

Harwich Community Center News

Phone: 508-430-7568



September 2023



Director's Update

It's September!

I can't believe summer has come to an end. We are so happy to share with you some wonderful new happenings here at the Community Center.

We are excited to share some big changes that will be happening in the Community Center Building during the month of September. Our Fitness Room will be expanding! We will be adding and updating some equipment which will include a brand new Lat Pulldown/Mid Row machine that has been out of service. The current Fitness Room will remain, and we will be expanding into what was the Game Room. Have no fear, the Game Room is getting a makeover too and will be moving across the hall! Please feel free to stop by anytime this month and see our updates and join us during The Cranberry Festival to leave a handprint on our new game room wall. After all, you all have a hand in the success of the Community Center.

Finally, please join me in welcoming our new Program Specialist II, Reagan Wilda. We are so elated and grateful to have her join the staff here in the building. Reagan will play an integral part in helping us expand our program offerings. Please stop in and say hello, or join me for my next *Tea with Me* where you can meet her and share any program ideas.

- **Tea with Me on Sept 21st at 2PM**

Stay tuned for an announcement for an Open House once we have finished all the updates!

~ Carolyn Carey
Community Center Director

The **Harwich Cranberry Festival Weekend** is coming up on September 16th & 17th!

See inside newsletter for more details. 

The building will be closed on the following date due to the holiday!
Labor Day – September 4th, 2023

Exploring Addiction: Moving away from shame & toward societal responsibility

September 6th at 5PM

The Cape offers many enlightened resources for treating substance use disorder. Despite available resources, we have rising numbers of addicts, opioid overdose deaths, and a continuing stigma about addiction.

Presentations will lead into participatory discussion of why today, given our enlightened understanding of the brain science of addiction, and the efficacy of medications and counseling to reduce dependency, do families living with addiction still hide in the shadows? Why does addiction continue to rise? How can we get upstream of the disease by disrupting the ramp to addiction early on? What needs to change, what steps can be taken?

Speakers will present from personal knowledge of living with addiction in their families and their professional work in the field. Speakers include Sharon Leder, Kahren Dowcett, Stephanie Briody, and Daina Carpenter.

No registration required! For more information, call us at 508-430-7568



Sound Dunes Swing Ensemble Concert

September 12th, 6PM-8PM

Join us for a FREE concert with the Sound Dunes Swing Ensemble, held in the Community Center's Multi-Room.



Writing After 50: A discussion with local Author & Screenwriter Mike Bernard

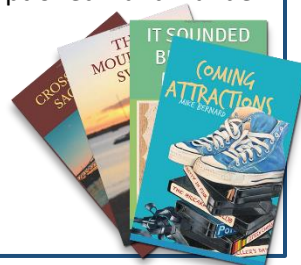
September 14th, Starting at 5PM

Mike Bernard is the author of 5 novels and a stage play musical.


His 'midlife crisis' writing career began when his children and his money went off to college (checks made out to Loyola University, Maryland (x2) and Assumption College respectively). Mike's work has placed in the NICHOLL FELLOWSHIP, FINAL DRAFT Big Break and PAGE International screenplay competitions. Three of his screenplays were optioned and under development with production companies.

Mike is a graduate of Providence College and Boston College High School. He resides on Cape Cod with his wife Michele. He spends summers on the beaches of Lewis Bay and winters roaming the aisles of Home Depot.

Mike can be reached at: meb123@comcast.net



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 – 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
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
Beginner Tai Chi	11:15AM – 12:15PM
Homeless Prevention Council	1:00PM – 3:00PM
Mah Jongg	1:00PM – 4:00PM
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
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
Artists' Open Painting	1:00PM – 3:30PM
COA – Bridge	1:00PM – 4:00PM
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
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

