

# Harwich Community Center News

Phone: 508-430-7568



April 2024



## Director's Update

Hello everyone!

April showers bring May flowers, or so they say. While spring officially starts in March, I don't really believe it's here until April.

It's always something in April when I take that deep breath of air that really feels like spring. You know the air I'm talking about. It's just a bit warmer than the last breath, and while you can't quite put your finger on why, somehow it just tastes like warm sunshine, fresh grass, laughter, and the promise of summer.

With that breath, that first real taste of spring, I let go of winter and embrace the promise of what's to come.

I hope everyone can experience something like that. No matter what April feels like to you, try to make the most of this month by doing what makes you happy. Maybe stop by one of our events, volunteer, walk the track, read a book, or smell the flowers. Whatever works for you that makes you take a big breath and truly notice the beauty around you!

I just read that April is the *National Month of Hope*—and with hope comes promise. Whatever you might be hoping for, we are wishing that for you.

Here's *hoping* it's a great April!

~ Carolyn Carey  
Community Center Director

The building will be closed on the following date due to the holiday!  
**Patriots Day – April 15, 2024**

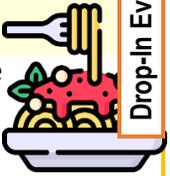
## FREE Community Center Special Events!



### Community Spaghetti Dinner & Trivia Night

April 5<sup>th</sup> – Served from 5:30PM-7PM  
(or until we run out of food)

Our spaghetti dinner is back by popular demand—this time with a fun Trivia Night twist! The meal includes spaghetti with meatless sauce, bread, and drinks. Everyone is welcome, and no reservations are required! (*Participation in trivia is optional*)



Drop-In Event



### Ping Pong Tournament: April 11<sup>th</sup>, 5:30PM-8:30PM

Sign up as an individual or as a team for this fun, free ping pong tournament! Call us at 508-430-7568.

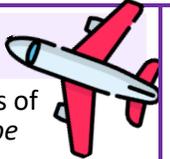
Sign-up Required



### Mad Science – “The Flight Stuff”

April 16<sup>th</sup>, starting at 2PM

This highflying event introduces kids to the principles of flight and rocketry. *Limited seats are available, so be sure to arrive on time!*



Drop-In Event

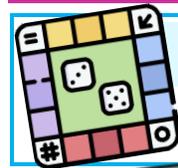


### Birds in My Closet – Book Signing & Craft

April 18<sup>th</sup>, 2PM-4PM

Join author Pamela Chatterton-Purdy for a reading and book signing of her short story, *Birds in My Closet*. After the book signing, there will be a fun craft that goes along with the story.

Drop-In Event



### Game Night

April 18<sup>th</sup>, 5:30PM-7:30PM

Card games, board games, puzzles and more!  
Family friendly! Everyone is welcome!



Drop-In Event



### Moving to the Music

April 19<sup>th</sup>, Starting at 5PM

Join Alice for this free music exercise class.  
For kids—Grades 4 through 8.



Drop-In Event

### Alaska Talk with Betty Trummel

April 30<sup>th</sup>, 2:30pm-3:30pm

Join Betty Trummel as she shares her travels of Alaska—from the southeast coastal region to the highest mountain in North America. Betty takes you on a journey to learn more about this wonderful state.



Drop-In Event

### Cape Cod Military Museum Lecture – April 26<sup>th</sup>, 2:30PM

**This month's topic: “Cape Cod – The Cradle Invasion”**

In the summers of 1942 and 1943, Cape Cod was home to the Amphibious Training Center and the Engineer Amphibious Command. Drop in for an hour of informative storytelling with Joe Yukna on the amazing happenings that occurred on Cape Cod.

