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Women's Initiative Newsletter Vol. 3, No. 6 (June 2019)

Women's Initiative Staff

Women's Initiative

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Women's Initiative



NOTICE: Women's Initiative is **CLOSED** the first week in July. Closed July 1st—7th. Reopening Monday July 8th.

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



June 2019
Newsletter

Newsletter Date:
6/1/2019-6/30/2019
Volume 3, Issue 2

Schedule:

Mon-Fri

11:00am-4:30pm

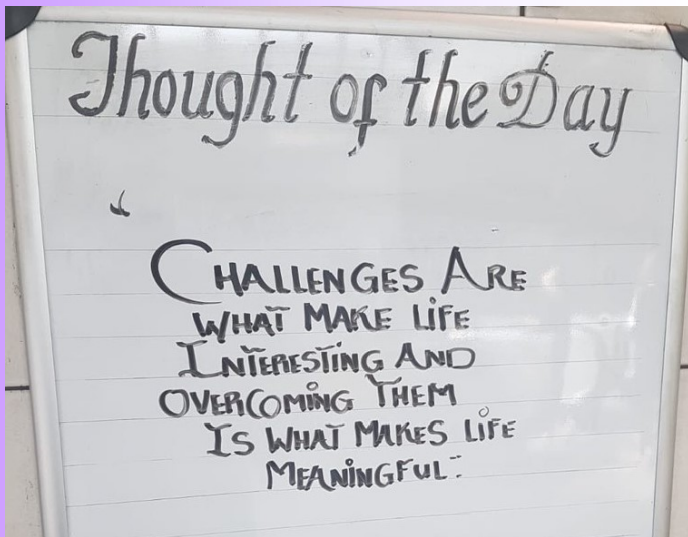
Location:

304 Main Street

Waterville

207-692-0290

Thoughts:



This month's "Wellness Talk"

The Health Talk will be scheduled for Monday June 24th 1-2pm— Skin and Hygiene for Summer

Monday, June 24th 2pm-3pm— Women's Initiative Business Meeting—Please come join us discussing the past, present, and future of Women's Initiative.

Up and coming!

Monday June 10th—Coloring Day 1-3pm—Bring a page you love or choose one from our amazing stock. Let your worries go and create an amazing work of art.

Friday June 14th Jewelry Making 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.

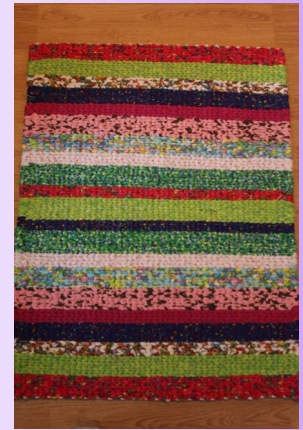
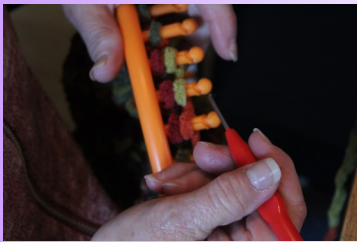
Thursday June 20th—Upper body/neck massage 12pm to 4pm. By appointment or walk-in. Donations go toward Women's Initiative funds. **If you can't make it to massage day... call and schedule a massage on a day and time that works for you.**

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Father's Day in the United States is on the third Sunday of June. It celebrates the contribution that fathers and father figures make for their children's lives. Its origins may lie in a memorial service held for a large group of men, many of them fathers, who were killed in a mining accident in Monongah, West Virginia in 1907.

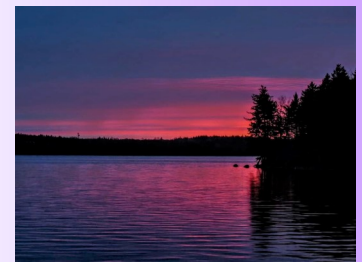


Busy Hands Finished Crafts



Many busy hands at Women's Initiative, from knitting, crocheting, toothbrush rugs, latch hook, quilting, looms, rugs, sewing etc. Please come help create more amazing products for Women's Initiative!!!

WOMEN'S TRIPS



May Trip to Botanical Gardens

May Trip to Machias Port, Maine which included Jasper Beach and Roque's Bluff.

June Treat

Simple Pasta Salad

"An easy, yet very yummy pasta salad. Almost any type of pasta may be used. Best if left to sit overnight."

Ingredients

- 1 (16 ounce) package uncooked rotini pasta
- 1 (16 ounce) bottle Italian salad dressing
- 2 cucumbers, chopped
- 6 tomatoes, chopped

Directions

1. Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 8 to 12 minutes, until al dente, and drain.

In a large bowl, toss the cooked pasta with the Italian dressing, cucumbers, tomatoes, and green onions. In a small bowl, mix the Parmesan cheese and Italian seasoning, and gently mix into the salad. Cover, and refrigerate until serving.

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 from ME**

PLEASE
PLACE
STAMP
HERE