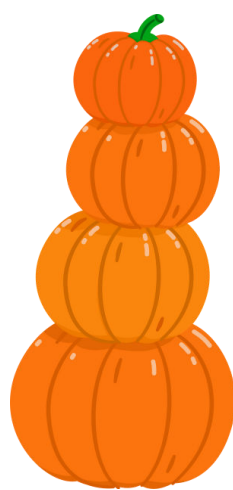
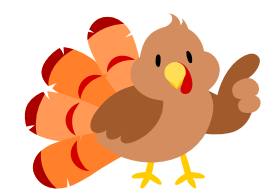




SUN	MON	TUE	WED	THU	FRI	SAT
  Veterans Day   	3 	4 Pet therapy 10:30-11:30am Lunch : 12-12:30pm Meditation Group 12:30-1pm <i>Election Day*</i>	5 Crochet Club 2-3pm Classical concert 4:30pm	6 Lunch : 12-12:30pm Managing mental stress group 12:30-1:30pm	7 Acoustic Cafe 10:30am-12:30pm Workout class 1-2pm Pet therapy 6-7 pm	   HAPPY THANKS GIVING
	10 Personal Care Shopping Event 12-2pm Crafts & Conversation w/ Donna Maria 2-3:30pm	11 Abby's Offices & Thrift Shop Closed Haircuts 3-4pm <i>Veterans Day</i>	12 Food Pantry 12-2pm Puppy therapy! 11am-1pm Community Huddles 4:30pm at 52	13 Lunch : 12-12:30pm Managing mental stress group 12:30-1:30pm Bingo 3-4pm Movie night! 7pm	14 Acoustic Cafe 10:30am-12:30pm Food & Nutrition Class 12pm Workout class 1-2pm	
	17 Open Sky Recovery Presentation 12-2pm Brainstorming Committee 4-5pm	18 Pet therapy 10:30-11:30am Lunch: 12-12:30pm Meditation Group 12:30-1pm	19 Whole Foods Market Table 11am-1pm Crochet Club 2-3pm	20 Lunch: 12-12:30pm Managing mental stress group 12:30-1:30pm Bingo 3-4pm	21 Acoustic Cafe 10:30am-12:30pm Workout class 1-2pm Manicure spa event 2pm	
	24 Crafts & Conversation w/ Donna Maria 2-3:30pm	25 Thanksgiving Dinner 5pm	26 Food Pantry 12-2pm	27 Abby's Offices & Thrift Shop Closed <i>Thanksgiving</i>	28 Acoustic Cafe 10:30am-12:30pm Workout class 1-2pm	



WOMEN'S CENTER ACTIVITIES & EVENTS

MAURA'S FOOD & NUTRITION CORNER



Lunch
Every Tues. & Thurs. 12-12:30 pm



Food & Nutrition Class
11/14 at 12pm

Join Maura in the kitchen to cook up something delicious!



Food Pantry
11/12 & 11/26 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
11/19 from 11am-1pm

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



Thanksgiving Dinner
11/25 at 5pm

Join us for our lovely Abby's House Thanksgiving dinner!



Acoustic Cafe (weekly)
Friday Mornings at 10:30 am



BINGO (weekly)
Thursdays from 3:00- 4:00pm



Haircuts
11/11 from 3-4pm



Pet Therapy & Education
(see days and times on front)



Classical Concert (Music Heals)
11/5 at 4:30pm

Be serenaded by a beautiful string quartet from the Worcester Chamber Music Society in our very own Women's Center.



Personal Care Shopping Event (monthly)
11/10 12-2pm

Shop for FREE personal care items including hair care, dental care & feminine hygiene products. Now located in the multipurpose room attached to the WEC.



Brainstorming Committee (monthly)
11/17 from 4-5pm!

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



Community Huddles (monthly)
11/ at 52 High St. at 4:30pm

Join us for the all properties community huddle at 52 High. Hear updates about upcoming events & bring questions or concerns for management & women's services.



Crafts & Conversation w/ Donna Marie
11/10 & 11/24 from 2- 3:30pm

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



Manicure spa event (monthly)
11/21 from 2-4pm

Bring your favorite nail polish and either paint your own nails or someone else's!



Crochet Club (twice a month)
11/5 & 11/19 at 2pm

Crochet Club is back! Learn how to crochet from our very own resident, Dee.

WHAT'S NEW?



Recovery Presentation
11/17 from 12-2pm

Open Sky Recovery coaches will be given an informational presentation on their recovery-related services. All are welcome.



Workout classes with Revive
Fridays from 1-2pm

Revive of the USA will be teaching workout classes every Friday in the Women's Center for the month.



Movie Night
11/13 at 7pm

Get in the holiday spirit and have some fun! Join us in watching the PG-13 rom-com, Four Christmases. There will be popcorn!



Mindfulness Meditation Group
Tuesdays 12:30-1pm

Please join Nichole for Mindfulness Meditation to explore Mindfulness and increase our Distress Tolerance.



Managing Mental Stress Group
Thursdays from 12:30-1:30pm

Nichole will lead us in exploring methods of managing everyday mental stress and stressful situations.

***Rides to the polls are available on election day! Sign up at the front desk of 52 High St. by Nov. 3rd!**