Activities Listing

HARWICH COMMUNITY CENTER

100 Oak Street Harwich, MA 02645 • (508) 430-7568 • fax (508) 430-7085

• Arts & Crafts •

Guild of Harwich Artists

Contact: Martha Wicks
Phone: (774)-237-0667
Email: twix4746@yahoo.com
When: Thursday (painting sessions)
1:00 PM – 4:00 PM

The Guild of Harwich Artists is a non-profit organization of Harwich residents who share an interest in visual art and the desire to create. Monthly meetings throughout year– The Guild offers a short meeting followed by a guest artist's demonstration. All are welcome.

Quilt Bank

Contact: Grace Filliman
Phone: (508)-432-3486
Email: grannyinharwich@comcast
When: Monday 9:00 AM-2:00 PM

Quilts for charity: nursing homes, babies, and supporting our troops.

Wednesday Stitchers

Contact: June Jordan
Phone: (508) 432-2235
Email: needleworkerjune@verizon.net
When: Wednesdays 10:00 AM – 3:00 PM

Our group is basically involved in counted cross stitch, however we do other types of crafts such as knitting and crocheting. Our goal is to help each other learn and improve our technique. Beginners or experienced – all are welcome!

Rug Braiding

Contact: Janet Fitzgerald
Email: Janet@BraidedRugShop.com
Website: www.braidedrugshop.com
When: Tuesdays 6:00PM – 8:00 PM
Session 1– Sept 22 - Nov 10
Session 2– Jan 19, 2016 - March 8, 2016

Rug braided techniques are taught not only the traditional shapes such as oval and round, but for the advanced braider, squares, hexagons, octagons, hearts and more! For your first class, you will be given a kit to start to learn braiding. These classes are for all levels of braiders. Braiding supplies are available for purchase. Advanced registration required ~ Cost $90 per 8 Week session.

•Health&Fitness•

Tai Chi/Chi Kung

Contact: Geoffrey Karlson
Phone: (508) 349-1899
Email: GKarlson@earthlink.com
When: Tuesday 10:30-11:30

Insight Meditation

Contact: Annette Miller
Phone: 508-432-6655
Email: annetteoncape@comcast.net
When: Every Tuesday 7:00 PM - 9:00 PM
and one Friday a month

•Health&Fitness•

Dancersize/Movement to Music

Contact: Elaine Spiezio
Phone: (774) 722-5554
Email: espiezio@comcast.net
When: Tuesday & Thursday 4:15 PM – 5:15 PM

Mild stretches and warm-up exercises using a chair for support. We then put chairs away and start DANCING! No experience required! Just a lot of fun and laughs with low-impact dancing (similar to line dancing) done to music of all kinds/all ages.

Hatha Yoga

Contact: Michele Insley
Phone: (508) 360-7227
Email: micheleinsley@gmail.com
When: Tues, Thurs, Sat 9:00 AM – 10:30 AM

This Hatha Yoga class welcomes all levels. Postures and stretches are used in combination with the breath to stretch the muscles, strengthen joints and improve balance. Participants are encouraged to develop proper alignment in the poses and cultivate a calm mind. Each class ends with a long relaxation.

"30/30" Workout

Contact: Susan Quin Holbrook
Email: susanqh@comcast.net
When: Tues & Thur - 5:00 PM - 6:00 PM
Fees: Entire Session (8 weeks) $160
IX per week: $90
5 class card: $60
Walk-in: $13

30/30 Workout is 30 minutes of cardio (aerobic dance/Zumba/kick-boxing/interval training), followed by 30 minutes of upper and lower body strengthening (weights/resistance bands/pilates/floor work).
*Bring weights (3-8 lbs) and mat (bands provided)

Superfit and Seniorfit

Contact: Charlie Abate
Phone: (508) 432-0370
When: Wednesday and Friday 8:30-9:30& 9:30-10:30

A total fitness workout.
Two intensity levels to choose from.
Enjoy exercise & music? Try this Total fitness.

