

# Harwich Community Center News

Phone: 508-430-7568



September 2022



## Director's Update

### Happy September!

Over the weeks and months to come, it is critically important for all of us to remain focused and committed to the goal of achieving excellence for the Community Center and Harwich.

We have seen early indications that we are indeed succeeding in making the Community Center and its enhancements more user friendly for everyone.

It is essential that we continue to see around the obstacles that stand between us and our goal. It is imperative we do not pause in our efforts to move forward, and it is so vitally important to me that we grow the Community Center together.

That being said, in the next month or so, I will be bringing forward a Community Center strategic work plan. I will be asking for help and looking for survey information seeking volunteers and hosting listening sessions to gather information and move us forward.

For now, I just wanted to say I hope you enjoy your September. It happens to be my favorite month on Cape Cod.

The building will be closed on the following dates due to the holiday!  
**Labor Day – September 5<sup>th</sup>**



## Pizza & Candy Bar Bingo

**Tuesday, Sept 20<sup>th</sup>  
5:30PM-7:30PM**

Just bring a regular-size candy bar to play. The pizza is on us, and all ages are welcome!



## Nantucket Lightship Basket Making Sept 14<sup>th</sup>, starting @ 1PM

Learn all about the art of making a Nantucket Lightship basket with Patricia Kyrscofolski. There will also be a raffle for a handmade bracelet for anyone in attendance. **This event is free!**

## Special Town Meeting & Primary Election!

**State Primary Election:**  
Sept 6<sup>th</sup>, Polls open 7AM-8PM

**Special Town Meeting:**  
October 18<sup>th</sup>, Starts @ 6PM

**Free Events!**



**TRY IT, YOU MIGHT LIKE IT!**  
**September – Fitness**



**Drop in and try it out!**

### Jill Brown's Exercise – Sept 7<sup>th</sup>, Wednesday @ 6PM

Join Jill Brown, certified personal trainer, for a 1 hour class focusing on core strengthening exercises, strength training, and stretching. All ages are welcome to attend. Bring a mat and a bottle of water.

### Nia – Sept 13<sup>th</sup>, Tuesday @ 6PM

Nia is a movement technique that combines concepts from dance arts, martial arts and healing magic. With rousing world music, Nia is a full body, mind and spirit workout. Nia is for everybody from non-active beginners to elite athletes. Nia is an enjoyable activity that enhances flexibility, agility, mobility, strength and stability. Nia is like chocolate—hard to describe, but delicious to experience! Led by Sue Landers.

### Zumba – Sept 21<sup>st</sup>, Wednesday, @ 6PM

Zumba is a fun, effective dance workout that is a good option for people who enjoy upbeat music and an energetic group exercise environment. All ages and fitness levels are welcome. Led by Alice Carter.

**Look for more information on our monthly series on the back** →

# Event Calendar & Schedule

## Other Events

- **Balance Boosters:** Sept 1<sup>st</sup>, 6<sup>th</sup> & 8<sup>th</sup>, 12:15PM-1PM
- **Sit/Fit Class:** Sept 1<sup>st</sup>, 8<sup>th</sup>, 19<sup>th</sup>, 23<sup>rd</sup>, 26<sup>th</sup> & 30<sup>th</sup>, 9:30AM-10:30AM
- **COA Brown Bag Program:** Sept 2<sup>nd</sup>, 8AM-12PM
- **Beginner Tai Chi:** Sept 2<sup>nd</sup>, 6<sup>th</sup>, 9<sup>th</sup>, 13<sup>th</sup> & 16<sup>th</sup>, 10AM-11AM
- **KD Quilters:** Sept 6<sup>th</sup> & 19<sup>th</sup>, 9:30AM-1PM
- **Sight Loss:** Sept 6<sup>th</sup>, 10:30AM-11:30AM
- **Garden Club Meeting:** Sept 6<sup>th</sup>, 1PM-3:30PM
- **Cranberry Valley Women's Golf Meeting:** Sept 7<sup>th</sup>, 1PM-3:30PM
- **Women's Club Meeting:** Sept 8<sup>th</sup>, 1:30PM-3:30PM
- **Cranberry Rug Hookers:** Sept 10<sup>th</sup>, 9:15AM-1:15PM
- **Harwich Democrats:** Sept 10<sup>th</sup>, 9:30AM-11:30AM
- **Friends of COA:** Sept 14<sup>th</sup>, 10AM-11:30AM
- **Harwich Republicans:** Sept 15<sup>th</sup>, 5PM-6PM
- **Big Screen Movie Day:** Sept 16<sup>th</sup>, 1PM-3PM
- **Artists Make-It Take-It:** Sept 17<sup>th</sup>, 10AM-3PM
- **Indoor Walking:** Sept 19<sup>th</sup> & 26<sup>th</sup>, 11AM-11:45AM
- **Foot Care Clinic:** Wednesdays, 9AM-2:30PM
- **Mobile Dental Clinic:** Sept 23<sup>rd</sup>, 9AM-3PM
- **Harwich Artists Member Meeting:** Sept 24<sup>th</sup>, 2PM-4PM
- **Hydrangea Society:** Sept 24<sup>th</sup>, 9AM-12PM
- **Women's Book Club:** Sept 26<sup>th</sup>, 2PM-3:30PM
- **Master Gardeners:** Sept 26<sup>th</sup>, 8AM-11AM

