

**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 pm

**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 <b>Book Club</b> Every Monday 11:30-12:30	<b>Tue</b> close at 2:00 <b>Holiday Crafting</b> every Tuesday 12:30-1:30	<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 <b>READING GROUP</b> Every Thursday 12:30-1:30	<b>Fri</b> close at noon <b>French Speaking Group</b> 12:30-1:30 <b>TIY = Trauma Informed Yoga</b>
10-11:30  12:30-1:30		<b>1</b>  Poetry, Peg  Holiday Fair Crafts	<b>2</b>  Knitting, with Pat  <b>What's Cooking?</b>  Japa Bead Making, Bonnie	<b>3</b>  Pain Management group discussion	<b>4</b>  HW  <b>TIY</b>
10-11:30  12:30-1:00	<b>7</b>  Writing Workshop  Wild Card Art	<b>8</b>  Dear Anita  Peasant Pantry Prep Holiday Fair Crafts	<b>9</b>  ART VAN  <b>What's Cookin?</b> Salad and conversation	<b>10</b>  <b>USMLA NURSES</b> 9-11am  Peasant Pantry Veggie Stir Fry 11:30-1pm	<b>11</b> HW Games  12:30-1:30  <b>TIY</b>
10-11:30  12:30-1:30	<b>14</b> <b>CLOSED for Indigenous Peoples Day</b>	<b>15</b>  Fall Wreath Making  Holiday Fair Crafts	<b>16</b>  Kitchari, with Heidi Audet  <b>What's Cooking?</b> Lunch and conversation	<b>17</b>  Pain Management group discussion  Sophias' Circle, Close at Noon	<b>18</b> HW  LOL!  <b>TIY</b>
10-11:30  12:30-1:30	<b>21</b>  Writing Workshop  Haiku	<b>22</b>  Songs of Carrie Newcomber  Holiday Fair Craft	<b>23</b>  Free insurance benefits sign up! See back for details <b>What's Cooking?</b> Lunch & conversation	<b>24</b>  Mason Jar Fall crafts  Speak Up, Speak Out! , Maya	<b>25</b>  HW  <b>TIY</b>
10-11:30  12:30-1:30	<b>28</b>  Writing Workshop  Wild Card Art	<b>29</b>  BINGO  Decorate for Halloween	<b>30</b>  ART VAN  October Birthdays & Halloween Party	<b>31</b>  Clothing Give Away, All Day	

<b>Volunteers</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Desk:</b> Ruth	<b>Desk:</b> Float...	<b>Desk:</b> Melissa Sue C.	<b>Desk:</b> Lauren am Sue S pm	<b>Desk:</b> Janice
	<b>Companions:</b> Sue am, Pat G All day; Maureen, pm	<b>Companions:</b> Anita am. Judy pm	<b>Companions:</b> Pat L & Elizabeth am Cathy pm	<b>Companions:</b> Nancy, Judy am Maureen pm	<b>Companion:</b> Linda

### **SPECIAL EVENTS!**

**KNITTING with Pat: Wednesday October 2** – Back by popular demand, bring your work or learn how to knit.

**PAIN MANAGEMENT Thursdays October 3 & 17** - Join us as we discuss healthy ways to manage chronic pain such as breathing techniques, and the mind body connection.

**FREE INSURANCE BENEFITS: Wednesday October 23, 9-2pm** – An Insurance representative will be here to sign you up for free insurance benefits like vision, and dental, IF you already have MaineCare and SSD. Be sure to bring your cards!

**LET'S READ: Thursdays 12:30-1:30** Join Maureen as we start a children's book reading group for the women and read and share great children book stories,

**NEW!!! FRENCH SPEAKING GROUP: Fridays 12:30-1:30** - Join a new group and practice your French, and have great conversations in French with other women.

### **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 Practice** - Doing a 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.

### **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 October 21.*

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

**NUTRITION CENTER: Adult Cooking Class** Last Tuesday of every month, 29<sup>th</sup> 5:00 – 7:00 pm.

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