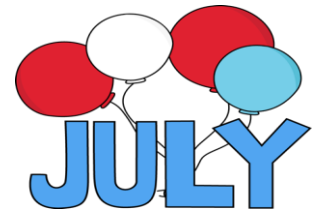



Every Day:

9:00 Open 9:30 Gathering Circle
 10-11:30 Morning Programs
 Mon, Tues, Wed, Thurs. BYO Lunch
 Hours: 9-2 Mon-Thurs., Fridays closed

The Center for Wisdom's Women
 97 Blake St. (between Pine and Ash)
 513-3922
www.wisdomswomen.org



<u>DAILY</u> Gathering Circle and Qi Gong 9:30 BYO Lunch M-Th 12:00	Mon close at 2:00	Tue close at 2:00	Wed close at 2:00 GOOD FOOD BUS 9:30 AM every Wednesday	Thu close at 2:00	Fri closed thru Sept.
10-11:30 12:30-1:30	2 Writing Workshop Meaningful Lyrics Sharing	3 Reiki, lessons and practice all day Elizabeth Gardening, how to harvest herbs	4 CLOSED 	5 Self Portraits Salve Making	6 OPEN FOR HW GARDENING ONLY 1:30 TIY=Trauma Informed YOGA NO TIY
10-11:30 12:30-1:30	9 Writing Workshop Practicing Mindfulness	10 Art Project Corinne Peasant Pantry Prep Gardening, pruning	11 What's Cookin? Cindy Visit Sr. Claire	12 Peasant Pantry Café Cold Herbed Yogurt Soup with home-made bread Serving 11:30-1:00	13 OPEN FOR HW GARDENING ONLY TIY
10-11:30 12:30-1:30	16 Writing Workshop Organizing closets & cupboards!	17 BINGO Cupcake baking for July birthdays	18 T-Shirt Painting Summer Salads! July Birthday Celebration	19 Clothing Give-Away Only til noon! House-keeping for summer closing!	20 OPEN FOR HW GARDENING ONLY Clear furniture out for floor cleaning
	23	24	25	26	27
	CLOSED FOR SUMMER VACATION				OPEN FOR HW GARDENING ONLY TIY
	30	31	1	2	3
	CLOSED FOR SUMMER VACATION through August 3rd				OPEN FOR HW GARDENING ONLY

Quote for July:

May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right.
 ~ Peter Marshall

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Volunteers	<u>Desk:</u> Ruth	<u>Desk:</u> Kiki	<u>Desk:</u> Judy a.m. Sue C p.m.	<u>Desk:</u> Sue S. Bethanie, pm	<u>Closed for Herban Works</u>
	<u>Companions:</u> Helen a.m. Pat G all day	<u>Companions:</u> Nancy G & Anita a.m. Leslie p.m.	<u>Companions:</u> Pat L a.m. Cathy p.m.	<u>Companions:</u> Pat G. all day, Nancy R. a.m.	



SPECIAL EVENTS!

REIKI ALL DAY! **Tuesday, July 3.** Welcome Elizabeth Scholnick, certified in Reiki I and II. Reiki is extremely effective on all spectrums of anyone's healing paths. An introductory workshop and treatments - sign up preferred!

GARDENING: **Wednesday July 3:** How to Harvest Herbs
Thursday July 5: Learn How to make Salve
Tuesday July 10: Gardening, pruning

SUMMER SALADS: **Wednesday, July 18.** Join us in preparing and enjoying healthy summer salads, using fresh ingredients from local farms.

T-SHIRT PAINTING! **WEDNESDAY, July 18.** Bring in a favorite old t-shirt and have fun as we paint something new.

WEEK of the 16th: Lots of housekeeping time to make The Center ship-shape before closing. Floors will be waxed during vacation.

SUPPORT GROUPS

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

Tuesdays @ all day Health Affiliates therapist available.

Last Tuesdays @6:00 pm each month Trans Support Group Monthly.

Fridays @ 1:30 to 2:30 Trauma Informed YOGA Practice Come and share and learn gentle ways to ease your fears. Meets 1st (not in July), 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 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 retreats 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. Or see what needs cleaning!

IN THE KITCHEN:

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

What's Cookin'? Cindy Gelinas joins us Wednesday July 11!

Peasant Pantry Café, Thursday the 12th at 11:30

Serving Cold Herbed Yogurt soup and homemade bread – great on a hot day! A monthly affordable & sustainable community meal, donations going to the women who prep & serve the meal.

Other Great Local Monthly Programs! FREE!

NUTRITION CENTER: Adult Cooking Class Last Tuesday of every month, 31st 5:00 - 7:00 pm.

TRINITY: Second Sundays Drum Circle – 8th @ 1:00. Instruments available, beginners welcome!

LEWISTON FARMER'S MARKET: Every Sunday and runs through Sunday, October, 28th.