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

- **COA Brown Bag Program:** Sept 1st, 8AM-12PM
- **Harwich Democrats,** Sept 2nd, 10AM-11:30AM
- **Sight Loss Services:** Sept 5th & 27th, 10:30AM-12PM
- **Nodic Walking Club:** Sept 5th, 5PM-8PM
- **Newcomers Game Night:** Sept 6th, 6:30PM-8:45PM
- **Cranberry Rug Hookers:** Sept 9th, 9:30AM-1:30PM
- **KD Quilters:** Sept 11th & 25th, 9:30AM-1PM
- **Newcomers Club Sign-Up:** Sept 11th, 9AM-11AM
- **Sound Dunes Swing Ensemble Concert:** Sept 12th, 6PM-8PM
- **Friends of COA:** Sept 13th, 9:45AM-12PM
- **Book Talk with Mike Bernard:** Sept 14th, @ 5PM
- **Big Screen Movie Day:** Sept 15th, 1PM-3PM
- **Artists Make-It/Take It:** Sept 16th, 10AM-3PM
- **Front Porch Rug Braiding:** Sept 16th, 10AM-3PM
- **Exploring Addiction:** Sept 16th, @ 5PM
- **Hand Painting "Lend a Hand":** Sept 16th & 17th, 10AM-2PM
- **Senior Softball Mtg:** Sept 19th, 2PM-4PM
- **Harwich Republicans:** Sept 21st, 5PM-6:30PM
- **Artist Monthly Meeting:** Sept 23rd, 1:30PM-4PM
- **Hydrangea Society:** Sept 23rd, 9AM-12PM
- **Women's Book Club:** Sept 25th, 2PM-3:30PM
- **Affordable Housing Presentation:** Sept 27th, 2PM-4PM
- **Kids' Pajama Playgroup:** Sept 28th, 6PM-7PM
- **Master Gardeners:** Sept 30th, 8AM-2PM

September

Council on Aging Activities

- **Balance Boosters:** Sept 5th & 7th, 10:30AM-11:15AM
- **Men's Breakfast:** Sept 8th, 9:15AM-10:30AM
- **Men's Book Club:** Sept 8th, 10:30AM-11:30AM
- **Hands Only CPR:** Sept 11th, 11AM-12PM
- **Chair Yoga:** Sept 13th & 27th, 11AM-12PM
- **Singing Group:** Sep 14th & 28th, 2PM-3PM
- **Jill's Senior Fit:** Sept 20, 22, 27 & 29th, 9AM-10AM
- **Mobile Dental Clinic:** Sept 22nd, 9AM-3PM
- **Women's Breakfast:** Sept 22nd, 9:15AM-10:30AM
- **Civil Rights Talk:** Sept 25th, 10AM-11:30AM
- **Medicare Fraud Prevention:** Sept 28th, 10AM-11AM

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

NEW HARWICH APPAREL FOR SALE!

Stop by to check out our new Harwich apparel options! We now have yellow hooded sweatshirts available for \$30, and grey sweatpants for \$28.

From our leftover inventory, we also have crew, hooded, and full-zip sweatshirts available for \$30 (color and sizes are based on availability), and grey quarter snaps are \$40.

Drop by any time to see what we have in stock!



'Make It – Take It' Community Painting Event

Sept 16th, 10AM-3PM

The Guild of Harwich Artists hosts their 'Make It – Take It' event during Cranberry Festival weekend. Guild mentors will be on hand assisting the public in trying out a variety of artist media, including acrylic, watercolor, pastel, collage, colored pencil, and Chinese brush painting. This FREE event is open to all ages and all materials will be provided. Whatever you make, you take home!

This event is held in the Community Center Multi-Room. Donations are appreciated!



Upcoming Cranberry Festival Events – Join us in September!



Beach Day

Saturday – Sept 9th, 11AM-3PM at Red River Beach

This FREE event is for both the young and old! Join us at Red River Beach for a bake sale, food and ice cream trucks, temporary tattoos, painted rocks and shell crafts, library bookmarks, Touch-A-Truck with the Harwich Police, Fire & DPW Department, and sand castle building!

GAMES! GAMES! GAMES!

Games for all ages at this special Beach Day event! Tug of War, egg spoon race, three legged race, fishing pool, corn hole, and more! There will be prizes for children's games. All children attending must be with an adult.

FESTIVAL WEEKEND!

