

# Harwich Community Center News



October 2022

Phone: 508-430-7568



## Director's Update

### Happy October!

October is actually one of the busiest months in the Community Center. The events are numerous and so varied. We hope we have something for everyone.

This is how the month will roll out. We have our Touch-A-Truck and Free Zumba class, the Try it, You Might Like It series featuring: Library Technology Resources on Oct 12th, Social Media Basics on Oct 19th, and Google Doc Basics on the same date (different times). The Special Town Meeting is scheduled on Oct 18th. We have our Boo-tique to give out free costumes (by appointment) on Oct 12th, 13th & 14th, and the Trick-or-Treat Drive Thru on Oct 28th. The Center is the site for the flu and Covid 19 booster, and of course our annual Guess the Candy Corn contest will be going on all month.

All of these programs are in addition to our regular programming, so the Community Center is a busy place.

As I write this, I am reminded of something I recently read. "Life is like a cassette tape. You can't skip around to your favorite parts. You have to stick with it from the beginning to the end, taking the bad with the good. So remember to press pause from time to time. In life and in music, it lets you come back with a fresh perspective and new appreciation." So if you have been on pause or need to pause, please know we are here when you are ready to play again.

The building will be closed October 10<sup>th</sup> for Columbus Day



**Saturday, October 8<sup>th</sup>**  
**11AM – 2PM**

*(Community Center Parking Lot)*

Kids of all ages are invited to climb up on and sit in the driver's seat of some of their favorite trucks and interact with the people who help protect and maintain our community.

**Free ice cream from an ice cream truck will be given out!**

## 'Boo'-tique Costume Pick-Up

### By Appointment Only!

Children can stop by the Community Center to pick out a FREE Halloween costume on:

**October 12<sup>th</sup>, 13<sup>th</sup> or 14<sup>th</sup>**  
**between the hours of**  
**10AM-3PM**



**If you would like to make an appointment,**  
**call us at 508-430-7568**

*(Evening hours can be accommodated)*

**If you have a costume to donate, please drop it off at**  
**any time prior to Oct 12<sup>th</sup>**

## Special Town Meeting

October 18<sup>th</sup>,  
Starts @ 6PM  
In the Community  
Center Gymnasium

Fall & Halloween  
coloring pages  
are available in  
the front lobby!



## Halloween Trick-or-Treat Drive Thru

**Friday, October 28<sup>th</sup>**  
**Begins at 5:30PM**

Dress up in your Halloween costume and stop by our trick-or-treat drive-thru service to pick up a goodie-bag\*. No need to get out of the car!

*\*Children must be present. Pre-packaged goodie bags are limited to 1 per child.*

There will be traffic flow directional signs to follow when you arrive.  
**No early birds please.**



