

# Harwich Community Center News



October 2023

Phone: 508-430-7568



## Director's Update

Where did September go?

It's hard to believe that we are in October already. There is something very special about the changing of the leaves. The burst of colors fills me with such hope!

Much like the changing of the seasons, we have some exciting changes inside the building. First, our popular Game Room is now located right across the hall in what was Activity Room 2. The pool tables have been repaired and re-covered, we have new supplies, and the room has been repainted. It looks great, and we invite you to come check it out.

The Fitness Room has also received a makeover! We have moved some of our fitness equipment into the former Game Room. This has created more space in both fitness areas, providing a safer workout space for our community. In addition, we have replaced a broken machine and added a new rowing machine. The new fitness space will also have a fresh coat of paint, while we protect our beloved mural.

Join us on Oct 26<sup>th</sup> for an Open House! There will be refreshments, and everyone will get an opportunity to check out the updated space. You can also leave your handprint as part of our *Lend a Hand* event!

~ Carolyn Carey  
Community Center Director



The building will be closed on the following date due to the holiday!  
**Indigenous Peoples Day – October 9<sup>th</sup>, 2023**



## Kickoff WALKtober – Community Step Challenge

Starts **October 2<sup>nd</sup>** & ends on **November 4<sup>th</sup>**

Want to become more active? Join our 5-week challenge to get up and get moving! Win a prize for the most steps in your age group! All you'll need is an activity tracker, pedometer, or a smart phone, and a log sheet to record your steps (*using the honor system!*).

Stop by the Community Center front lobby to sign up and get your WALKtober packet. You can also email [Reagan.wilda@harwich-ma.gov](mailto:Reagan.wilda@harwich-ma.gov)  
OR scan the QR code here to sign up online: →



## Open Mic Poetry: Oct 5<sup>th</sup>, 6PM-7:30PM

Join us for an evening devoted to poetry! Read your own poems or those by your favorite author. Open to poets of all ages and skill levels.

**Want to perform at Poetry Night?** Come in up to ½ hour before the event to sign up for an open mic slot. 15 slots are open with 4-5 minutes to share.



## Cancer Talk – Environmental Causes & Prevention

Oct 12<sup>th</sup> at 5PM

Join us for this important presentation on cancer and reducing exposure to toxic chemicals in your everyday life. *Presented by Find The Cause Breast Cancer Foundation.*

**This event is FREE to attend. No registration required.**



## BOO-Tique Costume Pick-Up

Oct 19<sup>th</sup>, 5:30PM-7PM

**Children of all ages can stop by to pick out a FREE Halloween costume!** We are also collecting new or gently used costumes and costume accessories for this event. If you have a costume to donate, please drop it off at the front desk at any time. Thank you!



## 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.



## Halloween Trick-or-Treat Drive-Thru

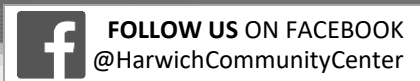
Tuesday, Oct 31<sup>st</sup> at 5:30PM

Dress up in your Halloween costumes and stop by our Trick-or-Treat Drive-Thru service to pick up a FREE goody-bag & other treats! No need to get out of the car. There will be traffic-flow directional signs to follow when you arrive.

Children must be present. Goody-bags limited to 1 per child. No early birds please. Lasts until all goody-bags have been given out.



# Event Calendar & Schedule



## 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 – 11:45AM
COA Grab & Go Meals	11:30AM – 12:30PM
Jill's Exercise Class	11:30AM – 12:30PM
Men's 55+ Basketball	12:00PM – 2:00PM
Ukulele Beginners 1	1:00PM – 2:00PM
Ukulele Absolute Beginners	2:00PM – 3:00PM
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
Balance Boosters	10:30AM – 11:15AM
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
Jill's Senior Fit	9:15AM – 10:15AM
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
Sound Dunes Swing Band	6:00PM – 8:30PM
Community Orchestra	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
Balance Boosters	12:15PM – 1:00PM
Artists' Open Painting	1:00PM – 3:30PM
Adult Volleyball	6:30PM – 8:45PM

