
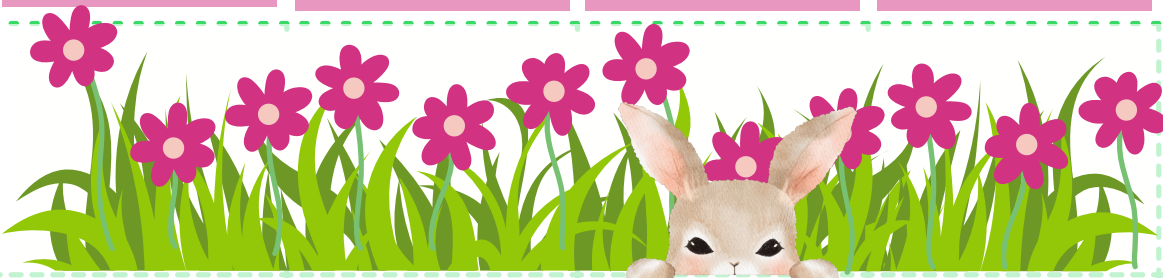




















SUN	MON	TUE	WED	THU	FRI	SAT
 <b>52 High St. Floor Huddles</b> March 26 4th floor: 2-3 pm 3rd floor: 3-4 pm 2nd floor: 4-5 pm <b>See back for more information..</b>						1 <b>*Smoking Cessation Group</b> 2:00 pm <b>Food &amp; Nutrition Class</b> 12:00 pm
	4	5 <b>Lunch</b>  12-12:30 pm <b>*Creative Arts</b> 11:00 am	6 <b>Crafts &amp; Conversation</b> 12-2pm <b>BINGO</b> 4:00-5:00 pm	7 <b>Lunch</b>  12-12:30 pm <b>Meditation &amp; Mindfulness</b> 2:00 pm <b>Pet Therapy &amp; Education</b> 6pm	8 <b>*Smoking Cessation Group</b> 2:00 pm <i>International Women's Day</i>	
10  <i>Ramadan Begins</i>	11 <b>Yoga</b> 5:30-6:30pm	12 <b>Lunch</b>  12-12:30 pm <b>*Creative Arts</b> 11:00 am	13 <b>Food Pantry</b> 12-2 pm	14  <b>St. Patty's Day Lunch</b>  12-12:30 pm <b>Meditation &amp; Mindfulness</b> 2:00 pm	15 <b>Food &amp; Nutrition Class</b> 12:00 pm <b>*Smoking Cessation Group</b> 2:00 pm	
17  <i>St. Patricks Day</i>	18 <b>Personal Care shopping event</b> 12-2:30pm <b>Movies &amp; Manis</b> 5-7pm	19 <b>Lunch</b>  12-12:30 pm <b>*Creative Arts</b> 11:00 am <i>Spring Equinox</i>	20 <b>Whole Foods Market Table</b> 11 am-1 pm <b>Crafts &amp; Conversation</b> 12-2pm	21 <b>Lunch</b>  12-12:30 pm <b>Abby Kelly Foster Performance</b> 12:30 pm <b>Meditation &amp; Mindfulness</b> 2:00 pm	22 <b>*Smoking Cessation Group</b> 2:00 pm	
24 <i>Palm Sunday</i> 	25  <b>Movies &amp; Manis</b> 5-7 pm <i>Holi</i>	26 <b>Lunch</b>  12-12:30 pm <b>*Creative Arts</b> 11:00 am <b>Haircuts w/Andrea</b> 3:00 pm 	27 <b>Food Pantry</b> 12-2 pm <b>Trivia</b> 4:00-5:00 pm	28  <b>Easter Lunch</b>  12-12:30 pm <b>Meditation &amp; Mindfulness</b> 2:00 pm	29 <b>Food &amp; Nutrition Class</b> 12:00 pm <b>*Smoking Cessation Group</b> 2:00 pm <i>Good Friday</i>	
31 <i>Easter</i>						

52 HIGH ST  
FLOOR HUDDLES

\* Sign up at front desk

# MAURA'S FOOD & NUTRITION CORNER

# 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..



## Food & Nutrition Class

**3/1, 3/15 & 3/29 from 12-1:00 pm**

Join Maura in the kitchen to cook up something delicious!



## Food Pantry

**3/13 & 3/27 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

**3/20 from 11 am-1 pm**

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



## March House Huddles 52 High Street

**Tuesday 3/26**

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

**3rd floor: 3-4 pm**

**2nd floor: 4-5 pm**

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.**



## Crafts and Conversation

**3/6 & 3/20 from 12-2:00 pm**

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



## Pet Therapy & Education

**3/7 beginning at 6:00 pm**

Join volunteer Sara & spend time with her therapy dog.



## Yoga

**3/11 5:30-6:30 pm**

Instructor Kerri welcomes all ability levels. Yoga is a powerful movement & mindfulness practice that can help reduce stress.



## Haircuts with Andrea

**3/26 at 3:00 pm**

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



## Movies & Manis

**3/18 & 3/25 beginning at 5:00 pm**

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



## Personal Care Shopping Event

**3/18 12-2pm**

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

## Abby Kelly Foster Performance

**3/21 at 12:30pm \*after lunch!**

In honor of Women's History Month, join us for a special performance by Lynne McKenney Lydick about Abby's House namesake, Abby Kelley Foster: a 19th century Worcester abolitionist & women's rights activist.



## ACTIVITIES WITH TONI



## BINGO

**3/6 at 4:00 -5:00 pm**



## Women's History Month Trivia

**3/27 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:



## Meditation & Mindfulness

**Thursdays at 2:00pm**

Learn and practice trauma-sensitive meditation & mindfulness techniques. No sign up required!



## Creative Arts

**Tuesdays at 11:00am**

Join us in a safe, supportive, creative space to connect through the healing power of art. \*Sign up at the front desk is required -limited spots are available.



## Smoking Cessation: Beyond the Smoke, A New Life Awaits

**Fridays at 2:00pm**

Let's explore the amazing benefits of quitting smoking: better quality of life and a healthier heart are just the beginning! \*Sign up at the front desk required - limited spots available.