### Council on Aging Activities

- **Preplanning Workshop:** Sept 15<sup>th</sup>, 10AM-11:30PM
- **Medicare Cost Saving Strategies:** Sept 27<sup>th</sup>, 1PM-3PM
- **Ladies Social Hour:** Sept 28<sup>th</sup>, 1PM-2:30PM
- **Dispelling Hospice Myths:** Sept 29<sup>th</sup>, 10AM-11AM

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

These are recurring events. 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 State Primary Election on Sept 6<sup>th</sup>, and the Town Meeting on Oct 18<sup>th</sup>, some of our regularly scheduled classes and events will not be taking place on those days.**

## September 2022 - GYMNASIUM SCHEDULE

**Game Room Hours:** The Game Room is open for general use during normal building hours.

*\*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>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>Indoor Walking:</b> 11AM-11:45AM
<b>Indoor Walking:</b> 11AM-11:45AM	<b>After School Youth Rec:</b> @ 2:30PM
<b>Men's 55+ Basketball:</b> 12PM-2:30PM	<b>Adult Volleyball:</b> 6:30PM-8:45PM
<b>After School Youth Rec:</b> @ 2:30PM	

## Monday – Building closes at 6PM

Walking Club	6AM – 8AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Cranberry Rug Hookers	9:30AM – 1:00PM
Quilt Bank	10AM – 2PM
Men's 55+ Basketball	12PM – 2PM
Wellness Clinic	4PM – 5PM
Zumba	5PM – 6PM

## Tuesday

Walking Club	6AM – 8AM
Lumi Yoga & Wellness	9AM – 10:15AM
Mah Jongg	9:30AM – 12:30PM
Senior Volleyball	11AM – 1PM
Homeless Prevention Council	1PM – 3PM
Mah Jongg	1PM – 4PM
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
Lumi Yoga & Wellness	9AM – 10:15AM
Indoor Walking Group	11AM – 11:45AM
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
Senior Volleyball	11AM – 1PM
Men's 55+ Basketball	1PM – 3PM
Al-Anon	5:30PM-6:30PM

**Please Note: All children must be supervised by an accompanying adult at all times**

## 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

## Eyes on Owls – Live Owl Event with the Harwich Conservation Trust

**Saturday, September 24<sup>th</sup>**

**Showtimes: 11AM-12:15PM & 2PM-3:25PM**

*In the Harwich Community Center Gymnasium*

Learn all about the world of owls, including their habitats, prey, habits, and unique features. See the great-horned owl, snowy owl, screech owl and more!



### Admission Prices:

\$10 for ages 12 – Adult

\$5 for ages 5 – 11

*(Not recommended for under age 5)*



**Pay in advance online at: [www.harwichconservationtrust.org](http://www.harwichconservationtrust.org)**

## Don't Miss the Harwich Cranberry Festival 2022!

The Harwich Cranberry Festival's 45<sup>th</sup> annual Arts and Crafts Festival will be held at the Community Center, 100 Oak Street, on **September 17<sup>th</sup> & 18<sup>th</sup>**.

This two day event is held in conjunction with the Chamber of Commerce fireworks event on Saturday night. In addition to the juried crafters both Saturday and Sunday, there is live music and great food provided by local food trucks. The Cramjam live music is sure to please and will be available both afternoons.

The Harwich Cranberry Festival, a non-profit all volunteer organization, has provided activities for Harwich and surrounding towns for 45 years. Money raised is given in the form of scholarships to high school seniors for use toward college. In addition, several town organizations receive funds toward their projects and activities. Over the years, thousands of dollars have been given to students and organizations.

This year's festival will include over 100 craft vendors, dozens of non-profit organizations handing out information and raising funds, and visits by the Balloon Guy who provides entertainment for children. The craft vendor area will be open from 9am-4pm on each day.