## Friday

Walking Club	6:00AM – 8:00AM
Jill's Senior Fit	9:15AM – 10:15AM
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
Bridge Lesson & Play	1:30PM – 5:30PM
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](http://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

- **Kickoff WALKtober Step Challenge:** Starts Oct 2<sup>nd</sup>, Tally Packets located in front lobby
- **KD Quilters:** Oct 2<sup>nd</sup> & 16<sup>th</sup>, 9:30AM-1PM
- **Friends of COA:** Oct 3<sup>rd</sup>, 9:45AM-12PM
- **Sight Loss Services:** Oct 3<sup>rd</sup>, 10:30AM-12PM
- **Newcomers Game Night:** Oct 4 & 18<sup>th</sup>, 6:30PM-8:45PM
- **Open Mic Poetry:** Oct 5<sup>th</sup>, 6PM-7:30PM
- **Breast Cancer Talk:** Oct 12<sup>th</sup>, @ 5PM
- **Harwich Women's Club Meeting:** Oct 12<sup>th</sup>, 1:30PM-3:30PM
- **Best Friends Dance:** Oct 13<sup>th</sup>, 6PM-8PM
- **Owls Up Close:** Oct 14<sup>th</sup>, @ 11AM & also @ 2PM
- **Harwich Democrats,** Oct 14<sup>th</sup>, 10AM-11:30AM
- **Front Porch Rug Braiding:** Oct 14<sup>th</sup>, 10AM-3PM
- **Senior Softball Mtg:** Oct 14<sup>th</sup>, 1PM-3:30PM
- **Red Cross Blood Drive:** Oct 16<sup>th</sup>, 11AM-5:30PM
- **Clue Scavenger Hunt:** Oct 17<sup>th</sup>, 5:30PM-8:30PM
- **Garden Club Herbal Vinegar Workshop:** Oct 17<sup>th</sup>, 9:30AM-12PM
- **Costume Boo-tique:** Oct 19<sup>th</sup>, 5:30PM-7PM
- **Harwich Republicans:** Oct 19<sup>th</sup>, 5PM-6:30PM
- **Cranberry Festival Weekend:** Oct 21<sup>st</sup> & 22<sup>nd</sup>
- **Cranberry Rug Hookers:** Oct 21<sup>st</sup>, 9:30AM-1:30PM
- **Artist Monthly Meeting:** Oct 21<sup>st</sup>, 1:30PM-4PM
- **Make-It Take It:** Oct 21<sup>st</sup>, 10AM-3PM
- **Cape Cod Military Museum Lecture:** Oct 27<sup>th</sup>, 5:30PM
- **Women's Book Club:** Oct 30<sup>th</sup>, 2PM-3:30PM
- **Master Gardeners:** Oct 30<sup>th</sup>, 8AM-11AM
- **Halloween Trick-or-Treat Drive Thru:** Oct 31<sup>st</sup> @ 5:30PM

October

## Council on Aging Activities

- **THC & CBD Info Session:** Oct 5<sup>th</sup>, 11AM-12PM
- **Brown Bag Program:** Oct 6<sup>th</sup>, 8AM-12PM
- **Trauma First Aid,** Oct 6<sup>th</sup>, 10AM-12PM
- **Immune Boost Foods,** Oct 11<sup>th</sup>, 2PM-3PM
- **Chair Yoga:** Oct 11<sup>th</sup> & 25<sup>th</sup>, 11AM-12PM
- **Singing Group:** Oct 12<sup>th</sup> & 26<sup>th</sup>, 2PM-3PM
- **Brain Longevity:** Oct 12<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>, 11AM-12:15PM
- **Men's Breakfast:** Oct 13<sup>th</sup>, 9:15AM-10:30AM
- **AARP Smart Drivers:** Oct 18<sup>th</sup>, 9:30AM-3PM
- **Beyond the Book:** Oct 20<sup>th</sup>, 10AM-11AM
- **Big Screen Movie Day:** Oct 20<sup>th</sup>, 1PM-3PM
- **Halloween Harvest:** Oct 26<sup>th</sup>, 10AM-11AM
- **Women's Breakfast:** Oct 27<sup>th</sup>, 9:15AM-10:30AM
- **Forensic Entomology:** Oct 30<sup>th</sup>, 1:30PM-3:15PM

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



## American Red Cross Blood Drive

**Oct 16<sup>th</sup>, 11AM-5:30PM**

*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.