Mary Ann's Exercise

Contact: Mary Ann Demello
Phone: 774-994-0061
When: Tuesdays & Thursdays
8:30 a.m.-9:30 a.m. Sept. through June
Fat burning aerobics with the ab-sculpting resist-a-ball.

Mindful Yoga

Contact: Kathie Marin
Phone: (508) 430-8623
Email: krmarin@msn.com
When: Friday 9:00 AM - 10:15 AM

Everyone can do Mindful Yoga. Hatha yoga postures and stretches are done sitting in a chair and also standing, enabling students to focus on the poses rather than on any discomfort that may come from sitting or lying on the floor. Emphasis is placed on meditation, bringing awareness to the present moment and connecting the breath to the movement of the body.

Line Dancing for Fun & Fitness

Contact: Karen Shackleford
Email: capesandsballroom@gmail.com
Web: www.capesandsballroom.com
When:
Mondays - 9:15AM-10:15AM & 10:15AM-10:45AM
Thursdays - 10:15AM-10:45AM

Enroll now to reserve your place in class with award-winning, certified instructor, Karen Shackleford. Taking a dance class is a great way to meet new people, get some exercise, and increase your confidence! No partner needed. No dance experience required. Ages 18+
*(**Wear comfortable closed-toe shoes with flexible soles that slide easily on the floor. Bring a water bottle)*

• Games •

Bridge II

Contact: Nancy H. Blezard
Phone: (508) 432-6203
When: Mondays 1:00 PM – 3:00 PM

Class includes improving your bridge skills using conventions. The play of the land is also a part of this class.

Mah Jongg

Contact: Roxana Terwilliger
Phone: (508) 432-0549
Email: royrox@comcast.net
When: Tuesdays 9:00 AM – 12:00 PM

We gather to play Mah Jongg. We do not give lessons, but are happy to teach any novice player.

FEES: Many activities require fees. Classes are run by independent instructors who set their course fees individually. If you have questions regarding activities or their associated fees, please call the instructor at the information provided.

* Find daily Community Center schedules at www.HarwichCommunityCenter.org.

Service & Social • Groups •

Chatham-Harwich Newcomers Club

Contact: John Reed
Phone: (508) 432-2161
Email: REEDGRPJR@gmail.com
When: 3rd Monday of every other month starting Sept — 9:30 AM

Social Club for residents of Harwich and Chatham, serving the needs of both newcomers to the Cape and seasoned residents who are looking for an enhanced social life and the opportunity to meet new people. Offers 24 activities, including biking, book club, bowling, hiking, woodworkers, and fine dining.

CONCH Cape Cod

Contact: Bette Hahner
Phone: (508) 945-9962
Email: bhahner@comcast.net
When: Mondays at 9:30 AM
Sept, Nov, Jan, March, May

Social Group for Lower Cape. Activity and friendship. Luncheons, travel, sports, interests. Bowling, Tai Chi, book clubs, Breakfast club, Anything BUT Bridge, Golf, Tennis, Bridge, Dining In, Hiking, Biking, MahJongg, Hearts, Kayaking. For more info, visit www.conchcapecod.com.

Harwich Women's Club

Contact: Mary Beth Bryant
Phone: (508) 432-9037
Email: moose.bryant@verizon.net
When: 2nd Thursday of each month, 12:00 PM

The HWC is a member of the General Federation of Women's Clubs of Massachusetts as well as the International Federation of Women's Clubs. It is the largest organization of women volunteers in the world. We have a tradition of service to the members, the community, and the world.

• Music •

Cape Community Orchestra

Contact: Kwann Faith, Personnel Manager
Phone: (774)722-1541
Website: www.ccorchestra.weebley.com
When: Wednesdays September-April
6:30 PM – 8:30 PM

The Cape Community Orchestra was formed in 1990 to maintain an orchestra on Cape Cod for musicians of all ages who have the ability to read and perform music on the instrument of their choice. Our members come from the entire Cape Cod area and we are always looking for new members, especially strings. If you have an interest in joining, please call above contact.

