

Harwich Community Center Events – November

100 Oak Street (508) 430-7568 www.harwich-ma.gov/community-center

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 – 3:00PM
Indoor Walking Club	10:30AM – 12:00PM
COA Grab & Go Meals	11:30AM – 12:30PM
Jill's Exercise Class	11:30AM – 12:30PM
Men's 55+ Basketball	12:00PM – 2:00PM
Girl Scouts	4:00PM – 6:00PM
Wellness Clinic	4:00PM – 5:00PM
Zumba	5:00PM – 6:00PM

Thursday

Walking Club	6:00AM – 8:00AM
CC Business Referrals	7:00AM – 8:30AM
Zumba	7:30AM – 8:30AM
Lumi Yoga & Wellness	9:00AM – 10:15AM
Indoor Walking Group	11:00AM – 12:00PM
Artists' Open Painting	1:00PM – 3:30PM
Adult Volleyball	6:30PM – 8:45PM

Tuesday

Walking Club	6:00AM – 8:00AM
Lumi Yoga & Wellness	9:00AM – 10:15AM
Mah Jongg	9:30AM – 12:30PM
Intermediate Tai Chi	10:00AM – 11:00AM
Indoor Walking Club	10:00AM – 11:00AM
Senior Volleyball	11:00AM – 1:00PM
Homeless Prevention Council	12:30PM-3:30PM
Mah Jongg	1:00PM – 4:00PM
Town Band	6:30PM – 8:00PM
Insight Meditation	7:00PM – 8:30PM

Friday

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

Wednesday

Walking Club	6:00AM – 8:00AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12:00PM
Wednesday Stitchers	10:00AM – 2:30PM
QiGong	10:00AM – 11:00AM
Indoor Walking Group	11:00AM – 12:00PM
Men's 55+ Basketball	12:00PM – 2:00PM
COA Sign Language	1:00PM – 2:00PM
Cranberry Mah Jongg	1:00PM – 4:00PM
Shooting Stars Basketball	5:15PM – 8:45PM
Sound Dunes Swing Band	6:00PM – 8:30PM
NA	7:30PM – 9:00PM

Saturday

Lumi Yoga & Wellness	9:00AM – 10:15AM
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Building Hours of Operation

Monday	6AM – 6PM
Tues – Fri	6AM-9PM
Saturday	8AM-4PM
<i>**Closed on Sundays & major holidays**</i>	
• Closed on Nov 10 th , 23 rd & 24 th for holidays	

Other Events

- **Community Orchestra:** Nov 1, 8 & 15th, 6PM-8:30PM
- **Newcomers Game Night:** Nov 1st & 15th, 6:30PM-8:45PM
- **Harwich Democrats,** Nov 4th, 10AM-11:30AM
- **Front Porch Rug Braiding:** Nov 4th, 10AM-3PM
- **KD Quilters:** Nov 6th & 20th, 9:30AM-1PM
- **Sight Loss Services:** Nov 7th, 10:30AM-12PM
- **Garden Club Mtg:** Nov 7th, 1PM-3PM
- **Friends of COA:** Nov 8th, 9:45AM-12PM
- **Cape Cod Rowing:** Nov 9th, 6PM-8:30PM
- **Women's Club Mtg:** Nov 9th, 1:30PM-3:30PM
- **Harwich Republicans:** Nov 16th, 5PM-6:30PM
- **Cranberry Rug Hookers:** Nov 18th, 9:30AM-1:30PM
- **Artist Monthly Meeting:** Nov 18th, 1:30PM-4PM
- **Women's Book Club:** Nov 27th, 2PM-3:30PM
- **Free Bingo Night:** Nov 30th, 6PM-8PM

Teen Clothing Swap

Nov 9th, 5:30PM-8PM

Exchange gently used clothes for new-to-you items! **Drop off donations between Nov 1st-8th.**

WALKtober Celebration

Nov 17th, Starts at 5:30PM
Awards ceremony for WALKtober participants.
Join us for a job well done!

Mad Science – “Fire & Ice”

Nov 3rd, @ 6PM

Cape Cod Military Museum Talk

Nov 21st, 2:30PM-4:30PM
“The Great War - WWI”

Council on Aging Activities

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

Weight Room Hours

Monday	6AM – 5:45PM
Tues – Fri	6AM-8PM
Saturday	8AM-3:45PM

Closed on Sundays

Monthly Memberships available for just \$15!
The Weight Room is available to Harwich residents with a membership & SilverSneakers members only

Recreation Department

Open Gym*

Tues: 1PM-2:30PM Thur: 12PM-2PM
Sat: 1PM-4PM
**Excluding Special Events. Hours subject to change
For more info, contact the Rec Department at
508-430-7553 or visit their website at:
harwich-ma.gov/recreation*

Game Room: Mon-Fri - Open Daily
Saturday: 9AM-12PM

Cape Cod Children's Place Activities

Circle Time – Wed, 10:30AM-11:30AM
Playgroup/Open Gym – Thurs, 9:30AM-10:45AM