## Cape Cod Children's Place Activities

**Circle Time**  
Wednesdays, 10AM-12PM

**Playgroup/Open Gym**  
Thursdays, 9:45AM-10:45AM



## Candy & Costume Donations Greatly Appreciated!

Our Trick-or-Treat Drive Thru and our Costume Boutique is happening this month, and we need your help to make both these events successful! Last year we handed out over approx. 330 goodie-bags to our community's children, and we also had 47 children stop by to pick out their Halloween costumes. We are expecting just as big of a turn-out this year.

If you are able, please drop your donation of individually wrapped candy or Halloween costumes off at the Community Center's front desk. We greatly appreciate your support and any donation you are able to give!

*Thank you!*



## Volunteers needed!

The Harwich Community Center needs volunteers to help us out with our Halloween Trick-or-Treat Drive Thru!

### Volunteers are needed for both:

Assembling goodie-bags prior to event  
Handing out goodie-bags & treats at Drive-Thru Event

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

The Drive-Thru will take place on Tuesday, Oct 31<sup>st</sup> starting at 5:30PM, with volunteers arriving earlier for set-up.

## CLUED IN Murder Mystery Scavenger Hunt

Oct 17<sup>th</sup>, 5:30PM-8:30PM

Get ready for the classic Murder Mystery game  
Clue like you've never played it before - a  
scavenger hunt taken to a whole new level!

No board. No script. No complicated set-up. No  
expensive props. JUST FUN!

Light refreshments served!

CASE FILE

Registration  
Required  
Call 508-430-7568  
to sign up.



## Owls Up Close - Live Owl Show!

Saturday, October 14<sup>th</sup>

Showtimes: first show @ 11AM & second show @ 2PM

*Each live owl program is about 1 hour and 15 minutes.*

Hosted by Harwich Conservation Trust (HCT), Marcia and Mark Wilson return to the Harwich Community Center with their owls to amaze us once again. See great-horned, snowy, screech, saw-whet, barred owls, and more! Learn all about the habits and unique adaptations of these incredible raptors of the night. Listen to Mark and Marcia's adventures when they traveled across the country photographing all 19 owl species found in North America for their award-winning book, *Owling: Enter the Mysterious World of the Birds of the Night*. Then, follow along in a hooting lesson with calls familiar to the local owls of the Cape!

**Location:** Harwich Community Center (100 Oak Street, Harwich)

Not recommended for children under age 5.

Reserve early for this inspiring and intriguing live owl show. Tickets can be purchased online at [www.harwichconservationtrust.org](http://www.harwichconservationtrust.org) OR you can scan the QR Code here

(Tickets will also be available for purchase at the doors!)



*Thank you to event sponsors Pizza Shark and The Cape Cod Chronicle!*

## FESTIVAL WEEKEND MAKE-UP DATE!

October 21<sup>st</sup> & 22<sup>nd</sup>

**Where:** At the field behind the Community Center, 100 Oak Street

Last month, the Harwich Cranberry Festival had to be cancelled due to the weather risk of Hurricane Lee. Luckily the festival has been rescheduled for this October! Join us in the field behind the Community Center for food and lots of vendors selling handmade craft items.

**Entry to the park is free!! The parking is also free!!**

There is also lots of bicycle parking available...why not leave the car at home?

[www.harwichcranberryartsandmusicfestival.org](http://www.harwichcranberryartsandmusicfestival.org)



## Harwich Community Center is 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](https://tinyurl.com/3n3a7e6s)  
We greatly appreciate it! Thank you!



## Art at the Center!

This fall, check out local artist Roe Osborn's outdoor sculptures which will be on display outside the Community Center. Roe Osborn is the owner of *Cape Creative*, where he shares passion for creativity and his community. His two sculptures, *Waiting for a Melody* and *Divergence 7-10 Split* will be on display at the Community Center for all to enjoy.

