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| **Every Day: The Center for Wisdom’s Women**  **9:00 Open 9:15 Gathering Circle 97 Blake St. (between Pine and Ash)**  **10-11:30 Morning Programs 513-3922**  **Mon, Tues, Wed, Thurs. BYO Lunch** [**www.wisdomswomen.org**](http://www.wisdomswomen.org)  **12:30-1:30 Afternoon Programs** | | | | | |
| May | | | | | |
|  | **Mon**  **close at 2:00** | **Tue**  **close at 2:00** | **Wed**  **close at 2:00** | **Thu**  **close at 2:00** | **Fri** | |
| ***DAILY***  *BYO Lunch*  *M-Th 12:00* | **Every Mon.**  **10:15 Marvelous Morning Munchies & Writing Wkshop** | **Every Tues.**  **12:30 Caregiver**  **Support w/Leslie** | **Every Wed.**  **12:30-1:30 Inner Spirit**  **Al-anon @ 5:30 members only.** | **Every Thurs.**  **Sew w/Flo @ 10:00**  **Nursing Students**  **9-11:00** | *If you are in the hospital and would like a visit, let us know!*  **Fri: Close at noon** | |
| 10-11:30  12:30-1:30 | **QUOTE of the Month:** *To inspire our gardening...*  Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul alike. – John Muir  Those who dwell among the beauties and mysteries of the earth are never alone or weary of life. – Rachel Carson |  |  | **Sophia Circle Trip**  To Sarah Shepley’s for May Day festival. Depart 4:00 p.m. Sign up required. | **1 May Day**  **Festivities** | |
| 10-11:30  12:30-1:30 | **4 Writing**  **Wkshp**  **Cinco de Mayo**  **3:00 TREM Group** | **5 Garden Prep**  w/ Liberty Mutual &  Lots to Garden (all day,  wear work clothes)  v  v  v | **6 Card Making**  Patty Wiedler  **Inner Spirit**  **5:30 Al-Anon** | **7 What’s Cookin’**  Spring Salad  **CWW@ Cassiels**  4-6:00 PR and Thistle Farm sales.  Want to help?  **Mother’s Day**  **Ritual!** | **8 Games** | |
| 10-11:30  12:30-1:30 | **11 Writing**  **Wkshp**  **Dr. Seuss!**    **3:00 TREM Group** | **12 Collage**  Hannah  **Tips for Healthy &**  **Affordable Eating!**  Anne Morsey | **13 Foam Projects**  Joyce  **Listening to Quran**  **5:30 Al-Anon** | **14 Prep for**  **Fashion Show**  **Sophia Circle Fashion Show** | **15 CLOSED**  **Board Meeting Strategic Planning**  **All Day** | |
| 10-11:30  12:30-1:30 | **18 Writing**  **Wksh**  **Branch Weaving**  **3:00 TREM Group** | **19 Branch**  **Weaving cont.**    **Prep Peasant Pantry**  Paul | **20 Playing w/**  **Poetry** w/Hannah  **Foam Projects II**  **2:30 W4S**  **5:30 Al-Anon** | **21 Peasant**  **Pantry Cafe**  **(all day)**  Prep 9:30-11:30  Serve 11:30-1:30  Clean Up 1:30-2:00 | **22 Spring**  **Cleaning ‘til 2:00**  Lunch for those who  help all morning!  Ice cream if you  help all afternoon. | |
| 10-11:30  12:30-1:30 | **25 CLOSED**  **Memorial Day**  **C:\Users\Owner\AppData\Local\Microsoft\Windows\INetCache\IE\TMQXQ3KH\mischol_veteransday_s[1].gif** | **26 BINGO**  **Book Club** - Anne  **1:00 Reiki -** Betsy | **27 ART VAN**  **May Birthday Party**  **2:30 W4S**  **5:30 Al-Anon** | **28 Clothing**  **Give-away**  **Safe Voices Walk**  **31st 9:00 – noon** Help with our table!  **2:00 BLT Grp** | **29 L.O.L.** | |
| **Volunteers** | **MONDAY**  Desk: ??  Noella p.m.  Companions: Pat | **TUESDAY**  Desk: Noella a.m.  Roxie p.m.  Companions:  Nancy, Leslie H,  & Leslie B share | **WEDNESDAY**  Desk: Christine a.m.  Cheryl p.m.  Companion: Sr. Claire all day & Anne a.m. | **THURSDAY**  Desk: ?? a.m.  ?? p.m.    Companions: Pat & Pattie all day | **FRIDAY**  Desk: Nancy    Companion: Linda | |

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**HIGHLIGHTS**

***SUPPORT GROUPS***

**Every Wednesday @ 5:30 - Al-Anon!** In the tradition of AA. For those who have or have had friends or family members who are addicted to drugs or alcohol.

