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SUN	MON	TUE	WED	THU	FRI	SAT
	Abby's offices & thrift are closed	2 Tunch Every Tuesday 12-12:30 pm	3 Crafts & Conversation 12-2pm Food Pantry 12-2 pm Bingo 4:30-5:30 pm	4 Lunch Every Thursday 12-12:30 pm Pet Therapy & Education 6pm		6
7	8	9 (11) Lunch 12-12:30pm	10 Whole Foods Market Table 11 am-1 pm	11 Lunch 12-12:30pm Meditation & Mindfulness 2:00 pm	12	13
14	Abby's offices & thrift are closed Abby Kelley Foster's Birthday & MLK Day	MLK Lunch 12-12:30pm Celebrate Abby Kelley Foster's Birthday 2:30-4:00pm	17 Food Pantry, Crafts & Conversation, Community Legal Aid info table 12-2 pm Bingo Tournament 2:30-3:30 pm	18 Lunch 12-12:30pm Meditation & Mindfulness 1:30 pm Bingo Tournament 2:30-3:30 pm	Bingo Tournament 2:30-3:30 pm	20
21 52 High St. Floor	52 HIGH ST FLOOR HUDDLES 19 CROWN HOUSE HUDDLE 5-6pm	23 Lunch 12-12:30pm Haircuts w/ Andrea starting at 3:00pm	24 Whole Foods Market Table 11 am-1 pm Knitting Knot 5:00-6:00 pm	Lunch 12-12:30pm Meditation & Mindfulness 2:00 pm	26 Food & Nutrition Class 12:00 pm	
Huddles January 22 4th floor: 2-3 pm 3rd floor: 3-4 pm 2nd floor: 4-5 pm See back for more information	29	30 Lunch 12-12:30pm	Music Heals Concert 7:00 pm			

* Sign up at front desk

FOOD & NUTRITION CORNER

For more information, please call 508-756-5486



WOMEN'S CENTER ACTIVITIES & EVENTS





Lunch Every Tues. & Thurs. 12-12:30 pm

Join us for a freshly prepared meal. You can take it to go, or enjoy in the Women's Center. On 1/16 we will honor Martin Luther King Jr.



Food & Nutrition Class 1/5 & 1/26 from 12-1:00 pm

Join Maura in the kitchen to cook up something delicious!



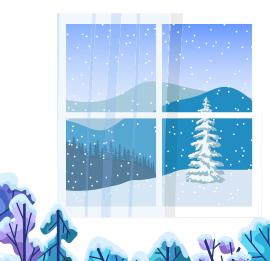
Food Pantry 1/3 & 1/17 from 12-2 pm

Abby's Residents and Women's Center Members are welcome to shop items from the free food pantry.



Whole Foods Market Table 1/10 & 1/24 from 11 am-1 pm

Abby's Residents and Women's Center Members are welcome to shop items for free donated from Whole Foods.





January 22nd House Huddles

52 High St:

4th floor: 2-3 pm 3rd floor: 3-4 pm

2nd floor: 4-5 pm

19 Crown St:

Lounge: 5-6 pm *MUST SIGN UP FOR MEETING TO BE HELD

Floor Huddles are community meetings to discuss questions and concerns related to property management.

Please reach out to Locksann with questions via email Locksann@abbyshouse.org or call 508-745-5486.



1/3 at 4:30-5:30 Bingo Tournament! 1/17, 1/18, 1/19 at 2:30 -3:30 pm

Hosted by Toni, join us for some fun & the chance to win some amazing prizes! Details for the tournament will be shared on 1/17.



Celebrate Abby Kelley Foster's Birthday with Annette! 1/16 at 2:30 -4:00 pm

Please join Annette Rafferty, Abby's House founder, for an afternoon learning about the history of Abby's House in honor of Abby Kelley Foster's birthday.







Crafts and Conversation 1/3 & 1/17 from 12-2:00 pm

Join volunteer Donna Maria for some crafting fun. No experience needed. All supplies are provided!



Pet Therapy & Education 1/4 beginning at 6:00 pm

Join volunteer Sara & spend time with her therapy dog.



Handmade Gift Boutique 1/5 at 12-2 pm

Come shop a selection of beautiful handmade items donated by local artisans!



Knitting Knot 1/24 at 5:00 pm

Spend some time with volunteer Elissa to learn how to knit, or come to knit together!



Meditation & Mindfulness *NEW Thursday 1/11 & 1/25 at 2:00pm Thursday 1/18 at 1:30pm

Join Alexa for some relaxing activities.



Haircuts with Andrea 1/23 at 3:00 pm

Come see Andrea if you are interested in a haircut: first come- first served!

No January Yoga or Fun Fitness

Did you know that you can follow Abby's House on social media? @AbbysHouse1976







"Like" and share with your friends!