To see more about Roe, visit his website [www.capecreative.com](http://www.capecreative.com)



## Cape Cod Military Museum

### First Lecture in a series through the month of June

October 27th at 5:30pm

This lecture goes over the surreal and supernatural occurrences during wartime. We go over the only successful bat bombing and the largest documented crocodile attack in history. Ghosts appear and disappear and come back in reincarnation. There are zombies, demons and werewolves. There are even lions and tigers and Bears, Oh My! All stories are actual as far as can be ascertained, no myths or hoaxes.

Join us for a spooky afternoon of learning. This is a FREE EVENT!



## Fitness Room Updates

### New expanded Fitness Room & Game Room Open House

October 26<sup>th</sup> 8AM-8PM

Stop by to check out the expansions and upgrades for both our Fitness Room and our Game Room! Light, healthy refreshments will be available.

### We all know there are many benefits to walking!

Here at the Harwich Community Center, we want to make walking an enjoyable part of your daily routine. Join us for our *WALKtober Community Step Challenge!* This five week challenge will get you excited and motivated to walk.

### We also have free walking groups that meet in the Community Center gymnasium throughout the week:

**Walking Club:** Monday – Friday, 6AM-8AM

**Indoor Walking Group:** Monday, 10:30AM-11:45AM,  
Tuesday, 10AM-11AM  
Wednesday & Thursday, 11AM-12PM

### 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!

#### Jessica Small



This month's Fitness Room Spotlight is member Jessica Small. Jessica has been a resident of the town of Harwich since February 1992. She is originally from Liverpool, England, hometown of The Beatles. She's from a large family that resides in her hometown of Liverpool.

Jessica attended secretarial school and worked in that profession for a time; then started working at a travel agency. In 1965 she once again made an occupational transition and became a flight attendant for TWA, flying the friendly skies for three years. She moved to the Big Apple, New York City, where she met the love of her life, and got married in 1969.

Some of Jessica's hobbies and interests are traveling the world, gardening and cats.

When we asked the former TWA flight attendant what she likes about the Community Center Fitness Room & what keeps her motivated she said, "I usually go in at about 8:15 a.m. most days. It's always quiet there at that time. I like using the treadmill and bike; I also like to go to Jill's exercise class whenever possible." As far as what keeps Jessica motivated to maintain her regular workout schedule at the Fitness Room, she said, "It's convenient to my house, I live only five minutes away."

Jessica, the Harwich Community Center would like to thank you for supporting our Fitness Room and for giving us a glimpse of your life story.



## Center Stage: Cape Cod Community Rowing Inc.



We are a non-profit organization that supports a rowing community of all ages and abilities through programming at Long Pond in Harwich. Our mission is to promote and expand rowing opportunities for youth and adults (masters) through recreational and competitive rowing programs. We also encourage collaboration among rowing clubs throughout the region.

### It all started with a youth program

Our organization was born to address the real needs of what was then called "Cape Cod Youth Rowing." The idea was simple: to create a non-profit (called "Cape and Islands Rowing Association, Inc.") to support this program and grow rowing on the Cape. At the heart of this endeavor was, and remains, a core belief that we can find ways to thrive by working together and building a community with shared resources.



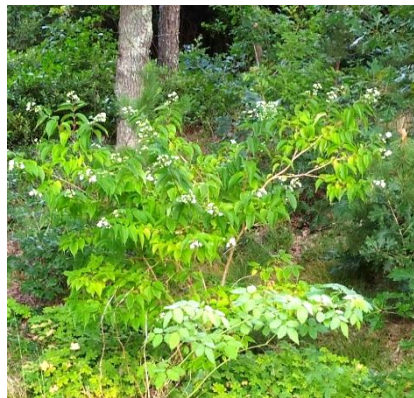
### Over the past decade, we have focused our efforts on the development of two primary programs:

**Youth Rowing** is available to kids throughout the Cape and provides Learn-to-Row and competitive opportunities for Middle and High School aged students.

**Masters Rowing** ignites interest, builds skills, and promotes camaraderie for adults in the region. This program evolved from an initial Learn-to-Row program into a full-fledged masters program.

