

Uplifting Women Together Since 2003

**Tuesday** 

9:45 am – 10:45 am

Yoga w/ Lynne

10:00 am - 12:00 pm

Sewing – Swimwear &

Undergarments w/ Lida

10:30 am - 12:00 pm

Beginner's English w/ Maria

1:00 pm – 2:00 pm

Beginner's English w/

Maria

3:30 pm - 5:00 pm

Beginner's English w/ Rosa

4:00 pm - 6:00 pm

**Conversations &** 

Connections w/ Racheal

## Regularly Scheduled Classes

Wednesday 9:00 am – 10:30 am Beginner's English w/ Rosa

10:00 am – 12:00 pm Sewing – Scrubs Project w/ Marina

12:00 pm – 1:30 pm Beginners English w/ Letty

2:00 pm -4:00 pm Conversations & Connections w/ Maria

4:00 pm – 5:00 pm Beginner's English w/ Marie 9:00 am – 10:00 am English Conversation w/ Ellen

Thursday

10:30 am - 11:30 am Yoga w/ Home Power Yoga

1:00 pm – 2:30 pm Computer Skills w/ Racheal Class starts May 23<sup>rd</sup>

1:00 pm – 3:30 pm Sewing/Quilting Class w/ Lourdes

4:00 pm – 5:00 pm Citizenship Preparation w/ Iris

4:00 pm – 6:00 pm Conversations & Connections w/ Sheila

5:00 pm – 6:00 pm English Conversation w/ Maria

## Friday

9:00 am – 1:00 pm Knitting & Crocheting w/ Juana

> 11:00 am – 12:00 pm English Conversation w/Maria

12:30 pm – 1:30 pm Beginners English w/ Maria

> 4:30 pm – 6:00 pm Basic Computers w/ Patience

\*\* Volunteers needed for Basic Computer Classes

## Special Events – Registration Required

1:00 pm – 4:00 pm	Friday	Cinco De Mayo Celebration
4:00 pm – 6:00 pm	Friday	Ceramic Painting w/ Carmen
9:30am – 12:00 pm	Monday	Canvas Painting w/ Carmen
1:00 pm – 2:30 pm	Monday	Healing Hearts Through the Arts w/ Maria Politano
11:00 am – 1:00 pm	Tuesday	Parenting Workshop w/ Bayway Family Success Center
5:00 pm – 7:00 pm	Tuesday	Invisible Woman Workshop w/ NJ4S
5:00 pm – 6:30 pm	Wednesday	Mommy & Me Crafts w/ Vanessa
10:00 am – 11:30 am	Friday	Women Supporting Women w/ YWCA
12:00 pm – 3:00 pm	Friday	Mother's Day Brunch
All Day	Monday	Center is Closed
11:00 am – 1:00 pm	Tuesday	Parenting Workshop w/ Bayway Family Success Center
1:30 pm – 3:00 pm	Tuesday	Lunch & Learn: Elder Law
10:30 am – 12:30 pm	Thursday	Earring Making w/ Carmen
10:00 am – 12:00 pm	Saturday	Mother's Day Family Fun for All with Great Swamp
9:30 am – 12:00 pm	Monday	Wood Decoupage w/ Carmen
1:00 pm – 2:30 pm	Monday	Healing Hearts Through the Arts w/ Maria Politano
11:00 am – 12:00 pm	Tuesday	Connecting the Pieces Support Group
12:00 pm – 1:00 pm	Tuesday	Connecting the Pieces Music Therapy w/Maria
10:00 am – 11:30 am	Friday	Women Supporting Women w/ YWCA
10:30 am – 12:00 pm	Friday	Arts & Crafts w/ Pat
4:00 pm – 6:00 pm	Friday	Vitral Crafts w/ Carmen
All Day	Monday	Closed to Observe Memorial Day
1:00 pm – 2:30 pm	Tuesday	Healing Hearts Through the Arts w/ Maria Politano
7:00 am – 2:00 pm	Thursday	FABSCRAP Field Trip
9:30 am – 12:30 pm	Friday	Foam Painting w/ Carmen
	4:00 pm - 6:00 pm 9:30am - 12:00 pm 1:00 pm - 2:30 pm 11:00 am - 1:00 pm 5:00 pm - 7:00 pm 5:00 pm - 6:30 pm 10:00 am - 11:30 am 12:00 pm - 3:00 pm 11:00 am - 1:00 pm 1:30 pm - 3:00 pm 10:30 am - 12:30 pm 10:00 am - 12:00 pm 10:00 am - 12:00 pm 11:00 pm - 2:30 pm 11:00 pm - 1:00 pm 10:30 am - 12:00 pm 10:30 am - 12:00 pm 10:00 am - 12:00 pm	4:00 pm - 6:00 pm       Friday         9:30am - 12:00 pm       Monday         1:00 pm - 2:30 pm       Monday         11:00 am - 1:00 pm       Tuesday         5:00 pm - 7:00 pm       Tuesday         5:00 pm - 6:30 pm       Wednesday         10:00 am - 11:30 am       Friday         12:00 pm - 3:00 pm       Friday         12:00 pm - 3:00 pm       Friday         11:00 am - 1:00 pm       Tuesday         10:30 am - 1:00 pm       Tuesday         10:30 am - 1:00 pm       Tuesday         10:00 am - 1:200 pm       Monday         10:00 am - 12:00 pm       Monday         11:00 am - 12:00 pm       Monday         10:00 am - 12:00 pm       Monday         11:00 am - 12:00 pm       Tuesday         10:00 am - 12:00 pm       Tuesday         10:00 am - 12:00 pm       Tuesday         10:00 am - 12:00 pm       Friday         10:00 am - 12:00 pm       Friday         4:00 pm - 6:00 pm       Friday         4:00 pm - 2:30 pm       Tuesday         10:00 am - 12:00 pm       Friday         4:00 pm - 2:30 pm       Tuesday         7:00 am - 2:00 pm       Tuesday

## Monday

9:00 am – 11:30 am Sewing/Quilting Class w/ Lourdes

9:30 am – 1:00 pm Sewing – Alterations & Clothing Class w/ Maria

12:00 pm – 1:00 pm "I am Enough" Support Group \*\*New Time & Day

4:30 pm – 6:00 pm Beginners English w/ Shteffany