Drop-In Event



### “Family Fun Friday” in the Gym – April 26<sup>th</sup>

5:30pm-6:30pm: Games will be set up around the gym (*Open to all*)  
6:30pm-7:30pm: Open Gym time (*For Harwich Residents only*)

Drop-In Event

# 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 – 3:00PM
Rec Indoor Walking Club	10:30AM – 12:00PM
COA Grab & Go Meals	11:30AM – 12:30PM
Rec Men's 55+ Basketball	12:00PM – 2:00PM
Wellness Clinic	4:00PM – 5:00PM
Life Skills for Teens	4:30PM – 5:30PM
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
Beginner Tai Chi	10:00AM – 11:00AM
Rec Indoor Walking Club	10:00AM – 11:00AM
COA Balance Boosters	10:30AM – 11:15AM
Senior Volleyball	11:00AM – 1:00PM
Homeless Prevention Council	12:30PM – 3:30PM
Mah Jongg	1:00PM – 4:00PM
Beginner African Drum Class	4:00PM – 6:00PM
Harwich Town Band	6:30PM – 8:00PM
Insight Meditation	7:00PM – 8:30PM

## Wednesday

Walking Club	6:00AM – 8:00AM
Jill's Senior Workout	9:15AM – 10:15AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12:00PM
Wednesday Stitchers	10:00AM – 2:30PM
Qi Gong	10:00AM – 11:00AM
Rec Indoor Walking Group	11:00AM – 12:00PM
Rec Men's 55+ Basketball	12:00PM – 2:00PM
COA Sign Language	1:00PM – 2:00PM
Cranberry Mah Jongg	1:00PM – 4:00PM
Mexican Train Dominos	1:00PM – 2:30PM
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
COA Tech Support	9:00AM – 10:00AM
Lumi Yoga & Wellness	9:00AM – 10:15AM
COA Chess	9:30AM – 11:30AM
Rec Indoor Walking Group	11:00AM – 12:00PM
COA Balance Boosters	12:15PM – 1:00PM
Artists' Open Painting	1:00PM – 3:30PM
Pound Exercise Class	5:30PM – 6:30PM
Adult Volleyball	6:30PM – 8:45PM

## Friday

Jill's Senior Workout	9:15AM – 10:15AM
Rec Sit/Fit Class	9:30AM – 10:30AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Beginner Tai Chi	10:00AM – 11:00AM
Senior Volleyball	11:00AM – 1:00PM
COA Chair Yoga	11:00AM – 12:00PM
COA – Cribbage	1:00PM – 2:30PM
Rec Men's 55+ Basketball	1:00PM – 3:00PM
Al-Anon	5:30PM-6:30PM