We believe rowing is an ideal activity that one can pursue at any age, building character and community. We support the creation of a healthy, vibrant, and sustainable rowing community for the people of Cape Cod. To do so, we provide the resources and support to make rowing possible. Our core programs for youth and masters encourage participation for people of all ages and skills.

For more information, visit: [www.capeandislandsrowing.com](http://www.capeandislandsrowing.com)  
Or email [cira@capeandislandsrowing.org](mailto:cira@capeandislandsrowing.org)



## Gardening Tips from Toni Get to know the Trees

### Heptacodium miconiodes

**A long, unimpressive name for a very useful and lovely, artistic small tree.**

Around five years ago I planted two Heptacodium seedlings. One on the edge of the woods in partial shade, the other in full sun at the edge of the woods. The tree in the shade has bright, lime green leaves. These glow against the dark green of the Oak woods in the background. Leaves appear early, in March, and are present until the end of November.

The tree planted in the sun looks stressed and tired. I have noticed that the Heptacodium in our Community Center courtyard is somewhat drought tolerant but shows stress in very dry summers.

Small white, fragrant flowers appear at the end of August and into September. This tree has an attractive growth habit and is perfect for Cape gardens. Unlike the two, Community Center River Birch, *Betula nigra*, that drop everything there is to drop (branches, leaves, catkins, nutlets) the only thing the Heptacodium drops is a few seeds. Two of these seedlings found their way to my backyard.

E. H. Wison, a plant explorer with the Arnold Arboretum, introduced this plant in 1907 but it was not available until the 1980's when reintroduced by the Arnold Arboretum. Most of the woody ornamentals in our gardens can be traced back to E. H. Wison.



## Get to Know the Roses

### Jeanne Lajoie

Many roses are described as everblooming, most aren't, Jeanne Lajoie really is always in bloom. Jeanne Lajoie, a miniature climbing rose, was introduced by Edward Sima in 1975. Growing to 7 feet tall, it has high centered, pink fragrant flowers. This rose works well in a pot or on a trellis near the front door. Look out for the thorns, however, there are lots of them.



# What is a Vulnerable Road User?

Massachusetts now defines “vulnerable user” on our roads to include:

- People walking and biking
- Roadside workers
- People using wheelchairs
- Motorized bicycles, scooters, skateboards, roller skates, and other micro-mobility devices
- Horse riders and horse-drawn carriages
- Farm equipment



*Future policies and guidelines can be created with vulnerable road users in mind.*

## Safe Passing | Who is this for: Motorists

Drivers will need to provide a “safe passing distance” of at least 4 feet when passing vulnerable road users. Massachusetts is the 36th state to define safe passing as at least 3 feet. Motorists are explicitly allowed to cross a double-yellow line in order to pass “when it is safe to do so and adhering to the roadway speed limit.” MassDOT is required to put up signage to this effect across the commonwealth and will work in collaboration with municipalities to do so on public roadways.



## Rear Red Light Requirement | Who is this for: Bicyclists

A new requirement for use of rear red lights at night will go into effect to ensure cyclists are visible on our roadways. Bicyclists will now be required to use a front white light and rear red light and rear reflector when riding at night. Police officers cannot use a light violation as a reason to stop a bicyclist. The lack of lights cannot be used as “conclusive evidence of contributory negligence” in a civil action, for instance when making an insurance claim.

## Safe Passing | Does the 4-ft rule apply to all roadways?

Yes! The mandatory 4-foot passing law applies to all roadways across the commonwealth.

## How does the 4-ft passing work on narrow or shared streets where there physically isn't enough space to accommodate that distance?

The law specifically allows drivers to cross a double yellow line where it is safe to do so in order to provide 4 feet of distance. However, if it is too narrow to provide 4 feet, drivers should wait to pass until they can provide the mandatory distance.

