

Open Days:

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

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



OCTOBER 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
11 am	4	5 Inner Spirit with Klara	6 Arts & Crafts with Anna	7 Arts & Crafts with Anna	8
11 am	11	12 Writing Workshop ~ Compassionate Communication	13 Crafts with Pat	14 CLOSE AT NOON for Sophia's Circle Field Trip for volunteers	15
11 am	18	19 Inner Spirit with Klara	20 Drumming with Carrisa and Mary	21 Singing Group from Bates, with Maya	22
11 am	25	26 BINGO	27 Halloween Fun & October Birthday Celebration	28 Clothing Give-Away 11-1pm	29

Welcome October! Never look down on anybody unless you're helping them up. ~ Jesse Jackson

HIGHLIGHTS

INNER SPIRIT with Klara! Tuesdays: October 5th & 19th. 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.

ART WITH ANNA! Wednesday Oct 6 & Thursday, October 7th Join us with Anna as we have fun exploring new art techniques, no experience necessary ~ always fun and beautiful art.

DRUMMING!! Wednesday October 20th 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!

SINGING GROUP FROM BATES! Thursday, October 23rd Come listen to our Maya and The Merimanders, an all female signing group, perform a Capella ~ a casual concert and singing circle. And learn a song or two with us!

GOOD FOOD BUS! Every Wednesday, at 10am: A mobile food market providing direct and convenient access to fresh vegetables, fruit, and other grocery items. 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.