September 16th & 17th

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

The Harwich Cranberry Arts & Music Festival is a two-day event held every year in September. This year there will be more than 175 different vendors selling handmade craft items, and 9 food trucks on site.

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?

Cranjam Music Fest 2023

The Cranjam 2023 Music Festival will also be behind the Harwich Community Center. Yes, it's also free!

Wines and Devil's Purse beers will be sold during the Music Festival. There will be a wooden dance floor under the tent, rain or shine! Bring a chair or blanket to sit on and stay for the day.

PLEASE NOTE: ALL TIMES LISTED BELOW ARE APPROXIMATE AND SUBJECT TO CHANGE

Saturday, Sept 16th, 12PM – DARK

- 12:15 THE DRUMMA QUEENS
- 1:00 TBA
- 1:45 CATIE FLYNN BAND
- 2:45 TARCISO ALVES' TRIO LET'S VAMOS
- 4:00 THE PLACEHOLDERS
- 5:30 ENTRAIN
- FIREWORKS TO FOLLOW!!

Sunday, Sept 17th, 12PM – 3PM

LEGENDS OF BOSTON ROCK MUSIC! These guys have been around for 50 years and they still have the chops!!

- 12:00 CHUCK MCDERMOTT BAND
- 1:30 JAMES MONTGOMERY BLUES BAND

Fireworks begin at dark on Saturday at the end of the final set by ENTRAIN

www.harwichcranberryartsandmusicfestival.org

Channel 18 New Name Poll!

Channel 18 is no longer!! Comcast has relocated our station from Ch18 to Ch8. As a result, we are reaching out to the Harwich community to propose a fresh, new name. After careful consideration, we've concluded that incorporating the number 8 might not be the best choice, given the possibility of Comcast altering our station's designation again in the future.

Please vote on a new name here: <https://tinyurl.com/38svvvvz>

Or scan the QR Code here



You can still view all public meetings and community events on our YouTube page, our livestream page, AppleTV and Roku TV on the ScreenWeave APP

Thanks for watching!

HELLO
MY NAME IS



Fitness Room Updates

September Update with Jill Brown

The fall on Cape Cod is beautiful!

Our focus shifts from watermelon and other summer favorites to apples and pumpkins!

Did you know that apples and pumpkins provide many health benefits? They both provide fiber, potassium, and vitamin C.



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!

Nick & Chelsea Garland

This month's Fitness Room Spotlight is a husband-and-wife duo: Nick & Chelsea Garland. The happy couple were both born and raised on beautiful Cape Cod. Nick is formally from Brewster and Chelsea is from Wellfleet. However, they have been Harwich residents for fifteen years. The twosome grew up being best friends and share an amazing son. Chelsea has several siblings, nieces, nephews, and terrific in-laws.

This team is a joy to watch working out and getting to witness not only their focused and planned-out training programs, but the love the two of them share for one another is a joy to behold. This pair is the perfect collaboration; with the personalities and temperaments which complement one another. Nick is the quiet and mild-mannered gentleman with amazing devotion and support for his wife, whereas Chelsea is the extrovert of the group and oozes with affection for Nick; her personality and sense of humor liven up any room she enters.

Nick & Chelsea both share several interests and hobbies. She enjoys playing board games and doing puzzles, relaxing at the beach, cycling, and hiking, and walking one of the nature trails throughout the Cape with family or friends. Nick enjoys spending time with his family, cycling, walking, hiking, and watching comedy shows.

When we asked the training team what they liked about the Fitness Room and what keeps them motivated to work out, Nick expressed that "the gym is conveniently located in our town." He stated that his motivation for working out is simply "To be healthy." While Chelsea elaborated a bit more, she stated, "I love the Fitness Room. It is a more personal feeling, like being at a friend's house rather than a box gym. I enjoy seeing Community Members wave and smile each time you walk in. The kindness, tips & tricks shared amongst each other." Her motivation also, stems from wanting to be healthy. She went on to say, "My older self is my motivation, I'm responsible for keeping my mobility and strength. Be stronger than your strongest excuse!"