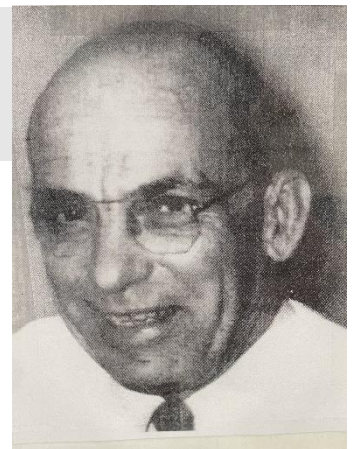


## Town of Harwich – Hall of Fame

### Earle Bassett

Inducted May 6, 2013

“Earle F. Bassett founded the Harwich Playground and Recreation Commission, now known as the Harwich Youth and Recreation Commission. The Harwich Little League came into being as a result of Mr. Bassett’s support, as did the Little League field, constructed under the Town’s recreation program. At Mr. Bassett’s suggestion, voters at Town Meeting acquired the large tract of land adjoining Brooks Park in Harwich Center for future civic and recreational development. Mr. Bassett, one of the original members of Harwich Boy Scout Troop No. 76 when it was organized about 1913, was later instrumental in reactivating the troop.



In the 1930s, Mr. Bassett worked on a Federal recreation project which germinated his interest in developing a comprehensive recreational program for the town and ultimately, in 1950, to the formation of the Harwich Playground and Recreation Commission. He was appointed one of the first members of the commission and served for 10 years. Through his efforts, the town secured the Recreation Building, now the Harwich Junior Theatre (HJT) Center for the Arts, which is used daily for a wide range of activities for both youngsters and adults...”

To learn more about Earle Bassett 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...



**Sept 6<sup>th</sup>** – We had an informational presentation on opioid awareness and exploring addiction. Several speakers shared their personal experiences of living with addiction in their families, and their professional work in the field. Speakers included Sharon Leder, Kahren Dowcett, Stephanie Briody, and Daina Carpenter. Ms. Carpenter, the Program Director of the **Recovery Build APG Program** (*Alternative Peer Group*), reviewed what the program offers and its successes.



**Sept 12<sup>th</sup>** – The **Sound Dunes Swing Ensemble** hosted a free concert here at the Community Center. We had a huge turnout with 120 people attending. Music, dancing, and free refreshments were enjoyed by all.



**Sept 14<sup>th</sup>** – People stopped by for a meet-and-greet discussion with local author and screenwriter, Mike Bernard. An author of five novels and a stage play musical, Mike talked about starting his writing career 'midlife' after his kids went off to college. A raffle was also held for copies of his books.



**Sept 15<sup>th</sup>** – Children and their families stopped by for our new **Movie Night** program. Attendees enjoyed free pizza and popcorn for a showing of 'The Super Mario Bros Movie.'



**Sept 21<sup>st</sup>** – Our **Grab a Tea with Me** program has started back up again. People stopped by to meet our new Program Specialist, Reagan Wilda, and shared their thoughts on possible improvements for the Community Center.



**Cape Cod Children's Place** organized and cleaned up all of their children's toys in preparation for their various programs starting up again this fall.



Pebbles is moving one more time before she slithers off for the winter. Try and find her on the Community Center property.





"Autumn is the time of year when Mother Nature says, 'Look how easy, how healthy, and how beautiful letting go can be.'" – Toni Sorenson

## We process passport applications!

If you have any passport-related questions, or would like your application processed, call us at 508-430-7568. Application processing is by appointment only!



# Passport Tips!



## Get Your Passport First



**Print** your application after using our  **FORM FILLER** at [travel.state.gov/passportforms](http://travel.state.gov/passportforms)



**Make** sure your photo meets our requirements by visiting [travel.state.gov/photos](http://travel.state.gov/photos)



**Include** your email address on your passport application



**Submit** your most recent passport with your application or report it lost/stolen at [travel.state.gov/loststolen](http://travel.state.gov/loststolen)



**Make Sure** you include your correct Social Security number

## Get Your Passport First



**Apply** for your passport **6-9 months** before passport expiration date or planned travel



**Visit** [travel.state.gov/destination](http://travel.state.gov/destination). Many countries require **six months** of passport validity



**Book** your travel



U.S. Department of State - Bureau of Consular Affairs - Passport Services [travel.state.gov/passport](http://travel.state.gov/passport)

U.S. Department of State - Bureau of Consular Affairs - Passport Services

[travel.state.gov/passportforms](http://travel.state.gov/passportforms)

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

**Email:** [ccarey@harwich-ma.gov](mailto: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