The Cranjam Music Festival will begin Saturday at 12:30PM until dusk, playing live music for enjoyment by any age! Sunday the Cranjam will play from 12:30PM-2:30PM. Such groups as *Out Late*, *Kotoko Brass*, *Sarah Swain and the Oh Boys*, and *Danielle Miraglia and the Glory Junkies* are sure to provide joy for all. There will be a dance floor under the tent and beer and wine will be available for purchase.

If hunger creeps up on you, there will be a variety of food items available for purchase from food trucks such as Dennis Public Market, Trolley Dogs, Dancing Spoons, Chocolate Café, Lewis Brothers Ice Cream, Kettle Corn, and Andale on Wheels. Try something tasty while you listen to live music or catch up with friends.

All events are rain or shine with free admission and parking! For more information, please visit our website at [www.harwichcranberryartsandmusicfestival.org](http://www.harwichcranberryartsandmusicfestival.org), or our Facebook page [www.facebook.com/Harwichcf/](https://www.facebook.com/Harwichcf/)

We hope to see you!

2022 Sponsors are: The Cape Cod Chronicle, Bayside Tent and Table, Coastal Lifestyle Cape Cod, the Islands Magazine and WOMR/WFMR Radio.



**THE TIME TO  
GIVE BLOOD  
IS NOW**



**Blood Drive: Sept 23<sup>rd</sup>, 1:30PM-5:30PM**

Pre-registration is required.  
Call 1-800-RED CROSS to sign up.

## Center Stage: Wednesday Stitchers

Since 2012, members of the Wednesday Stitchers have been gathering weekly for a day of great conversation, laughter, knitting, crocheting, embroidery, quilting, and all other forms of needlecraft.

The group shares ideas, tips, advice and methods while offering help and support on personal projects. It is a great place to practice old skills or learn new ones, while having fun!

The Stitchers meet most Wednesdays at the Community Center. All ages and levels of experience are welcome.

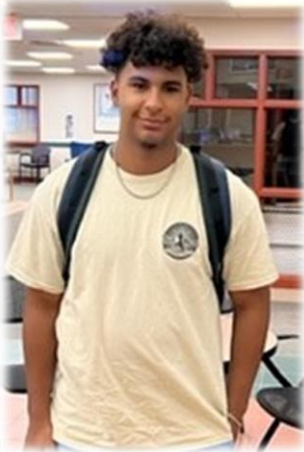


If you are interested in learning more about the group, please call Moira Finley at (774) 212-5802.

## Fitness Room Updates

### Fitness Room Member Spotlight!

#### Alex Miranda



Alex Miranda has been a resident of Harwich since 2019, is originally from Boston and has one sister. Alex is entering his freshmen year at Rhode Island University, and majoring in Environmental Science.

Besides working out, Alex enjoys the sport of rowing, which he participated in for over 4 years. He likes the Community Center's Fitness Center, because it is quiet, low-key and keeps him busy so he stays in shape.

### What are the benefits of weight lifting?

- Strength training helps you burn calories efficiently
- Strength training helps keep weight off
- Strength training protects bone health and muscle mass
- Strength training helps you develop better body mechanics

### How do I begin?

Our Personal Trainer, Jill Brown, is here Mondays and Thursdays from 9:15AM-11:15AM to help you get started. Proper form and appropriate weight is important to prevent injury.



## 3 Cheers for our loyal Fitness Room Members!!

Keep your eyes peeled for a **FUN** appreciation day

coming this fall!!

## Gardening Tips from Toni

### Get to Know the Roses – Drift Roses

Pink Apricot, Coral, and Peach Drift roses are workhorses in the Community Center Rose Garden. All are drought tolerant, low growing, long blooming and, with hedge shears, easy to prune. One drawback is lack of fragrance—however, on a hot steamy July day, I discovered that Coral Drift is fragrant. Imagine standing in a huge jar of potpourri. That’s what it was like when piles of clipped spent Coral Drift rose petals were all around me, on the ground, soaking in irrigation water. That experience taught me to keep an open mind about roses and fragrance.

Roses have glands at the base of their petals that are filled with myriad organic compounds. Heat, cold, humidity and time of day are just a few of the triggers that can launch these compounds into the air. As they float past us, we enjoy rose perfume. Some roses, Damask for instance, release their heavy perfume on warm moist air. Musk roses have fragrant stamens and are most fragrant on a humid evening. Many roses with lighter fragrance release their scent in the morning but are without perfume by the afternoon. In dry heat, rose buds are fragrant and the open rose is scentless. There are some roses that are only fragrant when it’s hot. Some roses smell totally different in the evening than they did in the morning. Before deciding a rose is not fragrant, spend some time stopping to smell the roses.



### Volunteer of the Month – Susan Kosoff

The Harwich Community Center would like to express its sincere appreciation to Susan Kosoff, an incredibly dedicated volunteer who contributed her time, support and energy handing out “goody bags” for our Annual Trick or Treat Drive-Thru this past October.

