

Open Days:

10:00 Open 10:30 Gathering Circle
 11-12:00 am Morning Programs
 Hours: 10-1 Tues, Wed, Thurs.
 BYO Lunch

The Center for Wisdom's Women
 97 Blake St. (between Pine and Ash)
 207-513-3922
www.wisdomswomen.org



SEPTEMBER 2021

	Mon closed	Tue close at 1:00	Wed close at 1:00	Thu close at 1:00	Fri closed
DAILY BYO Lunch M-Th 12:00	Masks are currently required at The Center.		1 Arts & Crafts	2 Anna's Art Class	3
11 am	6	7 Writing Workshop	8 Arts & Crafts	9 Sophia's Circle	10
11 am	13	14 Writing Workshop	15 Drumming with Carrisa and Mary	16 Gratitude Charms	17
11 am	20	21 Inner Spirit with Klara	22 Arts & Crafts	23 Fall Equinox Art	
11 am	27	28 BINGO	29 Decorate for Fall & September Birthday Celebration	30 Clothing Give-Away All Day	31

Welcome September! May this month bring you satisfaction, peace and joy. May all the desires of your heart be granted. May this month be the beginning of new things in your life. Stay strong, be positive, and fulfill your dreams. Happy new month friends!

HIGHLIGHTS

ART WITH ANNA! **Thursday, September 2nd** Join us with Anna as we have fun exploring new art techniques, no experience necessary ~ always fun and beautiful art.

DRUMMING!! **Wednesday September 15th** An hour of small group music making using our hands, feet, voices, and drums (provided). Absolutely no experience needed, and no judgment offered. Collective music-making helps with mood, concentration, co-ordination, and a sense of belonging. Everyone welcome!

INNER SPIRIT with Klara! **Tues September 21st**. Come explore your inner spirit and let your heart speak. We will read a poem or song lyric for inspiration, and respond to it, in creative ways, by writing or drawing. There will be time to share if you wish.

FALL ART! **Thursday, September 23rd** Join us in creating art for our activity room, collages reflecting Fall in Maine.

GOOD FOOD BUS! **Every Wednesday, at 10am:** A mobile food market providing direct and convenient access to fresh vegetables, fruit, and other grocery items. Fruits and vegetables are crucial for a healthy immune system. Click [here](#) for recipes.

SOPHIA'S CIRCLE!

Sophia's Circle is our core team of volunteers who each staff the front desk daily and are responsible for hospitality at the Center. They also help with daily housekeeping. Hospitality is really important at the Center and how our space looks says a lot! It is so nice to have a friendly welcome, and it feels good to be in a beautiful, clean space. We meet monthly to reflect on the work, share ideas, come up with guidelines for Sophia Circle, and provide some training. We also go on field trips together during the year. If you want to commit to being part of this team, and participate in the meetings, speak with Sonia at 207-513-3922.

FOOD RESOURCE GUIDE:

- **LEWISTON Calvary United Methodist Church** 59 Sabattus St. 207-782-3221 Sundays 8-9am: To-go meal.
- **Hope Haven Gospel Mission** 209 Lincoln St. 207-783-6086 Food Pantry and Clothing Closet: Mon, Wed, Fri: 10:00 - 11:45am and 12:30-3:00 pm Breakfast for residents: 7:00-8:00am daily Breakfast for community members: 7:30-8:00am daily Dinner: Monday-Saturday 4:30-5:30 pm, Sunday 2:30-3:30 pm
- **Kaydenz Kitchen** 155 Lisbon St. 207-577-7942 Monday, Tuesday, Thursday, Friday from 10am-12:30pm and 1:30-4pm Will be closed 1st week in August Walk in or Online signup: kaydenzkitchenbooking.as.me/schedule.php Emergency assistance upon request.
- **New Beginnings Outreach Program** (Youth 14-21 only) 134 College St. 207-795-6831 Basic Needs/Case Management: Mon-Fri 1-6pm Mobile Food Pantry: Call to sign up for delivery on Fridays 10-12pm
- **Pathway Vineyard Church** 9 Foss Rd. 207-784-9500 Pantry: Fri 10:30-12:20pm Meals currently unavailable.
- **The Root Cellar** 89 Birch St. 207-782-3659 Emergency Food Pantry: Mon, Wed, Fri 10am – 12pm Lewiston residents, 1 visit/month. Lewiston School lunch site.
- **St. Mary's Food Pantry** 208 Bates St. 207-513-3841 Tues. & Fri.: 11am – 2pm Outdoor market-style pantry.
- **Salvation Army 67 Park St.** 207-783-0801 Food Pantry: Mon, Tue, Thurs, Fri. 9am-1:45pm Meals: Sat 4-5:00pm Mobile meals in Kennedy Park: Temporarily Unavailable
- **Seniors Plus MOW** - Lewiston 55-Alfred Plourde Parkway 207-795-4010 www.seniorsplus.org Delivery Mon-Thurs 9:00am -2pm. Norway Progress Center meals: Tuesdays: 3:30-5pm, to-go Thursdays 12:00-1:30, to-go. Lewiston Meadowview meals: Call ahead 1-800-427-1241 Tues. 9-10:30am, frozen to-go
- **Trinity Jubilee Center** 247 Bates St. 207-782-5700 trinityjubileecenter.org/food-pantry Food Pantry and Diaper Dispersal: Thursday: 7:45-10:30am outside. *Please see website regarding diapers before your visit. Outdoor Meals: Mon-Sat 11-11:30 Children's (1-18) Grocery Boxes: By appointment Mon-Wed. Email kitchentjc@gmail.com or walk in to sign up.