**This event lasts until all goodie-bags have been given out.**

# Event Calendar & Schedule

## Other Events

- **Master Gardeners:** Oct 1<sup>st</sup>, 8AM-2:30PM
- **KD Quilters:** Oct 3<sup>rd</sup> & 17<sup>th</sup>, 9:30AM-1PM
- **Ukulele-Strumming:** Oct 3<sup>rd</sup>, 17<sup>th</sup> & 24<sup>th</sup>, 1PM-2PM
- **Ukulele-Bluegrass:** Oct 3<sup>rd</sup>, 17<sup>th</sup> & 24<sup>th</sup>, 1PM-2PM
- **Rec Sit/Fit:** Oct 3<sup>rd</sup>, 17<sup>th</sup> & 24<sup>th</sup>, 9:30AM-10:30AM
- **Indoor Walking:** Oct 3<sup>rd</sup>, 17<sup>th</sup> & 24<sup>th</sup>, 11AM-11:45AM
- **Sight Loss:** Oct 4<sup>th</sup> & 11<sup>th</sup>, 9:30AM-12:30PM
- **Flu Clinic Drive Thru:** Oct 4<sup>th</sup> & 11<sup>th</sup>, 1PM-3PM (Pre-registration required)
- **Garden Club Workshop:** Oct 4<sup>th</sup>, 9:30AM-1PM
- **Garden Club General Meeting:** Oct 4<sup>th</sup>, 1PM-3:30PM
- **Lumi Yoga & Wellness:** Oct 4<sup>th</sup>, 6<sup>th</sup>, 18<sup>th</sup>-20<sup>th</sup> & 25<sup>th</sup>-27<sup>th</sup>, 5:30PM-6:45PM
- **Monomoy Early Childhood Council:** Oct 6<sup>th</sup>, 6PM-7PM
- **COA Brown Bag Program:** Oct 7<sup>th</sup>, 8AM-12PM
- **Free Zumba (Try It, You Might Like It):** Oct 8<sup>th</sup>, 11AM-12PM
- **Touch-A-Truck:** Oct 8<sup>th</sup>, 11AM-2PM
- **Garden Club Blooming Bouquets:** Oct 11<sup>th</sup>, 1:30PM-3:30PM
- **Friends of COA:** Oct 12<sup>th</sup>, 10AM-11:30AM
- **Costume "Boo-tique" Pickup:** Oct 12<sup>th</sup> thru Oct 14<sup>th</sup> (Appointment required)
- **Library Technology Resources:** Oct 12<sup>th</sup>, 1PM
- **Women's Club Meeting:** Oct 13<sup>th</sup>, 1:30PM-3:30PM
- **Cape Cod Healthcare Blood Drive:** Oct 14<sup>th</sup>, 1:30PM-5:30PM
- **Front Porch Rug Braiding,** Oct 15<sup>th</sup>, 10AM-3PM
- **Harwich Artists General Meeting:** Oct 15<sup>th</sup>, 2PM-4PM
- **Cranberry Rug Hookers:** Oct 15<sup>th</sup>, 9:15AM-1:15PM
- **Country Meadow Condo Association:** Oct 18<sup>th</sup>, 5:30PM-9PM
- **Special Town Meeting:** Oct 18<sup>th</sup>, starts @ 6PM
- **Social Media Basics (Try It, You Might Like It):** Oct 19<sup>th</sup>, 1PM
- **Google Docs Basics (Try It, You Might Like It):** Oct 19<sup>th</sup>, 5PM
- **Harwich Republicans:** Oct 20<sup>th</sup>, 5PM-6PM
- **COA-Sexuality & Aging:** Oct 20<sup>th</sup>, 1PM-2PM
- **Big Screen Movie Day:** Oct 21<sup>st</sup>, 1PM-3PM
- **Foot Care Clinic:** Oct 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>, 9AM-2:30PM
- **Mobile Dental Clinic:** Oct 28<sup>th</sup>, 9AM-3PM
- **Trick-or-Treat Drive Thru:** Oct 28<sup>th</sup>, @ 5:30PM
- **Women's Book Club:** Oct 24<sup>th</sup>, 2PM-3:30PM

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](http://harwich-ma.gov/community-center)  
**Due to the Special Town Meeting on Oct 18<sup>th</sup>, some of our regularly scheduled classes and events will not be taking place on that day.**

## October 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
<b>Walking Club:</b> 6AM-8AM	<b>Walking Club:</b> 6AM-8AM
<b>Indoor Walking:</b> 11AM-11:45AM	<b>Indoor Walking:</b> 10AM-10:45AM
<b>Men's 55+ Basketball:</b> 12PM-2PM	<b>Senior Volleyball:</b> 11AM-1PM
<b>After School Youth Rec:</b> @ 2:30PM	<b>Open Gym:</b> 1PM-2:30PM
	<b>After School Youth Rec:</b> @ 2:30PM

