# Activities Listing
## HARWICH COMMUNITY CENTER

Fees vary- contact instructor for more info!

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

## • Art & Craft •

### Guild of Harwich Artists
**Contact:** John Glass
**Phone:** (508) 430-0598
**Email:** jonbilt@earthlink.net
**When:** Thursday (painting sessions)
1:00 PM – 4:00 PM
Monthly meetings throughout year

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. For more information, visit www.guildofharwichartists.com.

### Quilt Bank
**Contact:** Jan Bowers
**Phone:** (508) 432-8895
**Email:** janquiltoncc@gmail.com
**When:** Monday 10:00 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.

### Art Lessons with Michele
**Contact:** Michele Carrozo
**Phone:** (774) 994-2479
**Email:** bozdays@hotmail.com
**When:** Fridays 10:00 AM – 12:30 PM

Lessons for all skill levels with a classically trained artist. A mixed approach of demonstration and one-on-one assistance. Learn to spot shapes in your vision, apply that on paper, and, over time, find the right media for you.

## • 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. Come have fun while playing better bridge!

### Cribbage
**Contact:** Council on Aging
**Phone:** (508) 430-7568
**When:** Tuesdays & Thursdays 12:30 - 3:30 PM

Enjoy Cribbage and good company twice weekly.

### 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. We play with as many as come.

## • Fitness •

### Dancercize/Movement to Music
**Contact:** Elaine Spiezio
**Phone:** (508) 957-2015
**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. Followed by a cool-down to help relax and re-energize.

### GymKids Tumbling Classes
**Contact:** Alice Kuntz
**Phone:** (508) 240-5747
**When:** Wednesday 2:45 PM – 5:15 PM

Tumbling classes for children ages 3-5, 5-8, and 9+. Coach Alice has over 30 years experience teaching, coaching, and judging gymnastics. She is a professional member of USA Gymnastics, is safety certified, and holds a B.S. in Health & Human Performance.

### Hatha Yoga
**Contact:** Michele Insley
**Phone:** (508) 360-7227
**Email:** micheleinsley@gmail.com
**When:** Tues, Thurs, Sat
9:30 AM - 11:00 AM Jun. 16 - Sept. 15
9:00 AM - 10:30 AM All other classes

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.

### Meditation
**Contact:** Kathie Marin
**Phone:** (508) 430-8623
**Email:** krmarin@msn.com
**When:** Tuesday 5:00 - 6:00 PM

Learn to relax the body and quiet the mind. This class will cover the basics of meditation through the use of deep relaxation, mindfulness, breath, and guided imagery.

### 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.

### Resist-A-Ball / Aerobics
**Contact:** Mary Ann Demello
**Phone:** (774) 994-0061
**Email:** mafdemello@verizon.net
**When:** Monday 5:30 – 6:30 PM

This is a unique exercise class that combines fat-burning aerobics with the ab-sculpting resist-a-ball. It's also a lot of fun and stress relieving!

### Super Fit & Senior Fit
**Contact:** Charlie Abate
**Phone:** (508) 432-0370
**When:** Wednesday & Friday
8:30 - 9:30 AM & 9:30 - 10:30 AM

A total fitness workout utilizing stretch, calisthenics, upper and lower body toning, and low-impact aerobics. Two intensity levels to choose from.

### Yoga with Carol
**Contact:** Carol Kucha-Stone
**Phone:** (508) 430-1525
**When:** Mon & Wed 4:30 PM - 5:30 PM (Yoga)

Yoga-like stretches and exercises. First class is free!

## • Music •

### Cape Community Orchestra
**Contact:** Sal Chines, Personnel Manager
**Phone:** (508) 394-5347
**Email:** capecommunityorchestra@yahoo.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. The group performs orchestral programs consisting of classical, popular, show, operatic, march and ballet music. Our members come from the entire Cape Cod area and include public school musicians as well as professional musicians. We are always looking for new members, especially strings. View our website at www.ccorchestra.weebly.com.

### 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.

## • Language •

### Cape Verdean Language
**Contact:** Joseph Mendes
**Phone:** (508) 360-9199
**When:** Tuesdays 7:00 PM - 8:00 PM

Learn the Cape Verdean language from a local speaker.

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

# • Service & Social • Groups

### Cape Cod Volunteers
**Phone:** (508) 362-0242
**Email:** info@ccvolunteers.org
**When:** Thursdays 9:30 AM - 12:30 PM

Get information about volunteer opportunities in your community and around Cape Cod. Explore your interests, skills, and past experience and how it can be used for community good. Learn what so many other Cape Codders have learned: There is no better feeling than building a better community - and world!

### Chatham-Harwich Newcomers Club
**Contact:** Jack McDowell
**Phone:** (508) 432-4053
**Email:** suzyjack9@comcast.net
**When:** Various meetings throughout year

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:** Harry Cutts
**Phone:** (508) 432-1365
**Email:** info@conchcapecod.com
**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 Men's Club
**Contact:** Richard Waystack
**Phone:** (508) 430-0500
**When:** 1st Monday of each month, Oct – May
9:30 AM – 11:00 AM

The Harwich Men's Club meets monthly October through May. There is a speaker at each meeting covering a variety of topics of interest to our members. Fellowship and a friendly atmosphere are important to the success of the club. The club offers a good opportunity for new residents and old residents to get to know each other and to hear a variety of talks on a wide range of subjects.

### Harwich Women's Club
**Contact:** Dona Webber
**Phone:** (508) 430-4587
**Email:** jwebber269@aol.com
**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.

# • Special Interests •

### Business Network International
(Best Won Chapter)
**Contact:** Tom Spollen
**Email:** info@sirspeedyorleans.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 Care Coalition
**Contact:** Mary Zepernick
**Phone:** (508) 398-1023
**Email:** people@poclad.org
**When:** 2nd Thursday of each month
6:30 PM – 9:00 PM

Create a regional, community-owned healthcare system to provide all Barnstable County residents with comprehensive and affordable healthcare.

### 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 and sustainable existence.

# • Support & Self-Improvement•

### Alateen
**Phone:** (508) 394-4555
**When:** Friday 5:30 PM

A fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking. Young people come together to share experience, strength, and hope with each other.
Visit www.alanonalateencapeandislands.com.

### Cape Cod Connection
**Contact:** Barbara Kaplan
**Phone:** (508) 662-0008
**Email:** batyakap@comcast.net
**When:** 3rd Wednesday of 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:** Laura Peterson
**Phone:** (508) 394-3904
**Email:** sightloss@verizon.net
**When:** 4th 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:** Mary Jaynes & Kara Duff
**Phone:** (508) 430-8111
**Email:** mary@wecancenter.org
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