

Open Days:

Open 9:00 Gathering Circle 9:30
10-12:00 am Morning Programs
Hours: 9-1 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



January 2024

	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	1	2 Looking ahead...	3 New Year Collage	4 Setting Intentions for the New Year	5
10 am	8	9 Hand signing basics	10 Learn how to Knit w/Pat T	11 Anna’s Art	12
10 am	15 MLK Day	16 Self Care, stretching	17 Guitar TBD	18 Games Sophia’s Circle Meeting 12 noon	19
10 am	22	23 Writing Workshop	24 Craft TBD	25 Clothing Give Away, 11-1pm	26
10 am	29	30 BINGO	31 ART VAN January Birthday Celebration	All women and people identifying as women are welcome at The Center.	

“And now we welcome the new year. Full of things that have never been.” —
~ Rainer Maria Rilke

HIGHLIGHTS

Hand Signing Basics! Tuesday: January 9th. Learn the alphabet and how to sign your name, to name a few basics we'll explore in this session.

Self Care: Tuesday January 16th. No resolutions here...just self care talk and sharing how we take care of ourselves, ending with an easy and relaxing stretching for the new year.

Writing Workshop! Tuesday: January 23rd. Join us with Pat as we have fun writing, journaling and sharing, no experience necessary ~ always fun.

ART VAN!! Wednesday January 31st. A fun hour of creative art while soothing our souls. All projects aim to inspire creativity with a variety of materials and mediums.

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.