**Every Tuesday @ 11:30 – 1:30**

**Support for Family Caregivers w/ Leslie**

To support those who have the overwhelming task of caring for a family member who is sick or disabled.

**Thurs 26th @2:00 – BLT Group**

A monthly support group for Bisexual, Lesbian, Transgendered Women & their friends. Speak with Pat or Pattie if interested.

**TREM Group – Mondays 3-4:30**

Trauma Recovery and Empowerment - Registration required. Opens to new members on the 6/29.

***NEW!* 20th Women for Sobriety (W4S) 2:30-4:00**

An alternative to AA for women! Evert Wednesday, led by Lise Pelletier.

***May 1 - Celebrate MAY DAY!***

***Help plan the day. What are your ideas? Food, games, crafts...***

**MAY 5 all day - Garden Preparation -** With help from Lots to Gardens and Serve With Liberty volunteers - Turn over gardens, add compost, get ready to plant! Wear work clothes and gloves if you have them!

**MAY 7, 12:30 – Annual Mother’s Day Ritual**

A special reflective and nurturing time for whom Mother’s Day Is not a good day. Come share your thoughts and feelings with others who understand.

**SPRING CLEANING – May 22** Lunch provided for those who help all morning and ice cream at the end of the day if you stay!

**WRITING & READING!!!**

**Writing Workshop** - Every Monday morning at 10:00 with Pat

**Playing With Poetry** – NEW GROUP! 20th at 10:30 with Hannah from Bates. She also leads a collage class on the 12th!

**Book Club** - The 26th with Anne – They finish the book: Crow and Weasel by Barry Lopez. A perfect book for us – About an internal journey toward wisdom!

***SOPHIA’S CIRCLE! May Day Trip 1st to Sarah Shepley’s! Fashion Show the 14th!***

Sophia’s Circle is our core team of regularly scheduled volunteers who staff the front desk, are responsible for hospitality at the Center, and who help with housekeeping. Hospitality is really important - how our space looks says a lot! Remember the first time you came, how nice it was to have a friendly welcome, and how good it felt to be in a beautiful, clean space? The circle meets monthly (lunch provided) to reflect on the work, share ideas, come up with guidelines for Sophia Circle, and provide some training. They go on retreat or field trips together during the year. If you want to commit to being part of this team, and participate in the Sophia Circle meetings, speak with Sonia or Pattie (who is here on Thursdays). Pattie will facilitate the group.

**OTHER WAYS YOU CAN HELP THE CENTER** …

**Outreach** –Spread the word, invite new women to come. We have small cards to keep in your pocket and give to women who don’t yet know about us! Christine can teach you how to spread the word about the Center! **Need something to do?** You can make **Wisdom Boxes or Gratitude Beads** that we sell – someone will teach you how! Or see what needs **cleaning**!

***IN THE KITCHEN:***

**7th @ 10:00 What’s Cookin’** – Spring Salads!.

***21st - PEASANT PANTRY CAFE! Asian this month!***

Prep with Paul on Tuesday the 19th from 12:00-2:30. Thursday 21st - 9:00 Set up, 11:30 Serve, 1:30 clean up!

Those who help with all the prep/serve/cleanup, get to keep a share of the income!

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***Fitness Games*** – 16th at 10:00 with Bonnie Rousseau ***Cleaning with Vinegar*** - 23rd 12:30 with Betty Allen

**Other Great Monthly Programs!**

**TRINITY: 10th Second Sundays Drum Circle** – @ 1:00. Instruments available, beginners welcome! **FREE!**

**9th 7:00 Concert –** Singer/songwriter Stan Davis and Friends

**NUTRITION CENTER:** **Adult Cooking Class** Tues. the 26th5:30-7:30. **Summer Farmer’s Mkt** Start 24th 10-1:00!

**NEIGHBORHOOD HOUSING LEAGUE:** **3rd Tuesdays 19th t** - Your advocate for better housing!

Speaker and dinner at the B-Street Center! Meets monthly,6:30-8:00. **FREE!** FMI 207-240-8201.