

ONGOING PROGRAMS	Learn more at www.whrl.org
	Bone Builders – Tuesdays and Thursdays, 9 - 10 am (<i>registration is full-call for waiting list</i>)
	Chair Yoga with Geri – Wednesdays, 4 – 5 pm / Fridays, 9 – 10 am (<i>check website for new dates</i>)
	Community Craft Circle – Wednesdays, 1 - 3 pm (<i>drop-in</i>)
	Menopause Support Group – fourth Tuesday of each month, 6 – 7 pm, WHRL Office
	Saturday Morning Craft & Chat – second Saturday each month, WHRL Office, 9 – 11 am (<i>drop-in</i>)
	Tai Chi – Mondays, 1 – 2 pm
	WHRLigig Infant/Toddler Playgroup – Wednesdays, outside in October at Milbridge Commons (weather permitting – if rain, we will gather at the WHRL office), 10 - 11 am, (<i>drop-in</i>)
BOOK GROUPS	WHRL's Mending Café – second Tuesday of each month, WHRL Office, 6 - 8 pm (<i>drop-in</i>)
	Book Group: Held in the WHRL Thankful Room, two separate groups, dates/times vary
	Learn more and register at https://whrl.org/programs/book/ See you next year!
COOKING CLASSES	Harvest Table Cooking Classes
	Held on Saturdays at Weald Bethel Community Center from 11 am - 1:30 pm (<i>unless noted otherwise</i>)
	Learn more and register at https://whrl.org/programs/harvest-table-cooking-classes/
	November 7: The Art of the Tart – Mastering Fruit, Flavor, and Pastry with Flair with Wyman's
HEALTH & WELLNESS	December 5: Returning to our Roots – Exploring the Bounty of Maine's Root Vegetables
	Learn more and register at https://whrl.org/programs/health/
	November 4: Navigating Medicare Coverage – Which Option is Right for Me , 5:30 – 6:30 pm, WHRL Thankful Room
	November 12: Intro to Strength Training (for women 25+), 6 – 7:30 pm, WHRL Thankful Room
IEM	Incredible Edible Milbridge Gardening Workshops
	Learn more and register at https://whrl.org/programs/incredible-edible/ See you next year!
OWL	OWL (Outdoor Women Lead) Outings* & Workshops
	Learn more and register at https://whrl.org/programs/owl/
	November 7: Bold Coast, Bogs, Moss, and Lichen at Boot Head Preserve* , 12 – 2 pm, Lubec, Moderate
	December 12: Nature's Gifts at Ingersoll Preserve* , 12 – 3 pm, Addison, Moderate
SPECIAL PROGRAMS	(Open to All)
	Holiday Quilling: November 7, 10 am – 4 pm, WHRL Thankful Room, https://whrl.org/schedule/holiday-quilling/
	Wilderness First Aid: November 14 & 15, 9 am – 5 pm (both days), WHRL Thankful Room, https://whrl.org/schedule/wilderness-first-aid/

Registration is required for most programming unless "drop-in" is indicated. WHRL programs are open to everyone in the community, not just women, unless marked with an (*). These programs* are open to anyone for whom "woman" is a meaningful identifier or lived experience.

