



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Lunch 🍴 12-12:30 pm	3 Stronger Together Group 2:00 pm	4 Lunch 🍴 12-12:30 pm Meditation & Mindfulness 2:00 pm Pet Therapy 6pm	5 Smoking Cessation Group 11:00 am *UMASS skin & Wellness 5:30-6:30 pm	
	8 BINGO 4:00-5:00 pm Movies & Manis 5-7 pm	9 Lunch 🍴 12-12:30 pm Creative Arts 11:00 am	10 Food Pantry 12-2 pm Crafts & Conversation 12-2pm Stronger Together Group 2:00 pm	11 Lunch 🍴 12-12:30 pm Meditation & Mindfulness 2:00 pm	12 Acoustic Cafe 10 am-12pm Food & Nutrition Class 12:00 pm Smoking Cessation Group 11:00 am	
	15	16 Lunch 🍴 12-12:30 pm Creative Arts 11:00 am Crafts & Conversation 12-2pm	17 Whole Foods Market Table 11 am-1 pm Stronger Together Group 2:00 pm	18 Lunch 🍴 12-12:30 pm Meditation & Mindfulness 2:00 pm	19 Acoustic Cafe 10 am-12pm Smoking Cessation Group 11:00 am	
	22 Personal Care shopping 12-2:00pm BINGO 4:00-5:00 pm Movies & Manis 5-7 pm	23 Lunch 🍴 12-12:30 pm Creative Arts 11:00 am Haircuts w/Andrea 3:00 pm	24 Food Pantry 12-2 pm Stronger Together Group 2:00 pm	25 Lunch 🍴 12-12:30 pm Meditation & Mindfulness 2:00 pm	26 Acoustic Cafe 10 am-12pm Food & Nutrition Class 12:00 pm Smoking Cessation Group 11:00 pm	
	29 Movies & Manis 5-7 pm	30 Lunch 🍴 12-12:30 pm Creative Arts 11:00 am				

* Sign up at front desk



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.



Food & Nutrition Class

4/12, 4/26 from 12-1:00 pm

Join Maura in the kitchen to cook up something delicious!



Food Pantry

4/10 & 4/24 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

4/17 from 11 am-1 pm

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



Acoustic Cafe *NEW!

**Friday Mornings at 10 am
STARTING 4/12**



Join us for a cup of coffee and light music in the Women's Center.



Crafts and Conversation

4/10 & 4/16 from 12-2:00 pm

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



Pet Therapy & Education

4/4 beginning at 6:00 pm

Join volunteer Sara & spend time with her therapy dog.



Haircuts with Andrea

4/23 at 3:00 pm

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



Movies & Manis

4/8, 4/22 & 4/29 starting at 5 pm

Join Holy Cross college students for a movie and nail care. Supplies will be provided!



Personal Care Shopping Event

4/22 12-2pm

Shop for FREE personal care items including hair care, dental care & feminine hygiene products.

ACTIVITIES WITH TONI



BINGO

4/8 & 4/22 at 4:00 -5:00 pm

Join us for some fun & the chance to win some amazing prizes!

ACTIVITIES WITH ALEXA

Alexa, Abby's House Clinician, is leading the following activities this month:



Creative Arts

Tuesdays at 11:00am

Join us in a safe, supportive, creative space to connect through the healing power of art.



Stronger Together: A Chronic Pain Support Group *NEW!

Wednesdays at 2:00pm

A safe space where residents with chronic pain can support one another, develop friendships, share ideas & thoughts, and learn coping skills in a nonjudgmental and caring atmosphere.



Meditation & Mindfulness

Thursdays at 2:00pm

Learn and practice trauma-sensitive meditation & mindfulness techniques.



Smoking Cessation: Beyond the Smoke, A New Life Awaits

Fridays at 11:00am

Let's explore the amazing benefits of quitting smoking: better quality of life and a healthier heart are just the beginning!