








Abby's House
Women's
Empowerment
Center



FEBRUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
 HAPPY GROUNDHOG DAY 3 Mindfulness Group 2-3pm Crafting Class 3-4:30pm	4 Lunch : 12-12:30pm Haircuts 3-4pm	5 Lunch & Learn 12:30-1pm* Food Pantry 2-4pm*	6 Lunch : 12-12:30pm Bingo 3-4pm	7 Acoustic Cafe 10:30am-12:30pm Pet therapy 6pm		
 BLACK HISTORY MONTH 10 Personal Care Shopping Event 12-2pm Mindfulness Group 2-3pm	11 Lunch : 12-12:30pm Haircuts 3-4pm	12 Whole Foods Market Table 11am-1pm Community Huddle 4:30 - 5:30pm	13 Lunch : 12-12:30pm Bingo 3-4pm	14 Acoustic Cafe 10:30am-12:30pm Trip to the Movies! 10:45am - 3:30pm Food & Nutrition Class 12pm <i>Valentine's Day</i>		
 HAPPY PRESIDENT'S DAY 17 Abby's Offices & Thrift Shop Closed Crafting Class 3-4:30pm <i>Presidents' Day</i>	18 Lunch & Speaker Dr. Phillips 12-12:30pm	19 Food Pantry 12-2pm	20 Lunch : 12-12:30pm Bingo 3-4pm	21 Acoustic Cafe 10:30am-12:30pm Black History Month Celebration 12-1pm		
 24 Mindfulness Group 2-3pm	25 Lunch : 12-12:30pm Arts and Crafts Event 2-3pm	26 Whole Foods Market Table 11am-1pm	27 Lunch : 12-12:30pm Crochet Club 2-3pm Bingo 3-4pm	28 Acoustic Cafe 10:30am-12:30pm Food & Nutrition Class 12pm		

Happy Valentines Day



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. .

Lunch & Speaker for Black History Month: Dr. Phillips 2/18 starting at 12 pm

Join us in welcoming Dr. Dorothy Jean Phillips, an esteemed chemist and president-elect of the American Chemical Society. Dr. Phillips will share her experiences as an accomplished Black woman in STEM and her journey in breaking barriers.

Food & Nutrition Class 2/14, 2/28 from 12-1:00 pm

Join Maura in the kitchen to cook up something delicious!

Food Pantry 2/5 from 2-4pm* & 2/19 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 2/12 & 2/26 from 11am-1 pm

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

Haircuts with Andrea 2/4 from 3-4pm

Need a haircut? Stylist Andrea is available on a first come, first serve basis!

Pet Therapy & Education 2/7 beginning at 6:00 pm

Join volunteer Sara & spend time with her therapy dog.

Acoustic Cafe Friday Mornings at 10:30 am

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

Personal Care Shopping Event 2/10 12-2pm

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

BINGO Thursdays from 3:00- 4:00pm

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

Community Huddle 52 High, 77 Chatham & 19 Crown 2/12 4:30- 5:30pm

Join us for an across-properties community huddle. Hear updates about upcoming events & bring questions or concerns for management & women's services.

Mindfulness and Self-compassion Group Mondays at 2pm

Meeting weekly in the Multipurpose room, Gitte provides a safe space to learn about the value and practice of mindfulness and self-compassion.

Lunch & Learn 2/5 beginning at 12:30pm*

Sign up ahead of time to enjoy a FREE lunch and an education talk by a professional. This month's talk will be given by Gitte and will be about hearing voices.

Crochet club 2/27 at 2pm

Join us in learning how to crochet from one of our lovely resident experts!

WHAT'S NEW?

Crafting Classes w/ volunteer Donna Marie 2/3 & 2/17 from 3-4:30pm

Join volunteer Donna Marie in making a variety of relaxing crafts!

Trip to the movies! 2/14 beginning at 10:45am

Join advocates Shayla and Lia in seeing a movie at Blackstone Valley 14 in Millbury. Sign up by Feb. 11th (first come, first served) for a free ticket and transportation (if needed)!

Black History Month Celebration (with lunch & Speaker: Rev. Esau Vance) 2/21 beginning at 12pm

Join us for an afternoon filled with soul food, music, and a powerful discussion led by our guest speaker, Rev. Esau Vance of Mt. Olive Pentecostal Church in Worcester, MA.

Arts and Crafts event 2/25 from 2-3pm

Join Shayla & Lia in making some art of your own choosing! Scrapbook, sculp, paint, draw, or more!