

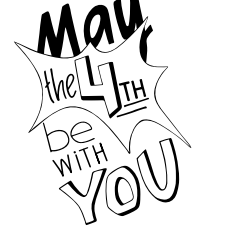







SUN	MON	TUE	WED	THU	FRI	SAT
    	28	29	30	1 Cinco De Mayo Lunch w/ music: 12-12:30pm Bingo 3-4pm	2 Acoustic Cafe w/ Cinco De Mayo activity 10:30am Food & Nutrition Class 12pm Trauma informed lesson 2-4pm Pet therapy 6pm	
	5 Mindfulness Group 2-3pm Crafts & Conversation w/ Donna Maria 3-5pm	6 Pet therapy 10:30-11:30am Lunch : 12-12:30pm Magic Moments 4-5pm	7 Lunch & Learn 12pm Food Pantry 12-2pm	8 Lunch : 12-12:30pm Bingo 3-4pm	9 Acoustic Cafe 10:30am-12:30pm	
	12 Personal Care Shopping Event 12-2pm Mindfulness Group 2-3pm	13 Lunch: 12-12:30pm Haircuts 2:30-3:30pm	14 Whole Foods Market Table 11am-1pm Community Huddles 4:30pm at 52 5:30pm at 77	15 TBD if there will be lunch Bingo 3-3:45pm	16 Acoustic Cafe 10:30am-12:30pm Food & Nutrition Class 12pm	
	19 Mindfulness Group 2-3pm Crafts & Conversation w/ Donna Maria 3-5pm Brainstorming Committee 5-6pm	20 Pet therapy 10:30-11:30am Lunch : 12-12:30pm Magic Moments 4-5pm	21 Food Pantry 12-2pm	22 AAPI Lunch w/ music : 12-12:30pm Bingo 3-4pm	23 Acoustic Cafe w/ AAPI theme/crafts 10:30am Beautifying 52's patio 2-4pm	
	26 Abby's Offices & Thrift Shop Closed <i>Memorial Day</i>	27 Lunch : 12-12:30pm	28 Whole Foods Market Table 11am-1pm	29 Lunch : 12-12:30pm Bingo 3-4pm	30 Acoustic Cafe 10:30am-12:30pm Food & Nutrition Class 12pm Game event 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 **5/2, 5/16, 5/30 from 12-1:00 pm**

Join Maura in the kitchen to cook up something delicious!

Food Pantry **5/7 & 5/21 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 **5/14 & 5/28 from 11am-1pm**

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

Lunch & Learn **5/7 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 expert Helder Machado, who will teach us about cyber safety! Located in the multipurpose room.

Crafts & Conversation w/ Donna Marie **5/5 & 5/19 from 3-5pm**

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

Haircuts with Andrea **5/13 from 2:30pm to 3:30pm**

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

Pet Therapy & Education **5/2, 5/6, 5/20 (see times on front)**

Spend time with volunteer Sara & her therapy dog on the first Friday of the month. Spend time with Anthony and his therapy dog every other Tuesday!

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 **5/12 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 Huddles **5/14 - 52 High St. @ 4:30pm** **77 Chatham St. @ 5:30pm**

Join us for one of the two community huddles. 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.

Game Event **5/30 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!

Magic Moments **5/6 & 5/20 from 4-5pm**

Gitte will be reading one of Hans Christian Anderson's fairy tales, which include the famous works of The Ugly Duckling, The Little Mermaid, and more. There will be time to discuss and reflect on central themes afterwards.

Brainstorming Committee **5/19 from 5-6pm**

A monthly committee open to all Abby's House residents to share ideas, thoughts, and possible improvements to life at Abby's.

WHAT'S NEW?

Trauma Informed lesson **5/2 from 2-4pm**

Presented by specialists from the Kiva Centers, this is a training/discussion for WEC members on what it means to be trauma informed, where to find peer support, and how to engage in support meetings

Beautifying 52's patio **5/23 from 2-4pm**

Join Shayla and Lia in cleaning up the back patio of 52 High St. We'll also be doing some gardening!