Amazingly, it is not only her participation in the Community Center’s organized events, but her willingness to pitch in behind the scenes at a moment’s notice. For all these reasons, our hats are off to Susan Kosoff as Volunteer of the Month.

Susan is cofounder of the Wheellock Family Theatre in Boston and a Professor Emerita at Wheellock College. When not volunteering at the Community Center, she directs at the Harwich Jr. Theater and walks her beloved lab, Tillie.

It is no surprise that through all of her many community endeavors, Susan has been instrumental in helping to create a strong community here in Harwich. Thank you Susan for always lending a helping hand to the Harwich Community Center and to our community!

## 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 about current volunteer opportunities, please call us at 508-430-7568.**

# Upcoming Events!

**ALL EVENTS ARE FREE!**

Presented by the  
Harwich Community Center



**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.

Touch-A-Truck is an interactive and education event that gives everyone a chance to learn about their favorite trucks.

**Halloween  
Trick-or-Treat  
Drive-Thru!**

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

**The Harwich Community Center is hosting a drive-thru Halloween Event!**

Dress up in your Halloween costumes 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.

Harwich Community Center

**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>**

**For more information about these events, call us at 508-430-7568**

# Volunteers Needed!

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



- **Pizza & Candy Bar Bingo** – Sept 20<sup>th</sup>, 5:30PM-7:30PM
- **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.

## We are Collecting Halloween Costumes & Candy Donations

Our Trick-or-Treat Drive Thru and our Costume Boo-tique is quickly approaching, and we need your help to make both these events successful!

Last year we handed out over 300 goodie-bags to our community's children, and we also had 50 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!**

**If you have any questions, you can contact us at 508-430-7568, or you can email Carolyn Carey at [CCarey@town.harwich.ma.us](mailto:CCarey@town.harwich.ma.us)**

Thank you to Debbie Salewski for this tasty recipe for  
**Sweetie's Chex Mix!**

### Step 1 – Ingredients

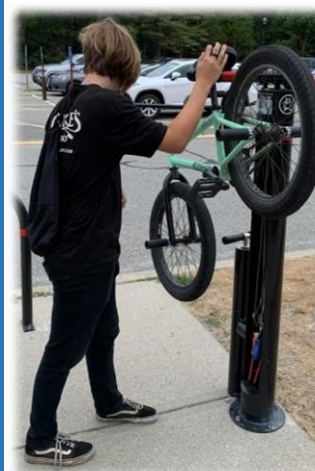
- 5 Cups Cheerios
- 5 Cups Corn Chex
- 5 Cups Rice Chex
- 4 Cups Kix  
(or substitute Oyster crackers)
- 3 Cups Pretzels
- 1 lb. mixed nuts

### Step 2 – Coat the mix with the following:

- 1 Cup Wesson (vegetable oil)
- ½ Tsp Season Salt
- 1 Tsp Garlic Powder
- 1 Tsp Celery Salt
- 2 Tbsp. Worcestershire Sauce

Mix all ingredients, pour coating over Chex mix, and bake for 1 hour at 200 degrees, stirring mix every 15 minutes.

## Our New Bike Fix-It Station



Just a reminder to all of our local bikers, we have a new bike fix-it station free for you to use whenever you need it. The stations are located by the Recreation Dept. side entrance of the building. Local Harwich resident, Sean, was recently able to stop by and fix his bike. He is excited for other stations to go in around town.

Fall & Back-to-School coloring pages are available in the front lobby!



“May this month bring you satisfaction, peace and joy. May all the desires of your heart be granted. May this be the beginning of new things in your life. Stay strong, be positive and fulfill your dreams.”  
~ Welcome September!

## Try it, you might like it!

Everyone has heard that phrase in their life, whether it was spoken by a parent encouraging the trial of a new food or an educator introducing a new academic subject. Here at the Community Center, we are echoing those words. TRY IT, YOU MIGHT LIKE IT!! Each month the Harwich Community Center will be hosting new programming in different topic areas. During that month, several introductory and/or informational classes will be offered to allow attendees to participate in varied activities that showcase that month’s theme. Best of all, these classes are all free.

We have begun the scheduling of the upcoming monthly areas of focus and the lineup is exciting. Keep your eyes peeled as we start out with September being our fitness month, October educating us all in the technology field, November will focus on the arts, December’s emphasis will be on health, and January will be entering with a bang as we look into music.

Check our monthly newsletter for in-depth explanations of the exhilarating activities that will be offered under each topic. We look forward to learning new things, meeting new people, and sparking the possibility of new interests. Join the exploration and the fun.

## 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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