



JANUARY 2024

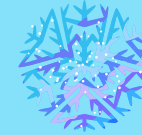
*** Sign up at front desk**

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!



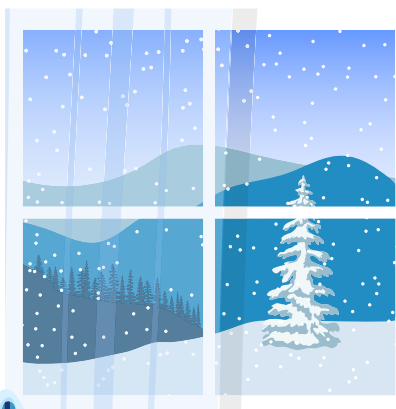
Food Pantry 1/3 & 1/17 from 12-2 pm

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.

HAPPY
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?
[@AbbyHouse1976](https://www.instagram.com/AbbyHouse1976)



"Like" and share with your friends!