Wednesday	Thursday
<b>Walking Club:</b> 6AM-8AM	<b>Walking Club:</b> 6AM-8AM
<b>Senior Fit:</b> 9:15AM-10:15AM	<b>Children's Open Gym:</b> 10AM-11AM
<b>Indoor Walking:</b> 11AM-11:45AM	<b>Indoor Walking:</b> 11AM-11:45AM
<b>Men's 55+ Basketball:</b> 12PM-2:30PM	<b>Open Gym:</b> 12PM-2:30PM
<b>After School Youth Rec:</b> @ 2:30PM	<b>After School Youth Rec:</b> @ 2:30PM
<b>Rec Youth Basketball:</b> 5:15PM-7:30PM	<b>Adult Volleyball:</b> 6:30PM-8:45PM

## Monday – Building closes at 6PM

Walking Club	6AM – 8AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Total Body Tone-Up	9:30AM – 10:20AM
Cranberry Rug Hookers	9:30AM – 1PM
Quilt Bank	10AM – 2PM
Gentle Chair Yoga	10:30AM-11:20AM
Men's 55+ Basketball	12PM – 2PM
Newcomers Cornhole Toss	3PM-5PM
Wellness Clinic	4PM – 5PM
Zumba	5PM – 6PM

## Tuesday

Walking Club	6AM – 8AM
Mah Jongg	9:30AM – 12:30PM
Tai Chi	10AM – 11AM
Indoor Walking Group	10AM – 10:45AM
Balance Boosters	10:30AM – 11:15AM
Senior Volleyball	11AM – 1PM
Homeless Prevention Council	1PM – 3PM
Mah Jongg	1PM – 4PM
Town Band Rehearsal	6:30PM – 8PM
Insight Meditation	7PM – 9PM

## Wednesday

Walking Club	6AM – 8AM
Senior Fit	9:15AM – 10:10AM
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
Community Orchestra	6PM – 8:40PM
NA	7:30PM – 9PM

## Thursday

Walking Club	6AM – 8AM
CC Business Referrals	7:15AM – 8:30AM
Zumba	7:30AM – 8:30AM
Children's Playgroup	10AM – 12:30PM
Indoor Walking Group	11AM – 11:45AM
Balance Boosters	12:15PM – 1PM
Harwich Artists Open Painting	1PM-3:30PM
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
COA Brain Longevity	11AM – 12:15PM
Senior Volleyball	11AM – 1PM
Men's 55+ Basketball	1PM – 3PM
Al-Anon	5:30PM-6:30PM

## Friday

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





CAPE COD HEALTHCARE

Nicholas G. Xiarhos Blood Donor Center

WHAT'S DONATED HERE, STAYS HERE

**Blood Drive: Oct 14<sup>th</sup>, 1:30PM-5:30PM**

Pre-registration is required.

Please call their donor center at 508-862-5663 so they can review your eligibility with you.

## **FLU & COVID-19 BOOSTER CLINIC FOR HARWICH RESIDENTS**

**Space is limited – Preregistration Required**

To register, see the link here: [tinyurl.com/6mjy4dc8](https://tinyurl.com/6mjy4dc8)

**WHEN:** October 4, 2022 & October 11, 2022 – 1:00 pm-3:00 pm  
**WHERE:** Harwich Community Center - 100 Oak St  
**WHO:** Harwich Residents  
**WHAT:** Stay in your car and get a flu shot and/or COVID-19 booster



- Offering Quadrivalent influenza vaccine
- High-dose flu vaccine will be available for those who qualify
- Flu vaccine available for ages 6 months and up
- CDC recommends everyone ages 5 years and older receive a COVID-19 booster after completing their primary series. A 2nd COVID-19 booster is for anyone who is age 50 and older or age 12 or older with certain medical conditions
- Moderna & Pfizer COVID-19 boosters available (Novavax may be available if approved)
- Please leave pets at home
- Wear a face covering

If you have any specific questions related to your specific vaccination, please contact your Primary Care provider.

This clinic is provided by the Harwich Health Department and Visiting Nurse Association.

