

SEPTEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT	
	2 LABOR DAY <i>Abby's Offices & Thrift are closed</i>	3 Lunch 🍴 12-12:30 pm	4 Holiday Giving Feedback 3:30-4 pm	5 Lunch 🍴 12-12:30 pm	6 Acoustic Cafe 10:30 am-12pm Pet Therapy & Education 6pm		
	9 BINGO 5:00-6:00 pm	10 Lunch 🍴 12-12:30 pm	11 Food Pantry 12-2 pm	12 Lunch 🍴 12-12:30 pm	13 Acoustic Cafe 10:30 am-12pm Food & Nutrition 12 pm Book Club 1pm		
	16 Painting Tutorial 10 am	17 Lunch 🍴 12-12:30 pm	18 Whole Foods Market Table 11-1 pm	19 Lunch 🍴 12-12:30 pm	20 Acoustic Cafe 10:30 am-12pm		
	23 Personal Care shopping event 12-2pm BINGO 5:00-6:00 pm	24 Lunch 🍴 12-12:30 pm Haircuts 3-4 pm	25 Food Pantry 12-2 pm	26 Lunch 🍴 12-12:30 pm	27 Acoustic Cafe 10:30 am-12pm Food & Nutrition 12 pm Book Club 1pm		
	30 Cookie Decorating 2 pm	<i>Fall is in the Air</i>					



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 9/13 & 9/27 from 12-1:00 pm

Join Maura in the kitchen to cook up something delicious!

Food Pantry 9/11 & 9/25 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 9/18 from 11-1 pm

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



Pet Therapy & Education 9/6 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 9/23 12-2pm

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

Haircuts with Andrea 9/24 from 3-4 pm

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

BINGO 9/9 & 9/23 from 5:00- 6:00pm

Join volunteer Curlisa for some fun & the chance to win some amazing prizes!

Holiday Giving Feedback Forum 9/4 from 3:30-4pm

We want to hear from you! We welcome you to attend to share feedback about your holiday giving experiences at Abby's- what has worked, what hasn't worked, etc!

Book Club 9/13 & 9/27 at 1pm

Meet biweekly over refreshments to discuss the book *People you Meet on Vacation*. Sign up at front desk required. Books have already been distributed to those who signed up.



WHAT'S NEW?

Painting Tutorial 9/16 at 10am

Cookie Frosting & Decorating 9/30 at 2pm

