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Women's Initiative Newsletter Vol. 3, No. 1 (January 2019)

Women's Initiative Staff

Women's Initiative

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Women's Initiative



WOMEN'S INITIATIVE

We Stand Strong;
Backs Together,
Facing Outward,
Leaning On,
Depending On
One Another.
Seeing all
Obstacles
before us.
WE CAN do
Anything,
Tap My Strengths
I'll Tap Yours



January 2019
Newsletter

Newsletter Date:
1/1/19-1/31/19

Schedule:

Mon-Fri

11:00am-4:30pm

Location:

304 Main Street

Waterville

207-692-0290

New Location

Welcome to Women's Initiative's new location. We are proud to announce our new location at 304 Main Street, Waterville, Maine. We share our space within Hospice Community Center. Our new hours are 11:00 am to 4:30 pm. Please come join us at our new location. Grab a friend, share our information, we would love to grow and thrive in our new location.



Crafting is free and rewarding. We encourage and inspire women to explore their talents and build new skills together. Joining us and learning from each other is both fun and rewarding! We will also continue our Women's Health Discussions, last Monday of the month.

Thoughts:

THOUGHT OF THE DAY

"YOUR VALUE DOES NOT
DECREASE
BASED ON SOMEONE'S
INABILITY TO SEE YOUR
WORTH"

UNKNOWN

Up and coming!

Monday, January 14th Coloring Day
From 1:00pm to 3:00pm. Bring a page
you love or choose one from our amaz-
ing stock. Let your worries go and cre-
ate an amazing work of art!

Friday January 18th From 1:00pm-
3:00pm— You'll be able to take home
something beautiful that you made and
help out Women's Initiative at the
same time.

Thursday January 24th—Upper body/
neck massage 12pm to 4pm. By ap-
pointment or walk-in. Donations go to-
ward Women's Initiative funds.

Monday January 28th—directly after
Health Discussion—will be Women's In-
itiative's Meeting. 2pm-3pm.

Friday February 1st—Come join us for
our annual Self-Compassion Meditation
with Melissa Caron 2:00-3:00pm

This month's "Health Talk"

Monday, January 28th 1-2pm

Martha will be doing a talk on
"Beating the Winter Doldrums."

If you have suggestions for an up
and coming Wellness Talk., feel
free to call, email, or what's
best is a great visit with you
here at Women's Initiative.

THE KINDNESS
Rocks PROJECT



The time is coming for our annual
kindness project. Please bring in
all your completed hats, scarfs,
mittens etc... by February 1st ,
if possible. We will need all
hands on deck to hang all our
amazing products free to the
community, on February 8th Noon
at the Waterville Library.

January Treat

Whipped Shortbread Cookies

Ingredients

- 1 cup butter, softened
 - 1 1/2 cups all-purpose flour
 - 1/2 cup confectioners' sugar
- 1/4 cup red maraschino cherries, quartered
1/4 cup green maraschino cherries, quartered

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, combine butter, flour, and confectioners' sugar. With an electric mixer, beat for 10 minutes, until light and fluffy. Spoon onto cookie sheets, spacing cookies 2 inches apart. Place a piece of maraschino cherry onto the middle of each cookie, alternating between red and green.

Bake for 15 to 17 minutes in the preheated oven, or until the bottoms of the cookies are lightly browned. Remove from oven, and let cool on cookie sheet for 5 minutes, then transfer cookies on to wire rack to cool. Store in an airtight container, separating each layer with waxed paper.

Women's Initiative
304 Main Street
Waterville, Maine 04330

**WOMEN'S
INITIATIVE**

**Together We Are
Women's Initiative**

a REM
Project



**REM – Revitalizing
the Energy in ME**

PLEASE
PLACE
STAMP
HERE