



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 <b>Lunch</b> 12-12:30 pm <b>Creative Arts</b> 11:00 am	3 <b>Whole Foods Market Table</b> 11-1 pm <b>Crafts &amp; Conversation</b> 12-2pm	4  <b>Offices &amp; Thrift Closed</b>	5 <b>Acoustic Cafe</b> 10 am-12pm	
	8 <b>Scrapbooking</b> 10 am	9 <b>Lunch</b> 12-12:30 pm <b>Creative Arts</b> 11:00 am	10 <b>Food Pantry</b> 1-3 pm	11 <b>Lunch</b> 12-12:30 pm <b>Pet Therapy &amp; Education</b> 6pm	12 <b>Acoustic Cafe</b> 10 am-12pm <b>Food &amp; Nutrition</b> 12 pm	
	15 <b>BINGO</b> 5:00-6:00 pm	16 <b>Lunch</b> 12-12:30 pm	17 <b>Whole Foods Market Table</b> 11-1 pm	18 <b>Lunch</b> 12-12:30 pm <b>Paper Flower Making Class</b> 3pm-5pm	19 <b>Acoustic Cafe</b> 10 am-12pm <b>Paper Flower Making Class</b> 3pm-5pm	
	22 <b>Personal Care shopping event</b> 12-2:00pm	23 <b>Lunch</b> 12-12:30 pm <b>Potted Plant Gardening</b> 10 am	24 <b>Crafts &amp; Conversation</b> 12-2pm <b>Food Pantry</b> 12-2 pm <b>Abby's Inspections</b> *See schedule	25 <b>Lunch</b> 12-12:30 pm	26 <b>Acoustic Cafe</b> 10 am-12pm <b>Food &amp; Nutrition</b> 12 pm	
	29	30 <b>BINGO</b> 5:00-6:00 pm	31 <b>Whole Foods Market Table</b> 11-1 pm	 <p><i>Happy 4th of July</i></p>		



# WOMEN'S CENTER ACTIVITIES & EVENTS



## MAURA'S FOOD & NUTRITION CORNER

 **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**  
7/12 & 7/26 from 12-1:00 pm

Join Maura in the kitchen to cook up something delicious!

 **Food Pantry**  
7/10 from 1-3 pm  
7/24 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**  
7/3, 7/17 & 7/31 from 12-2 pm

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



 **Pet Therapy & Education**  
7/11 beginning at 6:00 pm

Join volunteer Sara & spend time with her therapy dog.

 **BINGO**  
7/15 and 7/30 5:00- 6:00pm

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

 **Crafts and Conversation**  
7/3 & 7/24 from 12-2:00 pm

Join volunteer Donna Maria for some crafting fun. All supplies are provided!

 **Scrapbooking**  
7/8 at 10 am

Join us for some scrapbooking/paper crafts!

 **Potted Plant Gardening**  
7/23 at 10 am

Supplies are provided, no experience needed!

 **Creative Arts**  
Tuesday 7/2 & 7/9 at 11:00am

Join us to connect through the healing power of art!

 **Paper Flower Making**  
7/18 & 7/19 at 3:00-5:00pm

Join volunteer Deborah to "Bloom Where you Are Planted" with a 2 part paper flower making workshop!

**\* Please sign up at the front desk so that she can have supplies available for you!**

 **Personal Care Shopping Event**  
7/22 12-2pm

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

 **Acoustic Cafe**  
Friday Mornings at 10 am

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



 **In-House Inspections by Property Management Team**  
7/24- see times below

**77 Chatham: 9:00-10:30 AM**  
**19 Crown Street: 10:30 AM- 12PM**  
**52 High Street: 1:30- 3:30PM**

-You do not have to be present during the inspection.

-The team will lock your unit/apartment after we are done.

Please reach out to Locksann w/ questions via email: [Locksann@abbysouse.org](mailto:Locksann@abbysouse.org) or call 508-745-5486.