

Open Days:

Open 10:00 Gathering Circle 10:30

11-12:00 am Morning Programs

Hours: 10-1:30 pm Tues, Wed, Thurs.

BYO Lunch

The Center for Wisdom's Women

97 Blake St. (between Pine and Ash)

207-513-3922

www.wisdomswomen.org



APRIL 2023

	Mon closed	Tue close at 1:00	Wed close at 1:00	Thu close at 1:00	Fri closed
<i>DAILY</i> BYO Lunch M-Th 12:00	3	4 Inner Spirit w/Klara	5 MaineCare info, with Jill	6 Listening w/Tre What?	7
11 am	10	11 Empathy vs. Judgement, Sophia's Circle lunch	12 Ayurveda cooking w/Heidi	13 Wicked Illustrations w/Melanie	14
11 am	17	18 Spa Day Give Away, trivia game	19 Anna's Art	20 Guitar playing w/Karen	21
11 am	24	25 BINGO	26 ART VAN April Birthday Celebration	27 Clothing and Bedding Give Away, 11-1pm	28

**All women and people identifying as women
are welcome at The Center.**

HIGHLIGHTS

LISTENING WITH TRE! Thursday April 6th. Come join us and fun and informative conversation and tips on how to listen to understand, and why it's important.

AYURVEDA COOKING!! Wednesday April 12th, at 10:45 am. Join us as we host Heidi Audet of Chill Yoga, as she prepares Chai tea and Kitchari, a delicious, nourishing and cleansing dish for Spring.

WICKED ILLUSTRATIONS! Thursday: April 13th. We are pleased to host Melanie as she shares her artistic talents with us, and teaches us how to paint watercolors in a fun and easy way. No experience necessary, she'll help with a guided watercolor piece that we can personalize.

GUITAR PLAYING WITH KAREN! Thursday April 20th. Back by popular demand. Come and listen to beautiful acoustic guitar and sing along. We will have some lyrics to sing along.

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 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. Serving Auburn.