## Saturday – Building closes at 4PM

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 – A Brief Overview

- **KD Quilters:** April 1<sup>st</sup> & 22<sup>nd</sup>, 9:30AM-1PM
- **Sight Loss Services:** April 2<sup>nd</sup>, 10:30AM-12PM
- **Newcomers Game Night:** April 3<sup>rd</sup> & 17<sup>th</sup>, 6:30PM-8:45PM
- **Friends of COA:** April 3<sup>rd</sup>, 9:45AM-12PM
- **Spaghetti Dinner & Trivia Night:** April 5<sup>th</sup>, 5:30PM-7PM
- **Harwich Democrats:** April 6<sup>th</sup>, 10AM-11:30AM
- **Local Comprehensive Plan Mtg:** April 6<sup>th</sup>, 1PM-3PM
- **Special Town Election:** April 9<sup>th</sup>, 12PM-6PM
- **Harwich Republicans:** April 9<sup>th</sup> & 18<sup>th</sup>, 5PM-6:30PM
- **Harwich Women's Club Meeting:** April 11<sup>th</sup>, 1:30PM-3:30PM
- **Ping Pong Tournament:** April 11<sup>th</sup>, 5:30PM-8:30PM
- **Mad Science "The Flight Stuff":** April 16<sup>th</sup>, starts @ 2PM
- **Birds in My Closet Book Signing & Craft:** April 18<sup>th</sup>, 2PM-4PM
- **Game Night:** April 18<sup>th</sup>, 5:30PM-7:30PM
- **Moving to the Music Exercise:** April 19<sup>th</sup>, starts @ 5PM
- **Rug Braiding Guild:** April 20<sup>th</sup>, 10:30AM-3PM
- **Harwich Artists Monthly Mtg:** April 20<sup>th</sup>, 1:30PM-4PM
- **Cranberry Rug Hookers:** April 20<sup>th</sup>, 9:30AM-1:30PM
- **Community Organization:** April 20<sup>th</sup>, 9AM-11:30AM
- **Cape Cod Commission:** April 23<sup>rd</sup>, 1PM-4PM
- **Nordic Walking Club:** April 24<sup>th</sup>, 3:30PM-5:30PM
- **Family Fun Friday:** April 26<sup>th</sup>, 5:30PM-7:30PM
- **Best Friends Dance:** April 26<sup>th</sup>, 6PM-8PM
- **Cape Cod Military Museum Lecture:** April 26<sup>th</sup>, @ 2:30PM
- **Spring Warbler Workshop:** April 27<sup>th</sup>, 12:30PM-3:30PM
- **Women's Book Club:** April 29<sup>th</sup>, 2PM-3:30PM
- **Master Gardeners Meeting:** April 29<sup>th</sup>, 8AM-11AM
- **Alaska Talk with Betty Trummel:** April 30<sup>th</sup>, 2:30pm-3:30pm

April

## Council on Aging Activities

- **Jill's Exercise:** April 1<sup>st</sup>, 8<sup>th</sup> & 22<sup>nd</sup>, 11:30AM-12:30PM
- **Line Dancing:** April 1<sup>st</sup> & 8<sup>th</sup>, 2PM-4PM
- **NHA On the Road:** April 3<sup>rd</sup>, 2PM-3PM
- **Mindful Meditation:** April 4<sup>th</sup> & 11<sup>th</sup>, 9AM-11AM
- **Brown Bag Program:** April 5<sup>th</sup>, 8AM-12PM
- **Red Sox Watch Party:** April 9<sup>th</sup>, 2PM-4PM
- **Parkinsons Workshop:** April 11<sup>th</sup>, 1PM-2PM
- **Men's Breakfast:** April 12<sup>th</sup>, 9:30AM-10:30AM
- **Scam Workshop:** April 16<sup>th</sup>, 1PM-2PM
- **Elder Abuse Training:** April 18<sup>th</sup>, 1:15PM-3:15PM
- **Storybook/Crafting:** April 18<sup>th</sup>, 2PM-4PM
- **Big Screen Movie Day:** April 19<sup>th</sup>, 1PM-3PM
- **Hepatitis C Lecture:** April 22<sup>nd</sup>, 12:30PM-1:30PM
- **Women's Breakfast:** April 26<sup>th</sup>, 9:30AM-10:30AM
- **Craft Workshop:** April 26<sup>th</sup>, 1:30PM-4PM

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

## Special Election to fill **Select Board** Vacancy

**April 9<sup>th</sup>** – Polls open 12PM-6PM (In the Community Center Gymnasium)

## Rose Garden Volunteer Meeting – April 4<sup>th</sup>, 1PM

With spring approaching, we are on the lookout for volunteers to help us with the maintenance and care of the Community Center's gardens. In past years, we were lucky enough to have the amazingly talented garden expert, Toni Hollingsworth, volunteer her time tending to the rose gardens outside the Community Center. With Toni now retired though, there's a void to fill, and we are seeking the public's help.

If you are interested in volunteering your time to help our gardens grow, stop by for our **Rose Garden Volunteer Meeting**. You can also call us at 508-430-7568. Any assistance is welcome, and no gardening experience is necessary!

## Guild of Harwich Artists Art Demonstration

Saturday, April 20<sup>th</sup>, 2PM-4PM



The Harwich Artists host a FREE monthly art demonstration. This month, Lee Surette will do a watercolor demonstration. This event is open to the public—located in the Community Center's Multi-Purpose Room.

