

**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 closed

**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> CLOSED thru September, open for Herban Works only. HY = Home Yoga
10-11:30  12:30-1:30	<b>3</b> Writing Workshop  Wisdom Boxes & Gratitude Beads	<b>4</b> Wisdom Boxes & Gratitude Beads  Herban Works Product Making	<b>5</b> Collages What's Cooking?, Cindy G. Gratitude Beads Garden Planning At Whitings Farm	<b>6</b> Pain Management group discussion  Wisdom Boxes	<b>7</b> Closed for Herban Works  Free Listening 11:00am HY
10-11:30  12:30-1:00	<b>10</b> Writing Workshop  Wild Card Art, Pat	<b>11</b> CLOSED FOR NEVOLA CONFERENCE	<b>12</b> ART VAN Nevola Sharing  Kennedy Park Block Party 5-7 pm	<b>13</b> Peasant Pantry Café (Veggie & Chicken Salad) 11:30-1pm	<b>14</b> Closed for HW  Free Listening HY
10-11:30  12:30-1:30	<b>17</b> Writing Workshop  Wild Card Art, Pat	<b>18</b> Dear Anita  Thistle Farm sharing	<b>19</b> Spa Day Give Away  What's cooking? Feedback on Peasant Pantry	<b>20</b> Pain Management group discussion  CLOSE AT NOON Sophia's Circle, Kate	<b>21</b> Closed for HW  Free Listening HY
10-11:30  12:30-1:30	<b>24</b> Writing Workshop  Holiday Fair Craft	<b>25</b> BINGO  Herban works product making, garden	<b>26</b> ART VAN  June Birthday Celebration	<b>27</b> Clothing give away, all day	<b>28</b> Closed for HW  Free Listening HY
<p><b>"I've been searching for ways to heal myself, and I've found that <i>kindness is the best way.</i>" ~ Lady Gaga</b></p>					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Volunteers	<b>Desk:</b> Ruth	<b>Desk:</b> Mary	<b>Desk:</b> Judy	<b>Desk:</b> Bethanie am Sue S pm	Closed for Herban Works
	<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> Judy am Maureen p.m.	



### **SPECIAL EVENTS!**

**FREE LISTENING: Fridays @ 11am in June** 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, or chat.

**PAIN MANAGEMENT June 6 & 20** Join us as we discuss healthy ways to manage chronic pain such as breathing techniques, and the mind body connection. Best if you attend both sessions but not necessary.

**NEVOLA SHARING: Wed June 12** The companions will share learnings from the Nevola Conference, exploring the rich inter-relationships of spirituality and health.

**KENNEDY PARK BLOCK PARTY : Wed June 12, 5-7PM** Enjoy an outdoor June performance hosted by Maine Inside Out (MIO) Lewiston community group! MIO Lewiston is deeply invested in building a community that values peace, celebration, and does not throw anyone away. The event will feature free food, fun activities for kids, performances by local art & more.

**EVER POPULAR SPA DAY GIVE AWAY: Wed. June 19** Play easy trivia games, and win fun spa toiletries. Everybody leaves with something

**HOLIDAY FAIR CRAFT: Mon. June 24** Yes the Holiday Fair, we’re trying to get a jump start this year. Join us for fun and creative ornament making to be sold at our holiday fair, as one of our fundraisers.

### **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 Trauma Informed Yoga HOME Practice** - Doing a home yoga practice helps provide a stable and peace filled life. The TIY group will practice breathing, postures, points and Japa to improve the way one feels and copes with life. TIY will resume at The Center in September.

### **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 Asian dish, Veggie & Chicken Salad.*  
*What’s Cookin? Wednesdays June 5<sup>th</sup>, 19<sup>th</sup>!*

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

**NUTRITION CENTER: Adult Cooking Class** Last Tuesday of every month, 25<sup>th</sup> 5:00 - 7:00 pm.

**TRINITY: Second Sundays Drum Circle 9<sup>th</sup>** @ 1:00. Instruments available, beginners welcome!

**Farmer’s Market: June 10-2!** Bates Mill #5 Parking next to Baxter’s Pub! See you all soon!