

Open Days:

Open 9:00 Gathering Circle 9:30

10-12:00 am Morning Programs

Hours: 9-1:00 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



JULY 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		NEW HOURS IN JULY! 9 am to 1pm, Tuesdays, Wednesdays, & Thursdays			
10 am	3	4 CLOSED 	5 Collages and Flags ~ see back	6 Writing Workshop	7
10 am	10	11 Music and Lyrics	12 Listen more, talk less	13 Cooking Matters- sign up 3 of 6 See back	14
10 am	17	18 Coloring	19 Craft -tbd Maya- video chat 10:45	20 Cooking Matters 4 of 6 Sophia's Circle	21
10 am	24	25 BINGO	26 ART VAN July Birthday Celebration	27 Clothing Give Away, 11-1pm BYO Bag	28

Please note* WE ARE CLOSED THE FIRST TWO WEEKS IN AUGUST ~ 8/3 - 8/17/2023**

HIGHLIGHTS

COLLAGES AND FLAGS!! Wednesday July 5th Making collages and flags to celebrate post 4th of July.

LISTEN MORE, TALK LESS! Wednesday July 12th. Hate being interrupted? Let's listen more and talk less. That's why we have one mouth and two ears.

COOKING MATTERS! Tuesdays Continuation for those who signed up ~ classes 3 & 4: July 13th & Tues July 20th. Learn tips to shop, cook, and eat healthy on a budget We're making through group classes. Making the most of your food budget is a challenge these days – but with some simple tips, we can help you feed your yourself and/or family healthy foods and save money!

WANT TO 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 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.