Stop by to check it out!

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



## Harwich Conservation Trust – Spring Warbler Migration Workshop

Saturday, April 27<sup>th</sup>, 12:30PM-3:30PM

Cost: \$40 per person

The spring migration of warblers here on Cape Cod begins in late April with the arrival of yellow-rumped, palm, and pine warblers. As May progresses the number of species as well as the abundance of individuals increases to create some very exciting woodland birding.

In anticipation of the yearly warbler migration, naturalist Peter Trull is offering a comprehensive, colorful, slow-paced, and educational workshop to sort species and practice identification, so it comes easily in the field by the time they arrive. Learn key distinguishing features between species in plumage, habitat preferences, and behavioral characteristics.

This comprehensive workshop is intended to prepare you for the spring migration. With practice, this colorful, exciting, and challenging onslaught of spring warblers will become so familiar that during the month of May, we can relax and take our time. Prepare early so you are able to sort and appreciate the variety of species during field classes, on your own, or when birding with friends.

Pre-register for the workshop online at [www.harwichconservationtrust.org](http://www.harwichconservationtrust.org)  
OR you can scan the QR Code here:



35  
YEARS



HARWICH  
CONSERVATION  
TRUST

Preserve • Restore • Explore



## Community Center Apparel

Now that the weather is getting warmer, it's the perfect time to stop by and get a Community Center t-shirt. (We also have sweatshirts and long-sleeve t-shirts for those cooler spring days).

T-Shirts: \$20

Hooded Long-Sleeve Shirts: \$30

Hooded Sweatshirts: \$40

Sizes available: Small, medium, large, X-large, 2XL, & 3XL.



## Stay tuned for Animal Control Officer Talks!

Beginning in May, we will be starting a series: *Tales, Scales & Wild Things... Oh My!* It will be a series of fun and educational classes hosted by Harwich Animal Control Officer, Jennifer Harrington.

### Topics include:

- Disaster Preparedness for Pets: May 10<sup>th</sup>
- Pet First Aid: May 23<sup>rd</sup>
- Lost Dog Prevention: June 6<sup>th</sup>
- Story Time with Therapy Dogs: June 20<sup>th</sup>

## Harwich Rec Dept Spring Youth Programs

The Spring Youth Program schedule is now available! For all spring programs, please submit a registration form with a cash or check payment to the Harwich Rec front desk.

### Upcoming Spring Program:

- Co-ed Recreational 5 v 5 Soccer
- Flag Football with Coach John Losey
- Track & Field with Coach Eric Beebe
- Harwich Recreation Softball
- Intro to T-Ball: Introductory Skills and Drills for the beginning player.
- Pre-Farm League Baseball: Basic Skills and Drills for beginning baseball and softball players
- Farm League T-Ball



For specific information about each spring program (dates, time, and age ranges), scan the QR code here, or visit:

[www.harwich-ma.gov/recreation](http://www.harwich-ma.gov/recreation)



## Volunteer Coaches Needed for Spring Sports!

Reach out to the Rec Office at 508.430.7553 or email: [rec@harwich-ma.gov](mailto:rec@harwich-ma.gov)

## Harwich Community Center Facilities Committee Member – Heath Eldredge

Heath Eldredge was born and raised in Harwich. His first two jobs as a kid were at the Harwichport Dairy Queen and Grand Slam Entertainment where he was able to experience first-hand the seasonality of Harwich. After graduating from Harwich High School in 1996, Heath headed to Salve Regina University in Newport, Rhode Island. While studying criminal justice, he returned to Harwich during the summers to work for the Harwich Police Department as a summer officer. Graduating with a Master's Degree in 2001, he began his full-time career in policing, moving from the Harwich Police Department to Brewster PD where he currently serves as the Chief of Police.