Nick & Chelsea, the Harwich Community Center would like to say thank you for supporting our Fitness Room and for giving us the opportunity to get to know you both a little more.

Center Stage: Insight Meditation

We bring together a community of people on Cape Cod who practice insight meditation to support each other in the deepening of Dharma practice in our daily lives. We hope that our practice will promote peace and compassion in the world around us and believe that through the sharing of the Dharma we can free ourselves and others from suffering.

We are a Buddhist group whose practices originate in the teachings of Theravaden Buddhism. However, one need not identify as a Buddhist to take part in these practices. We include people from any (or no) faith tradition. We offer weekly mindfulness meditations, book discussions, and Dharma talks. Newcomers are welcome.

Insight Meditation meets on Tuesdays from 7PM - 8:30PM at the Harwich Community Center. Meetings include 30 minutes of meditation, followed by a discussion of a Buddhist book or Dharma article.

Type of Teacher: Peer-led (including bringing in guest teachers)

Sangha Offerings: Sitting groups, Non-residential retreats (daylong), Sutta, Book, Article, or other Buddhist studies

Sangha Contact Name: Annette Miller insightmeditationcircle@gmail.com

For more information, visit: www.imcofcapecod.org



Town of Harwich – Hall of Fame

Lee W. H. Baldwin

Naturalist and Writer

Inducted May 2004

“Lee Baldwin was born in Provincetown in 1938 and lived in Harwich from 1941 until 2001. She was married to George C. Baldwin Jr. for 43 years and had five children and eight grandchildren.

In 1956, Ms. Baldwin graduated from Harwich High School and thereafter attended Massachusetts College of Art and Design in Boston and Cape Cod Community College. Her many accomplishments include:

- Harwich Junior Women’s Club – 1958 to 1970
- Harwich Conservation Commission – 1969 to 1974
- 1970’s – Assistant to Librarian at Brooks Free Library in Harwich. Elected as Library Trustee – 1991 to 1999. Also served 3 years on the Library Building Committee.
- Lifetime member of the Harwich Historical Society and the Harwich Jr. Theatre.
- Board Member of the Harwich Conservation Trust since 1996...”



To learn more about Lee W. H. Baldwin 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.

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 45 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@harwich-ma.gov](mailto:Carolyn.Carey@harwich-ma.gov)



Gardening Tips from Toni

Get to know the Perennials



Monarda punctata

It's the end of August and the layered flowers of *Monarda punctata* are loaded with myriad pollinators: bees, wasps, flies, moths and butterflies. Plants that attract pollinators are more important now than ever. Scientists report that insects are disappearing all over the world. This summer, I have seen only two Monarch butterflies, one Red Admiral, and around four Swallowtails. Honey bees are few and far between; I saw one today on the *Monarda*.

Spotted Beebalm is native to the Eastern United States, growing in dry sandy prairies and woodlands and along the coast. As a member of the mint family of plants it has square stems and grows two to a bushy three feet tall. It is rabbit and deer proof. Use a hedge clipper to remove spent flowers.

My favorite perennials are easy to maintain. This large bushy *Monarda* has a small root system and is easy to remove—just give it a gentle tug. In contrast, my Shasta daisies were 5 feet tall and five feet across. They finished blooming in July, looked terrible and were difficult to remove—that's putting it mildly. The root balls weighed 30 pounds.

Hello to Our New Employee – Reagan Wilda!

Reagan is beyond excited to be starting as the *Program Specialist* at the Harwich Community Center. She graduated from Harwich High School in 1998 and has recently moved back to Harwich with her husband and her twin 12-year-old daughters. Reagan is an avid beach-goer and loves spending time with friends and family.

"I am thrilled to be part of such an amazing community, and look forward to being involved in the many current and upcoming programs. I welcome you to come by the Community Center and introduce yourself. I look forward to meeting more wonderful members of the community."



The Community Center staff would like to wish Josh all the best as he heads off to his first semester at college this month! Josh has been working at the Community Center since he was a junior in high school, and has been a great help behind the front desk, in the fitness room, and in room set-ups for so many groups and organizations.

