








SUN	MON	TUE	WED	THU	FRI	SAT
   			1 Crochet Club 2-3pm	2 Lunch : 12-12:30pm Trip to Apple Orchard (rain date) 10am-3pm	3 Acoustic Cafe (T. Swift listening party) 10:30am-12:30pm Food & Nutrition Class 12pm Pet therapy 6-7 pm	
	6 Crafts & Conversation w/ Donna Maria 2-3:30pm	7 Lunch : 12-12:30pm	8 Food Pantry 12-2pm Community Huddles 4:30pm at 52	9 Lunch : 12-12:30pm Bingo 3-4pm	10 Acoustic Cafe 10:30am-12:30pm Walk & Talk 2:30pm	
	13 Abby's Offices & Thrift Shop Closed <i>Indigenous Peoples' Day</i>	14 Pet therapy 10:30-11:30am Lunch: 12-12:30pm Manicure spa event 3-4pm	15 Whole Foods Market Table 11am-1pm Crochet Club 2-3pm	16 Lunch: 12-12:30pm Bingo 3-4pm	17 Food & Nutrition Class 12pm Oral Health & Nutrition session by MCPHS - 10am	
	20 Personal Care Shopping Event 12-2pm Crafts & Conversation w/ Donna Maria 2-3:30pm	21 Lunch : 12-12:30pm	22 Food Pantry 12-2pm	23 Lunch: 12-12:30pm Bingo 3-4pm	24 Acoustic Cafe 10:30am-12:30pm Walk & Talk 2:30pm	
	27 Art Museum trip 10am Brainstorming Committee 5-6pm	28 Pet therapy 10:30-11:30am Lunch: 12-12:30pm	29 Whole Foods Market Table 11am-1pm Crochet Club 2-3pm	30 Lunch: 12-12:30pm Bingo 3-4pm	31 Food & Nutrition Class 11am Halloween party 12:00pm <i>Halloween</i>	



HAPPY
HALLOWEEN

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 **10/3, 10/17, 10/31**

Join Maura in the kitchen to cook up something delicious!



Food Pantry **10/8 & 10/22 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 **10/15 & 10/29 from 11am-1pm**

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



Brainstorming Committee (monthly) **10/27 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.



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

Join us for a cup of coffee and light music in the Women's Center.



Pet Therapy & Education **10/3, 10/14, 10/28 (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!



Personal Care Shopping Event (monthly) **10/20 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.



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

Join Shayla & Lia for some fun & the chance to win some amazing prizes!



Community Huddles (monthly) **10/8 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 **10/6 & 10/20 from 2- 3:30pm**

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



Walk and Talk (biweekly) **10/10 & 10/24 from 2:30-3:30pm**

Join your neighbors and some Women's Services' members in a walk around the block or to a park!



Manicure spa event (monthly) **10/14 from 3-4pm**

Join Shayla & Lia for a manicure spa event! Bring your favorite nail polish and either paint your own nails or someone else's!



Halloween Party (yearly) **10/31 at 12pm**

Join our Abby's House Halloween party complete with music, snacks, and an epic costume contest for staff and WEC members!



Crochet Club (biweekly) **10/1, 10/15, 10/29 at 2pm**

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

WHAT'S NEW?



Oral Health & Nutrition Session **hosted by MCPHS** **10/17 at 10am**

Receive a free oral hygiene kit! Understand how nutrition affects teeth and gums! Learn how to improve your oral hygiene and get information about low-cost dental care!



Worcester Art Museum trip **10/27 from 10am-4pm**

Join us in a trip to the Worcester Art Museum. Please sign up by 10/22 for a spot! Please bring your Abby's House Women's Center for free museum admission.

