

**Open Days:**

Open 9:00 Gathering Circle 9:30

10-12:00 am Morning Programs

Hours: 9-1 pm Tues, Wed, Thurs.

**The Center for Wisdom's Women**

97 Blake St. (between Pine and Ash)

207-513-3922

[www.wisdomswomen.org](http://www.wisdomswomen.org)



# OCTOBER 2024

	<b>Mon</b> closed	<b>Tue</b> close at 1:00	<b>Wed</b> close at 1:00	<b>Thu</b> close at 1:00	<b>Fri</b> closed
<u>DAILY</u> 10 am		<b>1</b>  Anna's Art	<b>2</b>  Relaxation and breath work w/Deena	<b>3</b>  Painting Pumpkins  USM nurses return!	<b>4</b>
10 am	<b>7</b>	<b>8</b>  Line Dancing w/Rosa	<b>9</b>  Fall Collages	<b>10</b>  Learn all about SAPARS see back	<b>11</b>
10 am	<b>14</b>	<b>15</b>  Learn basics of Sign Language w/Shay	<b>16</b>  Anna's Art & Meeting for Holiday Fair	<b>17</b>  T-Shirt Stenciling, we have t-shirts	<b>18</b>
10 am	<b>21</b>	<b>22</b>  Writing Workshop	<b>23</b>  Halloween Craft	<b>24</b>  Acoustic Guitar Music w/Karen	<b>25</b>
10 am	<b>28</b>	<b>29</b>  BINGO	<b>30</b>  ARTVAN & October Birthdays	<b>31</b>  Clothing Give Away 10 -1 See back	

# HIGHLIGHTS

**PAINING PUMPKINS!** Thursday, October 3<sup>rd</sup>. We have 18 small pumpkins to decorate and paint for Halloween or Fall decorating.

**LINE DANCING WITH ROSA!!** Tuesday October 8th. Come in learn very easy dance steps and listen to fun music. No experience necessary.

**SAPARS!** Thursday, October 10<sup>th</sup>. Learn what **S**exual **A**ssault and **P**revention and **R**esponse **S**ervices is all about and how they can help support YOU.

**ACOUSTIC GUITAR WITH KAREN!** Thursday, October 24<sup>th</sup>. Come listen to a variety of tunes played on acoustic guitar, and sing along to oldies but goodies.

**CLOTHING GIVE AWAY!!** Thursday October 31<sup>st</sup>. To have enough clothes for everyone, carts are not allowed in the room, and a one bag maximum. Thank you!

## 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 Meals: Sundays 8-1pm and Wednesday evening 5-5:45 pm (doors open at 4:45 pm).
- Hope Haven Gospel Mission 209 Lincoln St. 207-783-6086 (phones open 9-12 and 12:30-3:30pm) Food Pantry and Clothing Closet: Monday, Wednesday, Friday 10:00-11:45am and 12:30-2:30 pm Community Breakfast: 7:30-8:00am daily Dinner: Monday-Saturday 4:30-5:30 and Sunday 2:30-3:30 pm Shelter Intake Mon-Sat 5:30-7:30 & Sun 4:30-7:30 (call ahead) Winter Warming Center: When temperatures are below 20F hopehavengospelmission.net
- Kaydenz Kitchen 550 Lisbon St. 207-577-7942 Pantry: Wednesday-Friday 4:00-7:00pm, and Saturday 9:00am-1:00pm. Emergency assistance upon request. Per need basis: free clothing, diapers, formula, toys, home goods\*
- Pathway Vineyard Church 9 Foss Rd. 207-784-9500 Food Pantry: Friday 10:30-12:00 Meal: Friday 11:00-12:00 The Root Cellar 89 Birch St. 207-782-3659 Emergency Food Pantry: Monday, Wednesday, Friday 10:00am - 12:00pm Lewiston residents, 1 visit/week therootcellarlew.org
- St. Mary's Food Pantry 208 Bates St. 207-513-3841 Tuesday 1:00-6:00pm Friday 9:00am-12:00pm stmarysmaine.com/services/nutrition-center/
- Salvation Army 67 Park St. 207-783-0801 Food Pantry: Mon, Tue, Thurs, Fri. 9:30-1:00 Please bring: ID, proof of DOB for kids, income and proof of address. Meals: Saturday 4:00-5:00pm Meals Kennedy Park: Tues 3:30-4:30
- Salvation Army 67 Park St. 207-783-0801 Food Pantry: Mon, Tue, Thurs, Fri. 9:30-1:00 Please bring: ID, proof of DOB for kids, income and proof of address. Meals: Saturday 4:00-5:00pm Meals Kennedy Park: Tues 3:30-4:30
- Trinity Jubilee Center 247 Bates St. 207-782-5700 Food Pantry and Diaper Bank: Thursday 7:45-10:45am \*Please bring proof of DOB for child if diapers are needed. \*Optional pre-registration for pantry using link below. To-Go Meals: Monday-Saturday 11:00-11:45am trinityjubileecenter.org/food-pantry