Heath and his wife, Heather, have two children in the local school system. He spends much of his free time shuttling his kids around to their various activities, and assisting with a local retreat program for teenagers. Heath was selected to serve on the Community Center Facilities Committee in 2023, and he is excited for the opportunity to be a voice of the citizens of Harwich and to help support all the great work being done at the Harwich Community Center.



*Brewster Chief of Police, Heath Eldredge, after he was sworn in as a member of the Facilities Committee by Town Clerk Emily Mitchell*

## Town of Harwich – Hall of Fame

### Chester Snow

1816-1896

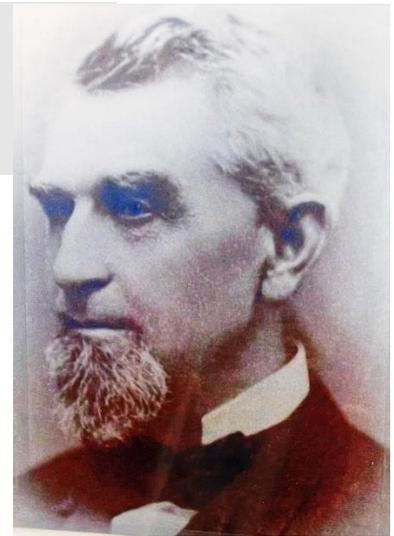
Inducted May 6, 2013

He was the oldest of seven children and only nine when his father was lost at sea. Chester willingly assumed responsibilities far beyond his years, driven by a desire to help his family and community.

One of Snow's first victories was to persuade a hostile Massachusetts legislature to charter both a savings (Cape Cod Five) and commercial bank for Harwich. This made the town of about 3,000 a commercial center as people from neighboring towns sought its shops and banks. When the railroad was extended from Sandwich to Yarmouth, Snow built up a stagecoach service from the depot to Harwich, and then worked to become president of the new Cape Cod Central Railway that extended rails service from Yarmouth, through Harwich to Provincetown. At the same time, he successfully lobbied Washington to remap the mail Routes directly to the Cape's towns, ending the delays involved in distribution via Boston. He also was successful in convincing the Congress to provide support for a telegraph system linking the entire Cape.

Snow founded several companies, to provide for production of high-grade wires and insulation for this system. His holdings were later merged into Western Union, and most of his profit went to constructing the Exchange Building in Harwich Center. Opened in the 1850s, destroyed by fire in the 1870s, the Exchange was lovingly rebuilt by Snow in the 1880s. Its many shops, the theatre and skating rink brought crowds to the town, as well as providing the impressive backdrop to town meetings and graduation.

Among his other civic contributions, Snow was a prominent member of the group that rebuilt the Congregational Church and the committee that founded Island Pond Cemetery, and a founding member of the Brooks Library board, as well as the group that built the racecourse at Wychmere Harbor. As the editor of Harwich's newspaper said, when Snow died, he had been "the most conspicuous figure in town in the last half-century." The editor of the Barnstable paper echoed, "We only regret that every village upon the Cape is not blessed with a Chester Snow."



### **To learn more about other important Harwich residents of the past, visit the 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 gym.

#### **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.**

## Attention employers of teens! We need your help!

The Harwich Community Center & Harwich Youth & Family Services will be hosting a **Teen Job Fair** to help teens find summer jobs. Right now, we are looking for businesses who 1) hire high school students and 2) would like to come have a table at our Fair.

We provide the tables and there is no cost to participate. Businesses who sign up are asked to bring information about your business (marketing materials work great!) and applications (or information about how teens can apply). Please plan to have someone there at your table to answer questions and talk with teens looking for jobs.

Interested employers can contact us at: [reagan.wilda@harwich-ma.gov](mailto:reagan.wilda@harwich-ma.gov)  
OR [ashley.symington@harwich-ma.gov](mailto:ashley.symington@harwich-ma.gov)

### Teen Job Fair

May 9<sup>th</sup>, 4PM-8PM

(Ages 15 – 18)

Looking for a job? Meet and connect with local employers to find out about employment opportunities.

