

## Community Notes

By **Wendy Lopata**  
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### Baby boomers

Cape Cod Community College's Plus50 program is offering a three-part series for baby boomers, called "Mid-Life Transitions," 4 to 6:30 p.m. Wednesdays March 10 to April 7 at the college, Route 132, West Barnstable.

This biweekly series will address some of the changes associated with mid-life and their potential impact on successful aging. Here are the session topics:

- "Passages" (WPL007) will look at changes associated with work and career, retirement and free time, and emerging health issues, March 10;
- "Connections" (WPL008) will look at cross-generational differences and adjustments related to parents and children growing older, and the impact of care giving and retirement on marriage, family and friendships, March 24;
- "Alternative & Complementary Therapies" (WPL009) will look at different therapies to help manage chronic health conditions, such as arthritis, with guidelines on how to choose wisely, April 7. Focus will be on chiropractic, acupuncture and naturopathy.

The cost is \$10 per program.

For more information, e-mail [rdillon@capecod.edu](mailto:rdillon@capecod.edu) or call 508-375-4012 to register (refer to workshop number).

### Join the band

The Harwich Town Band is looking for instrumentalists in almost all sections to join the ensemble as it opens this year's rehearsals at 7 p.m. Tuesday at the Harwich Community Center, 100 Oak St.

Clarinets, oboes, trumpets, trombones, French horns, baritone horns and tubas are especially welcome. Auditions are not required.

The band, under the direction of Peter Cobb, plays marches, show tunes, pop songs and light band classics.

The band rehearses 7 to 9 p.m. Tuesdays now through June for its Tuesday night concerts in July and August on the bandstand in Brooks Park.

The 40-plus-piece band draws from all ages and many Cape towns. It is supported by the Harwich Recreation Department.

Conductor Cobb is a former assistant conductor of the Harvard University Band and the former director of Secondary School Bands in Newton.

For more information, call Cobb at 508-255-0925 or Cynthia McGalliard at 508-432-3622.

### Treasure hunt

Sandwich Community School is hosting an "Antiques Appraisal Day" from 9 a.m. to 1 p.m. March 13 at Sandwich High School, 365 Quaker Meetinghouse Road, East Sandwich.

More than a dozen experts will be on hand to appraise a broad range of items, including silver and art, military, coins, folk art and quilts, decoys, dolls and bears, toy and games, automobile items, jewelry, furniture and fine art, glass, ephemera, bottles, tools, clocks and scientific instruments.

Cost is \$5 to register plus \$5 for each oral appraisal.

For reservations, call 508-888-5300.

### A growing need

The Family Pantry of Harwich is now open 5:30 to 7:30 p.m. Thursdays. The pantry has extended its hours to help meet the increased need for its services of providing food and clothing to residents in need, regardless of town residency.

First-time clients have a brief confidential interview after which they may begin using the pantry that day. No appointment is necessary.

The pantry is also open 10 a.m. to noon and 1:30 to 3:30 p.m. Tuesdays, Thursdays and Saturdays and is located at 133 Queen Anne Road.

For more information, visit [www.thefamilypantry.com](http://www.thefamilypantry.com) or call 508-432-6519.

### Pet pantry

Collections Gallery is celebrating its one-year anniversary by conducting a second pet food drive (the first was in December) for those having trouble affording food for their pets.

Donations of pet food may be made 11 a.m. to 4 p.m. beginning tomorrow and continuing daily through March at the gallery, 23A Jarves St., Sandwich.

Each donor will be entered in a drawing for a \$100 gift certificate for the gallery. The winner will be drawn at the close of the collection on March 31.

The gallery will deliver all donations to Agway in East Sandwich for distribution by volunteers to those in need of this assistance. Please do not bring food directly to Agway, all donations must be dropped off at the gallery.

For more information, call 508-833-0039.

### A helping paw

A Helping Paw Humane Society, a nonprofit shelter that rescues homeless pets and helps low-income pet owners, is opening its annual "Have A Heart For Pets" fundraiser tomorrow.

For a \$5 donation, you can purchase a red paper heart in your name, a loved one's name or in memory of a special pet or person to hang in the front window of the shelter. Just stop by its facility, at 3166 Cranberry Hwy., East Wareham, from 10 a.m. to 5 p.m. Tuesdays through Saturdays throughout March and receive a free bag of dogs chews for the purchase of one heart or a reusable shopping bag for two hearts.

You can also purchase a heart by sending your donation to: A Helping Paw, Have A Heart, Box 387, Buzzards Bay, MA 02532.

All proceeds support the shelter's local spay/neuter program.

For more information, call 508-759-2887 or go to [www.ahelpingpaw.org](http://www.ahelpingpaw.org).

### Art grants

The Arts Foundation of Cape Cod is accepting applications for the spring grants cycle.

Through this program, cash awards are given to local artists and cultural organizations engaged in projects that help create a strong, stable and diverse arts and culture industry on Cape Cod and contributes to the quality of life and economic vitality of the region.

Guidelines and applications are available at [www.artsfoundation.org](http://www.artsfoundation.org) or by calling 508-362-0066. Deadline to apply is 5 p.m. March 19.

### Snowdrop tea

The Thornton W. Burgess Society is sponsoring a Snowdrop Tea from 2 to 4 p.m. on a weekday in March (to be determined by the weather) at the historic home of Eugenie and Jonathan Shaw of Sandwich Village. Tea and homemade desserts will be served.

Visitors will have the opportunity to tour the home's gardens, which contains one of the largest collections of Snowdrops on the East Coast.

Tickets are \$25. All proceeds will be used to maintain the Shirley G. Cross Wildflower Garden at the society's Green Briar Nature Center in East Sandwich.

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