



Wolfeboro Outreach

April 2011



Nutrition

Joanne Knowleton will be coming to the Wolfeboro Community Center on Wednesdays at 11:00 am in April and the first 2 weeks in May to do a nutrition class. Please join us.

Easter Dinner

On Sunday, April 24, there will be an Easter Dinner at the Wolfeboro Community Center. The hours open will be 11 a.m. to 3 p.m. (Dinner around 1:00 p.m.)

Groups

WRAP - Mondays - 1:00 - Learning to take care of ourselves when we're not doing our best

Goals - Tues. 1:00- Setting small and large goals and following through with them.

Life Skills & Art - Thurs. 1:00 - Miscellaneous (anger management, self-esteem, worry, wellness, with art)

Market Basket Trip

There will be a Market Basket trip on Thursday, April 7th at 10:00 am. if at least 3 people sign up. Please call Robin by April 1st.

Interview with Woody A

Woody was born in New Haven, Conn. He graduated from Wellesley High.

He comes from a musical family and learned to play the drums in the Wellesley House, where he was in a band called "Grand Larseny". He has a brother, Randy, who he loves to play frisbee with when he visits in the summer. Woody's hobbies are fishing, meditating, and art with pastels. He likes peer support, WRAP, and coming to the Community Center for the camaraderie also.

Call Robin - 662-2140

Community Services

Wolfeboro Chamber of Commerce -
569-2200

Ossipee Main Street Program
539-7200