FREE EVENT!

WHERE: Harwich Community Center, 100 Oak Street



## Dances of Spring

Join us for an afternoon of music by Mozart, Grieg, Vivaldi, Copland, and Dvorak! The CCO will present an exciting program including works featuring horn player Eric Ray, and our Concertmaster, violinist Kwon Faith.

Saturday, May 18<sup>th</sup>, 3PM  
Monomoy Regional High School  
75 Oak Street

WHERE

& WHEN: Sunday, May 19<sup>th</sup>, 3PM

Yarmouth Senior Center  
528 Forest RD, W. Yarmouth

Admission is FREE! Donations welcome.

## Cape Cod Theatre Company / Harwich Junior Theatre

Spring 2024 Classes: 6 Week Session  
April 22<sup>nd</sup> – June 8<sup>th</sup>

Broadway Kids, Adventures In Sherwood Forest, Sing, Sing, Sing!, Creative Drama 1 – 3, Smartphone Filmmaking, Teen Experimental Acting, Teen Comedy Improv, Adult Scene Study, Adult Comedy Improv, & Creative Drama on the Spectrum.

Class Descriptions & Registration @  
[CapeCodTheatreCompany.org](http://CapeCodTheatreCompany.org)

WHERE: Classes take place at  
Theatre & Arts Center

Theatre: 105 Division St, W. Harwich

Arts Center: 265 Sisson RD, Harwich  
508-432-2002 x17



## Fitness Room Updates

### Social Fitness

The best way to improve long-term health is not only physical, it is also being social—**social connections and being with friends. The best method for happiness and health is to stay connected.**

Social fitness is a term that came from the military.

The exercises to keep socially fit could begin with doing someone a favor, practicing conflict resolution, helping people get along, or sitting with a friend and listening. This may help resolved feelings of loneliness and could strengthen well-being.

#### Social Fitness can help to reduce:

- Anxiety
- Chronis Stress

It also helps people feel better if they have chronic conditions do better—i.e., diabetes, cancer, heart disease, and dementia.

#### Social Fitness Exercises to start off with:

- Self-reflect and think of the positive
- Get together with people
- Exercise of walk with a friend
- Help a friend
- Smile when you see someone



### Sign Up for Our Fitness Room!

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.

### Personal Trainer Available

Our Fitness Room certified personal trainer, Jill Brown, is available every **Monday and Thursday, from 9:15AM-11:15AM** to guide members through the proper use of the gym equipment. This special service is complimentary to all Fitness Room members!



# Reflections – A look back at last month...



## Flowers for International Women's Day

A beautiful display of love and gratitude for the women who inspire us. Thank you to all who helped us celebrate International Women's Day.



## Congrats to our Jellybean Contest Winners!

It was our 24<sup>th</sup> year for the Guess How Many Jellybeans contest. There were 667 jellybeans total in the jar! **Congratulations go out to our two winners: Bruce Dyer**, our adult winner, and **Charlie Dolan**, our child winner. *Great job guessing!*



## DIY Egg Hunt Take-Home Kit

We gave out over 130 Easter Egg DIY bags for families. Bags contained materials to set up your own egg hunt at home with a few extra goodies as well.



**March 2<sup>nd</sup> – Laser Tag** – We had a huge turn-out for Laser Tag in the Community Center gymnasium. People of all ages came to participate in both teams, and one-on-one rounds. A big thank you to *Amazin' Gamin' of Cape Cod* for helping us put it all together!

*Their website: [www.amazingamin.com](http://www.amazingamin.com)*



**March 8<sup>th</sup> – ExFed Dog Training Talk** – We had a huge turnout for our Dog Training Talk with Rick Alto, Harwich Animal Control Officer, Jennifer Harrington and of course Ace! They lead discussions regarding proper training techniques, leash laws and dog walking etiquette, in addition to demonstrations with Rick's very own Belgian Malinois, Ace. Attendees were able to ask questions and get great training tips.



