



# JANUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>+ <b>2025</b> Happy New Year</p>			<p>1 <b>Abby's Offices &amp; Thrift Shop Closed</b></p> <p><i>New Year's Day</i></p>	<p>2 Lunch : 12-12:30pm</p> <p>Bingo 3-4pm</p>	<p>3 Acoustic Cafe 10:30am-12:30pm</p> <p>Food &amp; Nutrition Class 12pm</p> <p>Pet therapy 6pm</p>	
	<p>6 Mindfulness Group 2-3pm</p>	<p>7 Visual board/goal- making event 10-11am</p> <p>Lunch : 12-12:30pm</p>	<p>8 Lunch &amp; Learn 12-12:30pm</p> <p>Food Pantry 1-3pm</p> <p>Crochet Club 3-4pm</p> <p>Community Huddle 4:30 - 5:30pm</p>	<p>9 Lunch : 12-12:30pm</p> <p>Bingo 3-4pm</p>	<p>10 Acoustic Cafe 10:30am-12:30pm</p>	
	<p>13 Personal Care Shopping event 12-2pm</p> <p>Mindfulness Group 2-3pm</p>	<p>14 Lunch : 12-12:30pm</p>	<p>15 Whole Foods Market Table 11am-1pm</p>	<p>16 Tote bag painting 10am - 12:30pm</p> <p>Lunch w/ speakers: 12-12:30pm</p> <p>Bingo 3-4pm</p>	<p>17 Acoustic Cafe 10:30am-12:30pm</p> <p>Food &amp; Nutrition Class 12pm</p>	
	<p>20 <b>Abby's Offices &amp; Thrift Shop Closed</b></p> <p><i>MLK Jr. Day</i></p>	<p>21 Lunch : 12-12:30pm</p>	<p>22 Food Pantry 12-2pm</p>	<p>23 Lunch : 12-12:30pm</p> <p>Bingo 3-4pm</p>	<p>24 Acoustic Cafe 10:30am-12:30pm</p>	
	<p>27 Origami event 1-2pm</p> <p>Mindfulness Group 2-3pm</p>	<p>28 Lunch : 12-12:30pm</p>	<p>29 Whole Foods Market Table 11am-1pm</p> <p><i>Lunar New Year</i></p>	<p>30 Lunch : 12-12:30pm</p> <p>Bingo 3-4pm</p>	<p>31 Acoustic Cafe 10:30am-12:30pm</p> <p>Food &amp; Nutrition Class 12pm</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 1/3, 1/17, 1/31 from 12-1:00 pm

Join Maura in the kitchen to cook up something delicious!



### Food Pantry 1/8 from 1-3pm & 1/22 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 1/15 & 1/29 from 11am-1 pm

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



### Pet Therapy & Education 1/3 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 1/13 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 1/8 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.

## WHAT'S NEW?



### 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.



### Visual board/goal-making event 1/7 10-11am

Join Shayla & Lia to make some New Year's goals and incorporate them into a vision board!



### Lunch & Learn 1/8 beginning at 12pm

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 anxiety.



### Crochet club 1/8 3-4pm

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



### Tote Bag Painting + Lunch w/ speakers 1/16 10am -12:30pm

Join a volunteer in honoring the Hindu celebration of Sankranthi with bag painting & an educational lunch!



### Origami event 1/27 1-2pm

Join Shayla & Lia in making some origami paper sculptures!