

Every Day:

9:00 Open 9:30 Gathering Circle

10-11:30 Morning Programs

Mon, Tues, Wed, Thurs. BYO Lunch

Hours: 9-2 Mon-Thurs., Closed Fridays

The Center for Wisdom's Women

97 Blake St. (between Pine and Ash)

513-3922

www.wisdomswomen.org



	Mon close at 2:00	Tue close at 2:00	Wed close at 2:00	Thu close at 2:00	Fri Closed til Labor Day
DAILY Gathering Circle and Qi Gong 9:30 BYO Lunch M-Th 12:00		1	2	3	4 CLOSED Except for Gardening w/ Ali and Grace
	CLOSED FOR SUMER VACATION				TIY=Trauma Informed YOGA Practice 10-11:30
10-11:30 12:30-1:30	7 Writing Workshop SARK Art	8 Calendula Tea & Salve Making Poetry Sharing	9 GOOD FOOD BUS Wednesdays 9:30 What's Cookin'? Crafts	10 Lavender Eye Mask Making Empowering Poems and Stories	11 CLOSED Herban Works Training w/ Ali and Grace and farewell for now lunch party! TIY
10-11:30 12:30-1:30	14 Writing Workshop Salted Herbs Making	15 Kindness Activities Poetry Sharing	16 What's Cookin'? Essential Oils	17 T- Shirt Stenciling Peasant Pantry Café Meeting	18 CLOSED Except for Herban Works TIY
10-11:30 12:30-1:30	21 Writing Workshop SARK Singing	22 Crafts Poetry Sharing	23 What's Cookin'? Crafts	24 Bread Baking Sophia's Circle with Kate	25 CLOSED Except for Herban Works TIY
10-11:30 12:30-1:30	28 Writing Workshop Sark Art	29 BINGO Poetry Sharing	30 ART VAN August Birthday Celebration	31 Game Day All day! Spelling - Scrabble, Spill and Spell, Bananagram - and other board games! Singing Circle Trip to Bangor to experience Women With Wings	FARMER'S MARKETS Sundays Aug 13 through Sept, 10-1:00. Come help at our table selling our products

QUOTE for the Month:

“Kindness is within our power, even when fondness is not.” ~ Samuel Johnson

Volunteers	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>Desk:</u> Faith	<u>Desk:</u> Noella all day	<u>Desk:</u> Faith Sue	<u>Desk:</u> Faith	CLOSED UNTIL LABOR DAY
	<u>Companion:</u> Helen a.m. Pat G all day	<u>Companions:</u> Nancy G & Anita a.m. Leslie p.m.	<u>Companions:</u> Pat L. & Cathy a.m. Diane p.m.	<u>Companion:</u> Pat G. all day, Nancy R. a.m.	



SPECIAL EVENTS!

GOOD FOOD BUS It's comes to CWW every Wednesday @ 9:30 a.m. Use your EBT card and get double!

HERBAN WORKS Every Friday in August, 9am-12. Join Ali and Grace, our Bates intern gardeners as we weed, water, prune and prepare products using our produce.

ALSO - Come join the team and learn to make healing products that you can use and that we sell at the Farmers Markets to support the Center!

Tuesday 8th – Calendula Tea and Salve Healing for the inside & outside of your body.

Thursday 10th – Lavender Eye Masks So relaxing to use.

Monday 14th – Salted Herbs Learn how to pick, dry, prepare and use our own herbs.

Wednesday 16th – Essential Oils Used for blessing and healing.

T-SHIRT STENCILING! Thursday August 17. We have T-shirts ready to stencil or bring your own! Design a new shirt!

SINGING CIRCLE! August 31 @ 4:00. Join us to sing with sisters. No experience needed, don't need to read music – just easy to learn, empowering, inspiring songs. This month a trip to Bangor to experience Women With Wings! Info and sign up at the Center!

SUPPORT GROUPS

Tuesdays @ 11:30 – 1:30
Support for Family Caregivers
Support for those who have the task of caring for a family member who is sick or disabled.

Wednesdays @ 10:00-1:00
Health Affiliates therapist available.

Wednesday the 26th @ 6:00 -
Trans Support Group last
Wednesdays Monthly.

Fridays @ 10:00-11:30 Trauma Informed YOGA Practice Come and share and learn gentle ways to ease your fears. Meets 1st, 2nd and 4th Fridays.

SOPHIA'S CIRCLE!

Sophia's Circle is our core team of volunteers who each staff the front desk weekly and are responsible for hospitality at the Center. They also help with housekeeping. Hospitality is really important at the Center! And how our space looks says a lot! Remember the first time you came, how nice it was to have a friendly welcome, and how good it felt to be in a beautiful, clean space? The circle meets monthly (lunch provided) to reflect on the work, share ideas, come up with guidelines for Sophia Circle, and provide some training. They go on retreat or field trips together during the year. If you want to commit to being part of this team, and participate in the Sophia Circle meetings, speak with Sonia.

OTHER WAYS YOU CAN HELP THE CENTER ...

Outreach – Spread the word, invite new women to come. We have small cards to keep in your pocket and give to women who don't yet know about us! Christine can teach you how to spread the word about the Center! **Need something to do?** You can make **Wisdom Boxes or Gratitude Beads** that we sell – someone will teach you how! Get involved with **Herban Works** our growing social enterprise! Staff our table at the **Farmer's Markets** on Sundays 10-1:00. Or see what needs **cleaning!**

IN THE KITCHEN:

Those who participate get to enjoy the food and take any leftovers home with the recipes!

Most Wednesday mornings – What's Cookin'? Menu tbd

Thursday the 17th at noon – Peasant Pantry Meeting to review menu for this year and plan for next year.

Other Great Local Monthly Programs! FREE!

NUTRITION CENTER: Adult Cooking Class Last Tuesday of every month, 29th 5:00 - 7:00 pm.

TRINITY: Second Sundays Drum Circle – 13th @ 1:00. Instruments available, beginners welcome!

LEWISTON FARMER'S MARKET! Sundays 10 am - 1 p.m. at the municipal parking lot on the corner of Lincoln & Main St.