

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, 9:00 – 10: 00 am (<i>switching to 1 – 2 pm end of October</i>) WHRLig 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>) WHRL's Mending Café – second Tuesday of each month, WHRL Office, 6 - 8 pm (<i>drop-in</i>)
	BOOK GROUPS Book Group: Curl Up With A Good Book Series * Held in the WHRL Thankful Room, two separate groups, dates/times vary Learn more and register at https://whrl.org/programs/book/ October: "Tell Me Everything" by Elizabeth Strout
	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/ October 3: Flavors Of Morocco – From Tagine to Table with Julie Houser November 7: The Art of the Tart – Mastering Fruit, Flavor, and Pastry with Flair with Wyman's
	HEALTH & WELLNESS Learn more and register at https://whrl.org/programs/health/ October 1: Caregiver Self-Care , 5:30 – 7 pm, WHRL Thankful Room October 8 & 15: Estate Planning , 5:30 – 7 pm, WHRL Thankful Room October 13: Navigating Medicare Coverage – Which Option is Right for Me , 5:30 – 6:30 pm, WHRL Thankful Room 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/ October 10: Let it Rot – Making Your Own Compost with Brian Dyer Stewart, 1 – 3 pm, Harrington October 31: Growing Good Garlic with Dan Cunningham of Folklore Farm, 1 – 3 pm, IEM Garden at Red Barn Motel
	OWL OWL (Outdoor Women Lead) Outings* & Workshops Learn more and register at https://whrl.org/programs/owl/ October 17: Exploring Fungi on Catherine Hill* , 1 – 3 pm, Hancock County, Moderate October 24: Creepy, Crawly, & Curious Family Program I , 1 – 3 pm, Outdoor Classroom/Milbridge Elementary School (<i>drop-in</i>) November 7: Bold Coast, Bogs, Moss, and Lichen at Boot Head Preserve* , 12 – 2 pm, Lubec, Moderate
	SPECIAL PROGRAMS (Open to All) Map & Compass - Practice Your Skills: October 25, 1 – 3 pm, Milbridge Commons Wellness Park https://whrl.org/schedule/map-and-compass-practice-your-skills/ 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.

