



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Lunch : 12-12:30pm	2 Lunch & Learn 12-1pm Whole Foods Market Table 12-2pm Create & Connect Group 3-4pm	3 Lunch : 12-12:30pm Bingo 3-4pm	4 Acoustic Cafe 10:30am-12:30pm Food & Nutrition Class 12pm Pet therapy 6pm	<h2>HELLO SPRING</h2>
	7 Mindfulness Group 2-3pm Crafting Class 3-5pm	8 Painting event 10-11:30am Lunch : 12-12:30pm Magic Moments 4-5pm	9 Food Pantry 12-2pm Create & Connect Group 3-4pm Community Huddle 4:30 - 5:30pm	10 Lunch : 12-12:30pm Springtacular Candle Making 12:30-2pm Bingo 3-4pm	11 Acoustic Cafe 10:30am-12:30pm	
<p>Happy Earth Day</p>	14 Personal Care Shopping Event 12-2pm Mindfulness Group 2-3pm	15 Lunch: 12-12:30pm Haircuts 3-4pm	16 Whole Foods Market Table 11am-1pm Create & Connect Group 3-4pm	17 Lunch : 12-12:30pm Bingo 3-4pm	18 Acoustic Cafe 10:30am-12:30pm Food & Nutrition Class 12pm	
	21 Mindfulness Group 2-3pm Crafting Class 3-5pm Brainstorming Committee 5-6pm	22 Resident Room Cleanouts Lunch : 12-12:30pm Magic Moments 4-5pm Earth Day	23 Food Pantry 12-2pm Create & Connect Group 3-4pm	24 Lunch : 12-12:30pm Bingo 3-4pm	25 Virtual ICE training 10am Acoustic Cafe 10:30am-12:30pm Game event 2-3pm	
	28 Mindfulness Group 2-3pm	29 Lunch : 12-12:30pm	30			

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 4/4 & 4/18 from 12-1:00 pm

Join Maura in the kitchen to cook up something delicious!



Food Pantry 4/9 & 4/23 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 4/2 & 4/16 (see times on front)

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



Lunch & Learn 4/2 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 financial advisor Jim Scanlon, where he'll teach us how to manage our money better!



Crafting Classes w/ volunteer Donna Marie 4/7 & 4/21 from 3-5pm

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



Haircuts with Andrea 4/15 from 3-4pm

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



Create and Connect Group 4/2, 4/9, 4/16, 4/23 from 3-4pm

A 6-week drop-in group led by Women's Services' intern Shanelis that will provide self-love activities and a positive space to connect and create together.



Pet Therapy & Education 4/4 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 4/14 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 Huddle 52 High, 77 Chatham & 19 Crown 4/9 from 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.



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 4/25 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!



Resident Room Cleanouts 4/22 All day!

Bins for trash, donations, and recycling will be placed on each floor at 52 High St. to encourage a Spring Earth Day room cleanout!

WHAT'S NEW?



Virtual ICE training 4/25 at 10am

Presented by trainers from the Massachusetts Immigrant & Refugee Advocacy Coalition, this educational session on immigration rights will be held virtually in the multipurpose room and is open to all.



Magic Moments 4/8 & 4/22 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.



Painting Event 4/8 from 10-11:30am

Paint a Spring picture with Advocates Shayla and Lia!



Brainstorming Committee 4/21 from 5-6pm

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



Springtacular Candle Making 4/10 from 12:30-2pm

Join the Women's Services team in making candles to be sold at Springtacular!