**Please contact us for more information at 508-430-7509 or [health@town.harwich.ma.us](mailto:health@town.harwich.ma.us)**

## **Try it, You Might Like it!**

**Free Events!**

**October is all about technology!**

**Drop in and try it out!**

### **Library Technology Resources – Oct 12<sup>th</sup>, Tuesday @ 1PM**

Looking for free technology help, information about local and national newspapers like The Wall Street Journal and Boston Globe, or learning about ebooks? Curious about what other resources the library can offer? Reference Librarian Jennifer and Staff Librarian Jamie will present a Q+A session on technology resources available at Brooks Free Library.

### **Social Media Basics – Oct 19<sup>th</sup>, Wednesday @ 1PM**

Overwhelmed by social media options? Curious about what the deal is with TikTok? Staff Librarian Jamie will give a basic overview and offer a Q+A session on the most popular social media today.

### **Google Docs Basics – Oct 19<sup>th</sup>, Wednesday, @ 5PM**

Students from Monomoy Regional High School will be teaching the basics on how to use Google Docs, including how to embed images and sound. There will also be students available to help set up Gmail accounts, and to work individually with attendees.

**No registration required for these events. Just stop by to check it out!**

## Center Stage: Cape Cod Business Referrals

Founded in 2009, Cape Cod Business Referrals (CCBR) is a group of local, small business owners who join together weekly to share referrals, networking and the latest information and technology in each other's respected fields of expertise. Members consist of tradesmen as well as professionals, who share a common desire to grow their business.

CCBR is also committed to giving back to the community. Yearly Scholarships are awarded to local graduating high school seniors to assist with their future college or career plans.

Weekly meetings are held on Thursdays, beginning at 7:30 am at the Community Center. If you are interested in learning more about CCBR, please call Brian Widegren at (508) 432-2600.



## Fitness Room Updates

### Fitness Room Member Spotlight!

#### Domingo Rose



Domingo Rose has been coming to the Community Center Weight Room on & off for many years, but just started attending again. He is fourth generation from a big *Cape Verdean* Cape Cod

family, who originally began as a family of fishermen settled in Provincetown, MA before moving to Harwich. Domingo is a painter now, but spent 18 years as a Park Ranger for Nickerson Park in Brewster. He enjoys the familiarity of the Community Center and continues to come back because he "grew up in Harwich and wants to embrace a healthier lifestyle for my kids, which is in combination with a Vegan diet."

### Cranberries

The Harwich Cranberry Festival was a huge success as usual! Soon the bogs will be red with cranberries and the scenery will attract folks to walk and enjoy the benefits of cranberries.

#### Health Benefits

- Improved immune function
- Decreased blood pressure
- Lowers risk of urinary tract infections
- Contains fiber, iron and calcium, and many more vitamins and nutrients



### Personal Trainer Available

Our Fitness Room certified personal trainer, Jill Brown, is available every **Monday and Thursday, from 9:15AM-11:15AM** to assist fitness room members about the proper use of the gym equipment.



### How to scan in to our new touch-screen fitness room kiosk

1. Scan the barcode on your membership card
2. Select 'Fitness Room'
3. Select 'Finish' and you're done!

As we approach the fall season, we would like to just take a moment to offer our sincere thanks and gratitude for all the support the Fitness Room receives. Please be sure to mark your calendar for our first ever **Member Appreciation Day on Wednesday, Nov 9<sup>th</sup>**. We look forward to seeing you there!





## Gardening Tips from Toni

### Get to Know the Roses – Earth Kind Roses

There is nothing like two and a half months without rain to make me love my Earth Kind Roses, Sedum, English Thyme, Winter Savory, Nine Bark, Mahonia and Junipers. All are drought tolerant and look happy in a drought.

There are quite a few roses that can tolerate some water stress. Examples in my gardens include Rugosa Roses, Teasing Georgia, Teupelo Honey, Fire Opal Kolorscape, Innocencia Vigorosa, Delightful Phyllis, Madame Alfred Carriere, Savannah, Altissimo and Elmshorn. Even these are looking needy now, in spite of weekly watering. Most of the other Tea roses and Floribundas are defoliated with lots of yellow leaves and brown or bare stems.

