

**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)



<u>DAILY</u> 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>GOOD FOOD BUS</b> EVERY Wed 9:30-10:30	<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>1</b>  Writing Workshop  Wisdom Boxes OR Gratitude Beads	<b>2</b>  Dear Anita  Words of Wisdom	<b>3</b>  What's Cooking?, Heidi Audet  Herbal Craft Day	<b>4</b> <b>CLOSED</b>  	<b>5</b> <b>CLOSED</b>
10-11:30  12:30-1:00	<b>8</b>  Writing Workshop  Wild Card Art, Pat	<b>9</b>  Peasant Pantry follow up mtg  Herbal Craft Day *Community dinner (see back)	<b>10</b>  ART VAN  Maya picture art	<b>11</b>  Pain Management group discussion  ACE's 12:30	<b>12</b>  Closed for HW  Free Listening  HY
10-11:30  12:30-1:30	<b>15</b>  Writing Workshop  Wisdom Boxes OR Gratitude Beads	<b>16</b>  Dear Anita  Full Moon Activity	<b>17</b>  Our Stories, Our Myths What's cooking? fruit pops Coloring	<b>18</b>  Pain Management group discussion  CLOSE AT NOON Sophia's Circle	<b>19</b>  Closed for HW  Free Listening  HY
10-11:30  12:30-1:30	<b>22</b>  Writing Workshop  Wild Card Art, Pat	<b>23</b>  Healthy Neighborhoods Transformation learning session  Ice Cream social	<b>24</b>  Kitchen Cleaning and give away What's Cooking?  Hector's search for happiness	<b>25</b>  Clothing give away, all day	<b>26</b>  Closed for HW  Free Listening  HY
10-11:30  12:30-1:30	<b>29</b>  Writing Workshop  Wisdom Boxes OR Gratitude Beads	<b>30</b>  BINGO  Cupcakes  Coloring	<b>31</b>  ART VAN  July Birthday Celebration & birth year fun facts	<b>"What wisdom can you find that is greater than kindness?" – Jean-Jacques Rousseau</b>	

<b>Volunteers</b>	MONDAY <u>Desk:</u> Ruth	TUESDAY <u>Desk:</u> Mary	WEDNESDAY <u>Desk:</u> Melissa, Judy Sue C.	THURSDAY <u>Desk:</u> Bethanie am Sue S pm	FRIDAY  Closed for Herban Works
	<u>Companions:</u> Sue am, Pat G All day; Maureen, pm	<u>Companions:</u> Nancy G & Anita am. Judy pm	<u>Companions:</u> Pat L & Elizabeth am Cathy pm	<u>Companions:</u> Nancy, Judy am Maureen pm	



### SPECIAL EVENTS!

**FREE LISTENING: Fridays in July** 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.

**FREE COMMUNITY DINNER: Tues July 9 @ 5pm** Join healthy neighborhoods for a summer BBQ at 115 Bartlett Street.

**PAIN MANAGEMENT Thursdays July 11 & 18** 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.

**ACE's: Thurs July 11** Adverse Childhood Experiences research shows the correlation between early adversity and poor outcomes later in life. Join us for another informative session as we talk about coping skills to deal with stress and trauma.

**OUR STORIES, OUR MYTHS: Wed July 17** Join us as we write stories that represent significant positive influences, people or places that contributed to our spiritual life.

**ICE CREAM SOCIAL: Tues July 23** Enjoy hot fudge sundaes, and a variety of ice creams as we kick back and enjoy summer in Lewiston, Maine!

### SUPPORT GROUPS

**Thursdays Support for Pain Management available** for those who have chronic pain or disabled. (See front of calendar for dates.)

**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!  
What's Cookin? Wednesdays July 17 & 24.*

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

**NUTRITION CENTER: Adult Cooking Class** Last Tuesday of every month, 30<sup>th</sup> 5:00 – 7:00 pm.

**TRINITY: Second Sundays Drum Circle 14<sup>th</sup>** @ 1:00. Instruments available, beginners welcome!

**Farmer's Market: July 10-2!** Bates Mill #5 Parking next to Baxter's Pub! See you all there!