**March 14<sup>th</sup> – Composting & Living Soil Talk** – Members of the community took part in an informative talk and slideshow about the importance of understanding your soil. Expert Keith Wilda talked about why composting is important, different ways to compost, and how to have the best diversity in your soil based on your growing needs. Those who attended also brought soil samples and were able to check out what living diversity they had under the microscope.



**March 15<sup>th</sup> – Bunny Photo Op** – It wouldn't be springtime without a visit from the bunny! Our good friend stopped by the Community Center to hand out goodies and take pictures with friends of all ages.



**March 15<sup>th</sup> – Minute to Win It** – 9 teams participated in a fun night of challenges and games like cup flipping, ping pong toss, cup stacking, bubble races and more. The team that won the most challenges took home their very own Minute to Win-It kit to play at home.



**March 22<sup>nd</sup> – Crafts with Miss Anina** – Miss Anina's craft night was a popular event that filled up fast! People of all ages signed up to make their own Peg Dolls which Miss Anina encourages for imaginative play. We had so much fun watching each Peg Doll come to life!



**March 22<sup>nd</sup> – Cape Cod Military Museum** – Joe and Sargent Stubby joined us again for another great talk. This month's talk, titled, "Gunpowder and Greasepaint" had a great turnout with military enthusiasts ranging from ages 8 to 88!



**March 30<sup>th</sup> – Harwich Resources Event** – Over 25 local businesses participated in this free event. Harwich and surrounding town residents were able to come check out what the local businesses and programs in our area have to offer!



## Events at The 204

### Creative Collaboration

Wednesdays in April  
4PM-5:30PM

Harwich Youth & Family Services and The 204 invite you, students of Monomoy High School, to create with us!

Three projects to choose from! Three professional artists to work with:

**Mitzi Bramble, John Bonnani, and David Cravenho.**

Build self and community through art!

**FREE! Registration required.**

Contact Ashley with questions & to register: 508-430-7836  
ashley.symington@harwich-ma.gov

Harwich Youth & Family Services invites you to attend:

**Parent Workshop Series**  
Thursday, April 25<sup>th</sup>  
6PM-7PM

**Crafting a solid foundation in a parent-child relationship.**

Just like for a house, a solid foundation in your relationship with your child makes all the difference! Come hear some ways to strengthen your foundation.

### Building Confidence Through Art

Thursdays in May  
4:30PM-6PM

**A group for middle school students, provided by Harwich Youth & Family Services.**

This is a FREE five week group to increase confidence in self through the creative experience of making art.

**Registration is required and space is limited.**

Contact Ashley with questions & to register: 508-430-7836  
ashley.symington@harwich-ma.gov



### Harwich Celebrates Earth Day 2024 – Harwich Climate Action Network Saturday, April 20<sup>th</sup>, 10AM-2PM

The Harwich Climate Action Network (HCAN) is a volunteer organization created in 2019 to bring attention to the climate crisis and educate the public on ways we can make a positive impact in this area. There will be speakers from Cape Light Compact and Food Forest Initiative, as well as entertainment, activities, and refreshments.

Admission is FREE, but cash donations are gratefully accepted at the door.

**For more information, contact:** harwichcan@capecodclimate.org  
www.capecodclimate.org



**CAPE COD  
CLIMATE  
CHANGE  
COLLABORATIVE**

**WHERE:** All events at 'The 204' are located at **204 Sisson Road, Harwich.**

### 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@town.harwich.ma.us

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 18:** (508) 430-7569

**Town Nurse:** (508) 430-7505

**Veterans' Affairs:** (508) 430-7510

**Cemetery Commission:** (508) 430-7549

**Cultural Center:** (774) 212-3482



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