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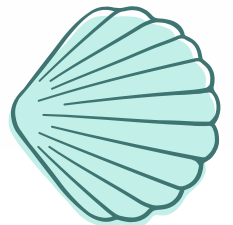
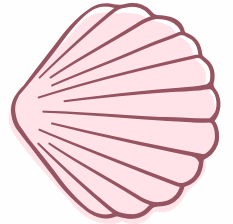
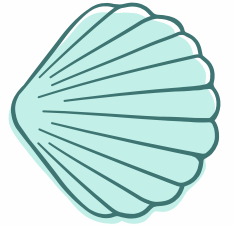
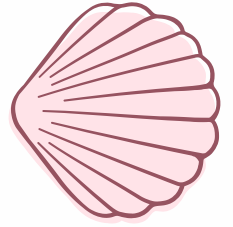
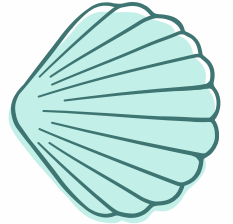
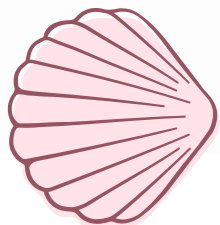
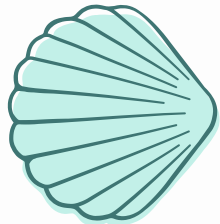
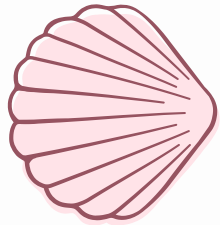
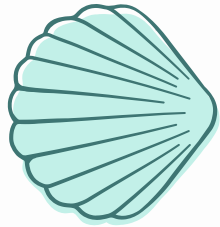
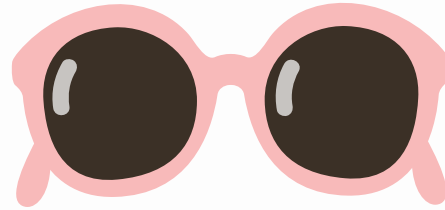
WED

THU

FRI

SAT

*let's go
to the beach*



				1 Lunch 🍴 12-12:30 pm	2 Salisbury Beach Trip 8:30 am- 4pm Pet Therapy & Education 6pm
5 Bookmark Making 10am BINGO 4:00-5:00 pm	6 Lunch 🍴 12-12:30 pm	7 Food Pantry 12-2 pm	8 Lunch 🍴 12-12:30 pm	9 Acoustic Cafe 10 am-12pm Food & Nutrition 12 pm	
12 Personal Care shopping event 12-2pm	13 Lunch 🍴 12-12:30 pm	14 Whole Foods Market Table 11-1 pm	15 Lunch 🍴 12-12:30 pm	16 Acoustic Cafe 10 am-12pm Book Club 1pm	
19 Candle Painting 10am *LED/NO FLAME! BINGO 4:00-5:00 pm	20 Lunch 🍴 12-12:30 pm	21	22 Lunch 🍴 12-12:30 pm	23 Acoustic Cafe 10 am-12pm Food & Nutrition 12 pm	
26	27 Lunch 🍴 12-12:30 pm	28 Food Pantry 12-2 pm	29 Lunch 🍴 12-12:30 pm Flower Arrangement Workshop 4-5 pm	30 Acoustic Cafe 10 am-12pm Book Club 1pm	



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 8/9 from 12-1:00 pm

Join Maura in the kitchen to cook up something delicious!



Food Pantry 8/7 & 8/28 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 8/14 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 8/2 beginning at 6:00 pm

Join volunteer Sara & spend time with her therapy dog.



Acoustic Cafe Friday Mornings at 10 am

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



Personal Care Shopping Event 8/12 12-2pm

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



BINGO 8/5 and 8/19 5:00- 6:00pm

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



Fresh Flower Arrangement 8/29 from 4-5 pm

Join volunteer Patricia for a flower arrangement workshop. All supplies are provided. Limited spots are available.
*Sign up at front desk is required



Salisbury Beach Trip *SIGN UP IS REQUIRED by 7/29 8/2 8:30am-4pm

Sign up at the front desk to join us on a bus to Salisbury Beach! The bus leaves promptly at 8:30am. Breakfast and lunch are provided.
Rain date is Friday 8/16.



WHAT'S NEW?



Book Club 8/16 & 8/30 at 1pm

Meet biweekly over refreshments to discuss the book *People you Meet on Vacation*. Sign up at front desk required. Books will be provided!



Bookmark Making 8/5 at 10am



Candle Painting *LED/ NO FLAME 8/19 at 10am