We would love to know what you would like to see added to our list of programs and events. Please take a moment to fill out an online questionnaire, so that we can better serve our community. Scan the QR Code here to access the survey, or visit: tinyurl.com/3n3a7e6s

We greatly appreciate it! Thank you!

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@harwich-ma.gov

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 8: (508) 430-7569

Town Nurse: (508) 430-7505

Veterans' Affairs: (508) 430-7510

Cemetery Commission: (508) 430-7549