

**Every Day:**

9:00 Open 9:30 Gathering Circle & Qi Gong  
 10-11:30 Morning Programs  
 Mon, Tues, Wed, Thurs. BYO Lunch  
 Hours: 9-2 Mon-Thurs., Fridays 9-12

**The Center for Wisdom's Women**

97 Blake St. (between Pine and Ash)  
 513-3922  
[www.wisdomswomen.org](http://www.wisdomswomen.org)



<i>DAILY</i> Gathering Circle and Qi Gong 9:30 BYO Lunch M-Th 12:00	<b>Mon</b> close at 2:00 Book Club Every Monday 11:30-12:30	<b>Tue</b> close at 2:00	<b>Wed</b> close at 2:00	<b>Thu</b> close at 2:00 Book Club Every Thursday 11:30-1:00	<b>Fri</b> Close at noon TIY = Trama Informed Yoga
10-11:30 12:30-1:30	<b>LUNAFEST</b> Wednesday May 15 <sup>th</sup> Lewiston Public Theater See back for details		<b>1</b> Collages What's Cooking?, Cindy G. Games LA Public Theater free showing -see back	<b>2</b> <b>CLOSED COMPANION DAY</b>	<b>3</b> Healthy Neighborhoods Trash Amnesty, see back for details TIY
10-11:30 12:30-1:30	<b>6</b> Writing Workshop Wisdom Boxes & Gratitude Beads	<b>7</b> French Club Planning , Hannah Peasant Pantry Prep Mothers day craft, Ari	<b>8</b> ART VAN Garden Opening! w/Liberty Mutual volunteers	<b>9</b> Peasant Pantry Café (Cheese, Bean Quesadillas) 11:30-1pm	<b>10</b> Mothers Day Ritual Free Listening TIY
10-11:30 12:30-1:30	<b>13</b> Writing Workshop Wisdom Boxes & Gratitude Beads	<b>14</b> Crochet Circle Bates Art Musuem	<b>15</b> Jewelry Repair What's cooking? HW Sales Training LUNAFEST 6pm	<b>16</b> Scrap Booking, bring a photo, Sue CLOSE AT NOON, Kate Sophia's Circle	<b>17</b> ELHS Volunteers 9-1:30 Free Listening
10-11:30 12:30-1:30	<b>20</b> Writing Workshop Meaningful Lyrics, Janet	<b>21</b> Dear Anita Coloring Transplanting Whiting Farms 1-4	<b>22</b> Tie-Dye T-Shirts What's Cookin? HW with Cleo	<b>23</b> Crochet & Knit, bring your work or we have yarn Wisdom Boxes & Beads	<b>24</b> HW meeting 10:30 Free Listening TIY
10-11:30 12:30-1:30	<b>27</b> <b>CLOSED MEMORIAL DAY</b>	<b>28</b> BINGO Cupcake baking Wisdom Boxes & Beads	<b>29</b> ART VAN May Birthday Celebration Wisdom Boxes & Gratitude Beads	<b>30</b> Clothing give away, all day Wisdoms Boxes and GratitudeBeads	<b>31</b> Garden Planting! Free Listening

**Quote of the Month:**

We are love, we are one

We are how we treat each other when the day is done. ~ *Nothing More, The Alternate Roots*

Volunteers	MONDAY <b>Desk:</b> Ruth	TUESDAY <b>Desk:</b> Mary am Arianna pm	WEDNESDAY <b>Desk:</b> Judy	THURSDAY <b>Desk:</b> Arianna Sue S	FRIDAY <b>Desk:</b> Bethanie
	<b>Companions:</b> Sue a.m., Pat G All day; Maureen, pm	<b>Companions:</b> Nancy G & Anita a.m. Judy p.m.	<b>Companions:</b> Pat L & Elizabeth am Cathy & Janet p.m.	<b>Companions:</b> Nancy R. & Judy am Maureen p.m.	<b>Companion:</b> Linda



### **SPECIAL EVENTS!**

**FREE LISTENING: Fridays in May** Join The Center as we watch a training video, then head to the park with signs that read “Free Listening” and open our hearts to anyone who needs to laugh, cry, scream, or chat.

**NEIGHBORHOOD TRASH AMNESTY AND EDUCATION EVENT** May 3<sup>rd</sup> & 4<sup>th</sup>  
Healthy Neighborhoods is hosting a one-time event to offer Tree Street neighbors the opportunity to get rid of their trash and recycling for free and foster care for our collective community. Visit 115 Bartlett St. for food, friends, freebies, and trash management tips! VOLUNTEERS NEEDED! Contact Sarah.

**PUBLIC THEATER: Wed May 1<sup>st</sup> 7pm** Fireflies -A humorous & hopeful love story for feisty women. Free dress rehearsal showing, and we provides rides.

**LUNAFEST: Wed May 15 6pm** LUNAFEST is an international film festival of short films by, for and about women! Sponsored by and benefiting the agencies of LA Women Rising, The Center for Wisdom's Women, Safe Voices, the Sexual Assault Prevention and Response Services and the YWCA. We can provide rides.

**FRENCH CLUB: Thurs. May 18** Brainstorming meeting with Bates students to form a French speaking group for immigrants and native Mainers.

**TIE-DYE T-SHIRTS: Wed. May 22** Join us for fun and creative T-shirt designs, bring a white shirt or we will have a few.

### **SUPPORT GROUPS**

**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.

**Fridays @ 1:30 to 2:30 Trauma Informed YOGA Practice** Come and share and learn gentle ways to ease your fears. Meets 1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> 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!*  
**Peasant Pantry Café!** *A one pot, affordable, sustainable meal, donations welcome, and shared with the women who prepare the meal. This month is a traditional Mexican dish, Cheesy Bean Quesadillas.*  
*What's Cookin Wednesdays May 1<sup>st</sup> 15<sup>th</sup>, 22<sup>nd</sup> !*

### **Other Great Local Monthly Programs! FREE!**

**NUTRITION CENTER: Adult Cooking Class** Last Tuesday of every month, 28<sup>th</sup> 5:00 - 7:00 pm.

**TRINITY: Second Sundays Drum Circle 12<sup>th</sup>** @ 1:00. Instruments available, beginners welcome!

**Farmer's Market:** Starts Sunday **May 12th** from 10-2! Bates Mill #5 Parking next to Baxter's Pub! See you all soon!  
We start on the 19<sup>th</sup> and need volunteers for table!!! Call 513-3922.