Harwich Town Band

Contact: Cynthia McGalliard
Phone: (508) 432-3622
When: Tuesdays 7:00 PM

The Harwich Town Band has been playing for Cape audiences since 1975. The band meets for weekly rehearsals at the Community Center, preparing for events such as the Band's annual Holiday Concert and summer performances at Brooks Park.

• Special Interests •

Business Network International

Contact: Amy Hardy
Email: amybabbs@hotmail.com
When: Wednesdays 7:00 – 8:30 AM

BNI is the largest business networking organization in the world. We offer members the opportunity to share ideas, contacts and most importantly, business referrals.

Cape Cod Hydrangea Society

Contact: Betty Hann & Joan Harrison
Phone: (774) 237-0200, (508) 468-7869
Email: joanofma@hotmail.com
When: Meetings in May & September, workshops throughout the year.

Hydrangea enthusiasts meet to educate, increase our knowledge and share what we have learned for the benefit of the entire Cape Cod community.

Harwich Conservation Trust

Contact: Michael Lach
Phone: (508) 432-3997
Email: hct@cape.com

The Harwich Conservation Trust holds many special events at the Community Center, including live animal programs and interesting presentations. Please visit www.harwichconservationtrust.org for updates.

Master Gardeners

Contact: Jane Wick & Maryanne Ryan
Phone: (508) 896-4655
Email: janeingloryland@gmail.com

Master Gardeners are adults of all ages who love gardening and who have previous gardening experience. They come from all walks of life and are willing to learn about horticulture and share that research-based information with others. The Master Gardeners teach a Backyard Horticulture class which runs 8 weeks in February and March. For more information, visit www.capecodextension.org.

Women's International League for Peace and Freedom

Contact: Mary Zepernick
Phone: (508) 398-1023
Email: people@poclad.org
When: 2nd Tuesday & 3rd Wednesday
6:00 PM

WILPF is a group of women and men who work to create justice and peace locally, nationally, and internationally. WILPF envisions a transformed world at peace, where there is racial, social and economic justice for all people everywhere – a world in which the interconnecting web of life is acknowledged and celebrated, and human societies are designed and organized for self-governance.

• Support & Self-Improvement•

Cape Cod Connection

Contact: Joan Smith
Phone: (781) 510-3943
Email: joansmith@msn.com
When: 3rd Wednesday of each month
12:00 PM

The Cape Cod Connection is a recreation and socialization program for individuals who have a traumatic or acquired brain injury and live on Cape Cod, specifically the Lower Cape area.

Nutrition & Diet Support

Contact: Virginia O'Halloran
Phone: (508) 430-1909
When: Tuesdays 9:00 AM – 10:00 AM.

The focus is on healthy eating, label reading and learning strategies which help you lose weight and maintain that loss over time.

Sight Loss Services Support Group

Contact: Cynthia Stead
Phone: (508) 394-3904
Email: sightloss@verizon.net
When: 1st Tuesday of each month, Sept.-June
10:00 AM – 12:00 PM.

Support group meetings encourage visually impaired participants to exchange coping skills and problem-solving strategies that help them to maintain a confident, independent lifestyle.

WE CAN

Contact: Tracy & Kara Duff
Phone: (508) 430-8111
Email: kara@wecancenter.org
When: Various days & times.

We Can serves women who are in transition in their lives. We offer a number of workshops throughout the year which are open to the public, including: Pathmakers, a program which matches women with mentors to set and achieve goals, and Divorce Bootcamp, a program led by a licensed attorney to help women navigate through the divorce process. For info on these workshops and more, visit www.wecancenter.org.

And more...

For information on even more activities taking place at the Community Center, please visit our website:

www.HarwichCommunityCenter.org

Or contact/visit:

Harwich Community Center
(508) 430-7568

Harwich Council on Aging
(508) 430-7550

Harwich Youth & Recreation
(508) 430-7553