Josh, it has been a pleasure working with you this season, and getting to know you. You're such a gentleman, very responsible, and intelligent. You have a bright future ahead of you. Good luck this year at your first year of college. Stay in touch. ~Kim

Josh, you are on to the next and biggest chapter of your life and you will be amazing. Thank you for sharing your happy nature and wonderful smile with all of us. ~Enjoy, Kerry

Josh, thank you for all your kindness. Keep smiling.
~Best, Jamie

Good luck Josh! On to great things!
~ Reagan

Josh, best wishes always!
Juice & milk only. ~Dan

Josh, thank you for volunteering in the newsletter with me. I hope you have a great year! ~Jill

Josh, it was really nice both getting to know you and working with you this past year. With your infectious smile, personality & smarts, I know you'll go far. You got game!! Wishing you all the best as you begin college! ~Artie

Josh, it's been a blast working with you! I hope you have an amazing time at college! ~Sam

Josh, I only met you a handful of times, but you always managed to make me laugh. Best of luck. ~Dan S.

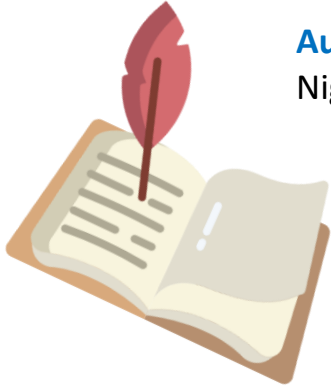
Reflections – A look back at last month...



August 3rd – Jungle Jim's Balloon Magic Show was a big hit! 87 children attended the show, and were delighted and thrilled by Jungle Jim's hilarious and exciting balloon performance.



August 8th – People from all walks of life showed up for our Open Mic Poetry Night—with 25 attendees and 12 people sharing their poetry readings.



August 15th – We had an informational presentation on the various environmental causes of cancer and the steps that can be taken to reduce exposure to such dangerous chemicals. This lecture was presented by the *Find The Cause Breast Cancer Foundation*.



August 25th – Children and members of the community stopped by for free popsicles with the Harwich Police Department.



Pebbles the Community Rock Snake is on the move again!

Where could he be? Come find Pebbles somewhere outside the Community Center Building. He can be tricky, so make sure to look carefully for his creative and colorful designs!

Want to Volunteer?

For more information, scan the QR Code here to check out our Volunteer Handbook online:



"Sometimes the most important thing in a whole day is the rest we take between two deep breaths."

– ETTY HILLESUM

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!



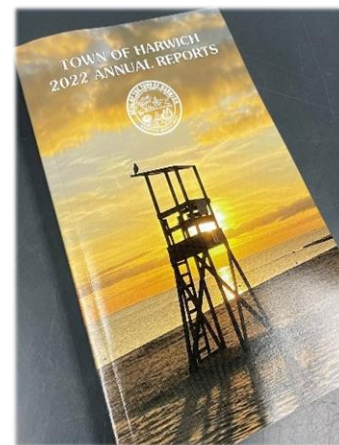
Town of Harwich is Looking For Photo Submissions For the Annual Town Report

The Harwich Select Board is seeking a color photograph shot in Town for consideration for the cover of the 2023 Harwich Annual Town Report.

The subject matter should be a clearly identifiable Harwich site or landmark. Only 5x7 inch color prints will be considered.

Photos are to be submitted to the Selectmen's Office at Town Hall, 732 Main St., Harwich, MA 02645 no later than 12:00 noon, Friday, December 1, 2023, and should be clearly marked with the name, address and telephone number of the photographer and the location of the subject matter.

Submissions can also be emailed to epowell@harwich-ma.gov and dfreiner@harwich-ma.gov (as a PDF only)



**Can't find a counselor for your child or teen? Stuck on a waitlist?
Are you a Harwich Resident?
We've got you!**



Sign your middle or high schooler up for:

While You're Waiting

A coping skills group to help you get through the waiting.
Want to know more? Give Ashley a call at 774-994-3323



*This group is led by Ashley Symington, LMHC, NCC Director of Youth and Family Services.
Beginning on Mondays in September.*

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