On the other hand, The Fairy roses in the Community Center rose garden have not been watered this summer and look fine, the leaves are green, and if it ever rains, they will begin to bloom again this fall. Fairy roses have Multiflora Rose genes. The same genes that give many of the Earth Kind roses their drought tolerance. This spring I spotted a Multiflora Rose growing from a seed, dropped by a bird. It was leaping out of the ground producing two foot long, thorny canes. Red alert! Multiflora roses are considered a noxious weed. I almost murdered it on the spot, however, this rose was growing in an empty spot at the north east side of the Community Center. Lots of fluffy white, fragrant roses appeared in June. In July I cut it to the ground. This is Sept 9th and that rose has not been watered all summer and is bright green and healthy.

Earth Kind is a designation given, after extensive field trials, to 143 rose cultivars. Using sustainable practices, all are tested for insect resistance, drought tolerance, and all around good landscape performance. Examples for Cape gardens include: Caldwell's Pink, Perle d'Or, Belinda's Dream, Knock out Roses, La Marne, New Dawn, and Carefree Beauty.

Just a note about deep watering. Insert a spading fork straight down in the ground, as far as it will go and push it forward a few inches. Direct a stream of water into this opening. Repeat on three sides of your rose.

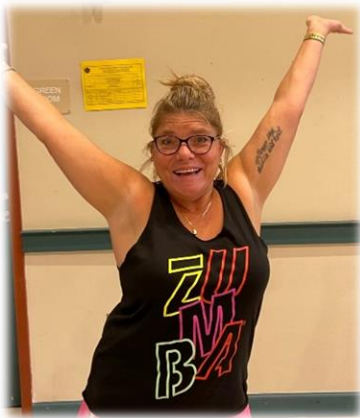


### Volunteer of the Month – Alice Cartier

The Harwich Community Center would like to express its sincere appreciation to Alice Cartier, one of our dedicated volunteers who has donated her time and energy for many of our special events at the Community Center. In fact, you may have come across Alice and not realized it, due to the fact she is very often dressed as a special “holiday” character!

When Alice is not volunteering, you can find her on Thursdays from 5:30PM - 6:30pm at the Community Center with Zumba with Alice. Her class is a fun and effective dance workout that is a great option for people who enjoy upbeat music and group exercise.

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



### Volunteers Needed!

The Harwich Community Center is in need of volunteers to help us out with our different upcoming events:

- **Touch-A-Truck** – Oct 8<sup>th</sup>, 11AM-2PM
- **Trick-or-Treat Drive-Thru** – Oct 28<sup>th</sup>, @ 5:30PM
- **Mad Science** – Nov 4<sup>th</sup> @ 6PM

If you are interested in volunteering for any of these events, give us a call at 508-430-7568, or you can stop by the front desk to sign up.



## *In Memory of Judy Newton*



It is with great sadness that we share the news of our beloved Judy Newton's passing. Judy began her time here at the Harwich Community Center as a volunteer and later became a front desk employee. Many may remember her as the person at the desk in the early evenings and weekends. Throughout her many years in the building, Judy was always willing to share her quick wit, and her ability to share a story and a smile. We want to convey our deepest sympathies to Judy's family and friends.

*We will miss you Judy!*

"Newton, Judith A. "Judy" (Curran) Newton of West Harwich, formerly of Quincy, passed peacefully at home on Thursday, August 25, 2022, at the age of 81. Judy was surrounded by the love of her family and friends in her final days.

She was born in Somerville MA, and raised in Charlestown, the daughter of the late George and Mary Curran. She attended Girls' High School of Boston, Class of 1959. Judy worked for Purdy Vantine Studio, then State Street Bank, and upon retirement moved to Cape Cod and worked at the Harwich Community Center.

