



MARCH 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	3 Mindfulness Group 2-3pm Crafting Class 3-5pm	4 Lunch : 12-12:30pm	5 Lunch & Learn* 11am-12pm <i>WEC closed for staff training from 12pm-3pm</i>	6 Financial Literacy Workshop 9am-3pm Lunch : 12-12:30pm Bingo 3-4pm	7 Acoustic Cafe 10:30am-12:30pm Food Pantry* 12-2pm Pet therapy 6pm	
	10 Mindfulness Group 2-3pm	11 Lunch : 12-12:30pm	12 Whole Foods Market Table 11am-1pm Community Huddle 4:30 - 5:30pm	13 Lunch : 12-12:30pm VIP Spring Shopping Event! 10am-3pm Bingo 3-4pm	14 Acoustic Cafe 10:30am-12:30pm Food & Nutrition Class 12pm	
	17 Personal Care Shopping Event 12-2pm Mindfulness Group 2-3pm Crafting Class 3-5pm Haircuts 3-4pm <i>St. Patrick's Day</i>	18 Cupcake decorating 11am-12pm Lunch: 12-12:30pm	19 Food Pantry 12-2pm Create & Connect Group 3-4pm	20 Lunch : 12-12:30pm Bingo 3-4pm	21 Acoustic Cafe 10:30am-12:30pm	
	24 Mindfulness Group 2-3pm	25 Lunch : 12-12:30pm	26 Create & Connect Group 3-4pm	27 TBD if there will be Lunch served 12-12:30pm Bingo 3-4pm	28 Acoustic Cafe 10:30am-12:30pm Game event 2-3pm	
	31 Mindfulness Group 2-3pm					

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 **3/14 from 12-1:00 pm**

Join Maura in the kitchen to cook up something delicious!

Food Pantry **3/7* & 3/19 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 **3/12 from 11am-1 pm**

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

Lunch & Learn **3/5 beginning at 11am***

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 Shomari and will be about tenant rights and housing resources!

Crafting Classes w/ volunteer **Donna Marie** **3/3 & 3/17 from 3-5pm**

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

Haircuts with Andrea **3/17 from 3-4pm**

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

Pet Therapy & Education **3/7 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 **3/17 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** **3/12 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.

WHAT'S NEW?

Create and Connect Group **3/19 & 3/26 from 3-4pm**

A 6-week drop-in group led by Women's Services' intern Shanelis that will provide self-love activities and a positive space to connect and create together.

VIP Spring Shopping Sales **Event in Thrift!** **3/13 from 10am-3pm**

Resident, Guests, Women Center Members, Volunteers and Staff are invited to shop the new Spring inventory early! The store will be closed to the shopping public, making it a true VIP experience. There will be no additional sales outside of the 10% off for Residents, Guests, and Women Center Members.

Game Event **3/28 from 2-3pm**

Join advocates Shayla and Lia in some friendly competition every last Friday of the month! There'll be a variety of board games and card games to choose from!

Financial Literacy Workshop **3/6 from 9am-3pm (w/ breaks)**

YWCA's Financial Literacy Workshop is specifically designed to empower survivors of domestic violence. The workshop is split into 4 sections: Understanding Financial Abuse, Staying Financially Safe, Basic Financial Concepts, and Improving Your Credit Score.

Cupcake decorating **3/18 from 11am-12pm**

Veronica will lead us in a cupcake decorating class! We'll get to enjoy the sweets at the end!