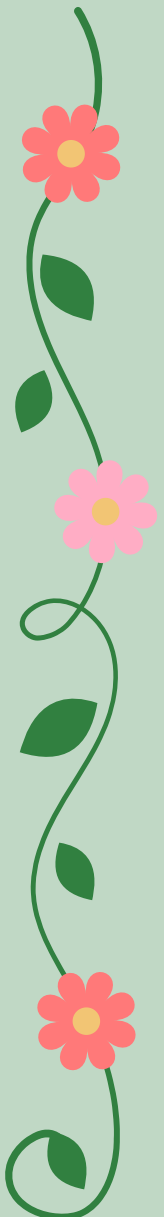




SUN	MON	TUE	WED	THU	FRI	SAT
			1 Stronger Together Group 2:00 pm	2 Pet Therapy & Education 6pm	3 Acoustic Cafe 10 am-12pm Smoking Cessation Group 11:00 am	
	6	7 Lunch 🍴 12-12:30 pm Creative Arts 11:00 am	8 Food Pantry 12-2 pm Crafts & Conversation 12-2pm Stronger Together Group 2:00 pm	9 Lunch 🍴 12-12:30 pm Meditation & Mindfulness 2:00 pm	10 Acoustic Cafe 10 am-12pm Smoking Cessation Group 11:00 am Mother's Day Celebration 2 pm	
	13 BINGO 4:00-5:00 pm 80s Music Night 7:00 Pm	14 Lunch 🍴 12-12:30 pm Creative Arts 11:00 am	15 Whole Foods Market Table 11 am-1 pm Stronger Together Group 2:00 pm Abby's House Property Check-Ins	16 Lunch 🍴 12-12:30 pm	17 Acoustic Cafe 10 am-12pm Smoking Cessation Group 11:00 am	
	20 Personal Care shopping event 12-2:30pm	21 Lunch 🍴 12-12:30 pm Creative Arts 11:00 am	22 Food Pantry 12-2 pm Crafts & Conversation 12-2pm Stronger Together Group 2:00 pm	23 Lunch 🍴 12-12:30 pm Meditation & Mindfulness 2:00 pm	24 Acoustic Cafe 10 am-12pm	
	27 Abby's Thrift shop & offices are closed Memorial Day	28 Lunch 🍴 12-12:30 pm Creative Arts 11:00 am	29 Whole Foods Market Table 11 am-1 pm Stronger Together Group 2:00 pm House Huddles 3:30-5:00 pm BINGO 5-6:00 pm	30 Lunch 🍴 12-12:30 pm Meditation & Mindfulness 2:00 pm	31 Acoustic Cafe 10 am-12pm Food & Nutrition Class 12:00 pm Smoking Cessation Group 11:00 am	

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 5/31 from 12-1:00 pm

Join Maura in the kitchen to cook up something delicious!

Food Pantry 5/8 & 5/22 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 5/15 & 5/29 from 11 am-1 pm

Abby's Residents & Women's Center Members are welcome to free items from Whole Foods.

In-House Check-Ins 5/15 9:00am-3:30pm

Check-ins are in-house inspections by our property management team. You are welcome, but don't have to be present.

May House Huddles *ALL FLOORS 52 High Street- Women's Center 5/29 3:30-5pm

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

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

Pet Therapy & Education 5/2 beginning at 6:00 pm

Join volunteer Sara & spend time with her therapy dog.

Crafts and Conversation 5/8 & 5/22 from 12-2:00 pm

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

Mother's Day Celebration 5/10 at 2pm

Please join us for refreshments in honor of Mother's Day.

Personal Care Shopping Event 5/20 12-2pm

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

BINGO 5/13 at 4-5:00 pm 5/29 at 5-6pm

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

Financial Literacy Classes Cornerstone Bank 5/9 & 5/15 1-2pm

Cornerstone Bank is offering free classes about personal finances including credit and debt & identifying scams & fraud.



Acoustic Cafe Friday Mornings at 10 am

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

80's Music Night 5/13 at 7:00 -8:00 pm

Betty Machete and the Jumping Fleas, a live band, will join us to perform a selection of 80's music!

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.

Creative Arts Tuesdays at 11:00am

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

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!

Stronger Together Wednesdays at 2pm

A safe space where residents w/chronic pain can support one another, share ideas & learn coping skills in a nonjudgmental space.