Judy was beautiful, spunky, strong, independent, quick witted and a sharp dresser. She had a mothers' love for her children and was a caring wife to her husband Bud. In her younger days she loved to sing and participate in minstrel shows and school events. She was artistic and crafty. She enjoyed dancing, bingo, playing games and traveling annually to Aruba. Judy was a spirited woman who thoroughly enjoyed Halloween, dressing up and walking around the neighborhood. Judy was a caring, selfless woman that always found the underdog and took them under her wing. Whether you were homeless, an unwed teenage mother or a person struggling with addiction, Judy would do her best to help.

Beloved wife of Frank (Bud) Newton and the late Charles J. Doherty. Devoted mother of Maryann Paskell and her husband James, and John J. Doherty and his wife Karen, all of Hanover. Stepmother to Donna Adams of Wareham, Mark Newton of CA, Craig Newton of Rockland and the late Barry Newton. Judy is predeceased by her sisters, Ann, Dorothy and Patsy. Cherished Nana to Justin, Tyler & Victoria Paskell and Madelyn & Christopher Doherty.

She will be remembered as a devoted mother, grandmother and friend, especially to those in need. She will also be remembered for her strength, quick wit and humor. "

### Town of Harwich – Hall of Fame **Sidney Brooks** **Educator & Author, Inducted May 2004**

"Sidney Brooks was born on April 5<sup>th</sup>, 1813. He attended Phillips-Andover Academy, Amherst College, and went on to teach at Chatham Academy. In 1844, Sidney Brooks left teaching and supervised the building of Pine Grove Seminary in Harwich, which is known today as Brooks Academy. In addition to being its building, proprietor, principal and teacher, he personally raised money for the building of the Academy from the sale of public shares in the school..."

**To learn more about Sidney Brooks, 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.**



## Candy Donations needed!

The Harwich Community Center's Trick-or-Treat Drive Thru is approaching, and we are in need of candy donations to make this a truly successful event! Last year we handed out over 300 goody bags to our Community's children/families, and based on that great turn out, we are planning to see even more this year.

If you are able, please drop your donation of individually wrapped candy at the front desk of the Community Center. Thank you for your support!



## Try it, You Might Like it!

As a continuation of September's fitness activities, we will be holding one more FREE Zumba class!

# FREE! Zumba

**Saturday, October 8<sup>th</sup> – 11AM-12PM**

There is something at the Harwich Community Center for EVERY **BODY**. Please join us for another "Try it, You Might Like It" event during Saturday's Touch-A-Truck; at 11AM-12PM we will be having a ZUMBA dance class.

Zumba Fitness is a calorie burning dance workout that mixes high intensity and low intensity to keep you moving all class long. All levels are welcome to our "exercise in disguise." Harwich Community Center's hour-long Zumba classes energetic, exciting, and draw on a variety of music genres and dance styles. Although each class is different, every class is a party!

Zumba at the Harwich Community Center is taught by Alissa Krieger-DeWitt on Mondays at 5PM & Thursday morning at 7:30AM, and Alice Carter teaches on Thursday evening at 5:30PM.

## Coming Soon in November...



**November 4<sup>th</sup>**  
**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!**

“Nothing is impossible,  
the word itself says ‘I’m  
possible!’”

~Audrey Hepburn



## Candy Corn Guess & Win!



Guess how many candy corn are in the container and win a prize. Closest guess without going over wins! Stop by the Community Center front desk to submit your guess. Two prizes will be given out—one for adults, and one for children.



# Create smoother travel.

**Don't wait,** check  
your passport  
expiration date.



## Passport Awareness Month

Many people don't realize their passport is expired until right before a big trip. Don't let it happen to you! Apply now. Passports remain valid 10 years for adults and 5 years for children under 16. <https://bit.ly/3e8od6S>

The Community Center's 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

For information about how to apply, what documents you need to bring to your appointment, or for online applications to fill out, visit [www.travel.state.gov](http://www.travel.state.gov).

## 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](http://www.harwich-ma.gov/community-center)

**Email:** [ccarey@town.harwich.ma.us](mailto: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

**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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