

NOVEMBER 2024

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MON

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*From seeds of kindness grow bouquets
of gratitude. —Linda Barnes*

1 **Acoustic Cafe**
10:30 am-12pm
***Winter Coat
Boutique**
11 am-5pm
Pet Therapy
6pm

4
**Give Thanks
Rock Painting**
1 pm

5 **Lunch** 🍴
12-12:30 pm

6
7 **Lunch** 🍴
12-12:30 pm
**Skin & Wellness
Workshop**
1:00-2:00 pm
BINGO
3:00-4:00 pm

8 **Acoustic Cafe**
10:30 am-12pm
**Music Heals
Concert**
12:00pm

11
**Personal Care
shopping event**
12-2pm

12 **Lunch** 🍴
12-12:30 pm
Haircuts
3-4 pm

13 **Food Pantry**
12-2 pm
**Community
Huddle**
4:30 pm

14 **Lunch** 🍴
12-12:30 pm
BINGO
3:00-4:00 pm

15 **Acoustic Cafe**
10:30 am-12pm
Food & Nutrition
12 pm

18
**Personal Care
shopping event**
12-2pm

19 **Lunch** 🍴
12-12:30 pm
**Clay
Sculpting**
10 am

20 **Whole Foods
Market Table**
11-1 pm

21 **Lunch** 🍴
12-12:30 pm
BINGO
3:00-4:00 pm

22 **Acoustic Cafe**
10:30 am-12pm
**Sculpture
Painting**
10 am

25

26 **Thanksgiving
Meal**
5:00pm

27

28 *Happy
Thanksgiving*

29



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
11/15 from 12-1:00 pm

Join Maura in the kitchen to cook up something delicious!



Food Pantry
11/13 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
11/20 from 11-1 pm

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



Thanksgiving Meal
11/26 5:00 pm

Hand-Carved Roast Turkey w/ Gravy
Roasted Garlic Mashed Potatoes
Maple-Roasted Butternut Squash
Green Beans with Leeks & Pinenuts
Cranberry Sauce
Dinner Rolls
Apple Crisp
Assorted Pies & Cakes



Pet Therapy & Education
11/1 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
11/18 12-2pm

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



Haircuts with Andrea
11/12 from 3-4 pm

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



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
11/13 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.

SEASONAL EVENTS



Winter Coat Boutique
11/1 from 11am- 5pm

Sign up in the lobby for an appointment to shop a collection of brand new winter coats donated by the Worcester County Sheriff's department. Open to residents and shelter guests!



UMASS Skin health & wellness Workshop
11/7 from 1:00- 2pm

Join UMASS Dermatology medical students for a workshop focused on winter skin care!



Music Heals Concert
11/8 at 12pm

The Worcester Chamber Music Society will be here to perform classical music in the Women's Center! Coffee and refreshments will be served.

WHAT'S NEW?



Give Thanks Rock Painting
11/4 at 1pm



Clay Sculpting
11/19 at 10am



Sculpture Painting
11/22 at 10am