

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



APRIL 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 Anna’s Art	3 Writing Workshop	4 Stress Reduction & Journaling w/USM Nurses	5
10 am	8	9 Basic Signing, w/Shay 11-12 Solar Eclipse	10 Boundaries, what are they and how to apply them	11 ME General, w/Ashlee, Staying Safe (follow up)	12
10 am	15	16 Anna’s Art	17 Learn how to unwind with breathing techniques.	18 Clothesline Project, w/Sonia B.	19
10 am	22	23 Spa Day Giveaway	24 ART VAN April Birthday Celebration	25 Clothing Give Away, 10-1pm BYO Bag	26
10 am	29	30 BINGO!			

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

HIGHLIGHTS

STRESS REDUCTION & JOURNALING! Thursday, April 4th. USM Nursing students will provide stress reduction techniques using journaling.

BOUNDARIES: Wednesday April 10th. Let's talk about what they are and how they protect us, and encourage healthy relationships.

CLOTHESLINE PROJECT! Thursday: April 13th join us as we host Sonia Bermonty, as we create tshirts with our stories..

SPA DAY GIVE AWAY!! Tuesday: April 30th Play trivia games and win toiletries, make up, and A fun hour of creative painting, and decorating.

WE ARE LOOKING FOR VOLUNTEERS!!

Volunteers staff the front desk daily and are responsible for hospitality at the Center. They also help with daily housekeeping. Hospitality is very 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, and provide some training. We also go on field trips together during the year. If you want to commit weekly 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.