

Open Days:

Open 10:00 Gathering Circle 10:30

11-12:00 am Morning Programs

Hours: 10-1 pm Tues, Wed, Thurs.

The Center for Wisdom’s Women

97 Blake St. (between Pine and Ash)

207-513-3922

www.wisdomswomen.org



OCTOBER 2022

| | Mon closed | Tue close at 1:00 | Wed close at 1:00 | Thu close at 1:00 | Fri closed |
|-----------------------|----------------------|----------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------------|----------------------|
| <i>DAILY</i> 11 am | 3 | 4 Career Center Information, with Nicole | 5 Anna’s Art | 6 Disability Rights of Maine | 7 |
| 11 am | 10 | 11 Listening practice & play, w/Tre | 12 Massage and/or Reiki, w/Jaime Sign up– see back | 13 Guided Wellness Journals | 14 |
| 11 am | 17 | 18 Mey’s Art Companion Meeting 1pm | 19 Anna’s Art | 20 Halloween Games Sophia’s Circle meeting @noon | 21 |
| 11 am | 24 | 25 BINGO | 26 ART VAN! & October Birthdays | 27 Clothing Give Away 11-1 | 28 |

We are a free drop-in center for all women. All activities are optional, and free. Welcome!

HIGHLIGHTS

BELLY DANCING FOR BEGINNERS! Tues, October 11th. We have Ann B. coming in for an introduction to belly dancing, no experience necessary, or just enjoy the music.

REIKI is back! Wed, October 12TH. Jaime will be offering reiki or massage, 15 minutes slots, sign up is necessary.

MEY'S ART!! Tuesday October 18th. Creative and fun art projects with mixed media, especially for the Fall.

ART VAN is back!!!! Wed, October 26th Come in and join as ART VAN returns with fun and creative art projects.

VOLUNTEER!

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 say 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 Wednesday Dinners 5-5:45 pm. 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 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 Community Meal & Pantry: Fri 10:30-12:20pm
- **The Root Cellar** 89 Birch St. 207-782-3659 Emergency Food Pantry: Mon, Wed, Fri 10am - 12pm Lewiston residents, 1 visit/month.
- **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
- **Auburn 7th Day Adventist Church Pantry 316 Minot Ave.** 207-782-3663 or auburnsdafoodpantry@gmail.com Every Tuesday 9:00-11:30 (pantry staples) Full boxes (includes produce) offered once each month on Tuesday 11:45am-12:30pm. Will deliver if no transportation available.