

FEATURED THIS MONTH:

- Skin Cream Workshop
- Learn to make sauerkraut
- Walking Group
- Chat'n Knit for the OWLS
- LDWC's AGM
- Forest School
- Gentle Exercises for 50+
- Postnatal Group
- Playgroup
- Yoga at the Garden



*"Breathe the sweetness that hovers in August."
 - Denise Levertov*

WHAT A WONDERFUL COMMUNITY!

A word from your Programs Coordinator

When I started as a Programs and Community Outreach Coordinator at your Women's Centre in February 2020, I didn't realize that the world as we knew it was just about to change. And while it has sometimes been quite challenging to maintain and adapt the services and activities offered by the LDWC during the pandemic, I have also discovered how wonderful our community is and how much I love to interact with members, participants, board of directors, volunteers, partners and colleagues. Seriously, I have never been surrounded by so many inspiring women! I want to express **how grateful I am to work with you.** You made this past year more meaningful, colourful and human. **Thank you** for reminding me what is really important, for showing up at online workshops, for wearing a big smile when we meet at the garden, for always offering your help, for giving rides to other members who don't have a car, for your trust, for sharing your life experiences,

for caring about your community and for bringing your ideas to the table.

I hope you are enjoying our summer programs and I am optimistic that we can resume our indoor activities in the fall. We have already booked the **Community Hall** in Lennoxville for our **Painting and Bridge** group, the **OWLS** meetings and **Playgroup**. We will also continue to offer our **Forest School** activities and **various workshops both outdoors and indoors.** And we are really looking forward to seeing you at our **Annual General Meeting on September 16th.** So please save the date!

Make sure also to follow our [Facebook page](#) to be updated on new activities or feel free to phone at **819 564-6626** for info. We wish you all a sweet and bountiful August!

Right: Images from a few of our activities in June and July (OWLS Picnic, Watercolour Workshop and Forest School/Orienteering)



CONNECT WITH NATURE AND YOUR COMMUNITY!

Floral Skin Cream Workshop

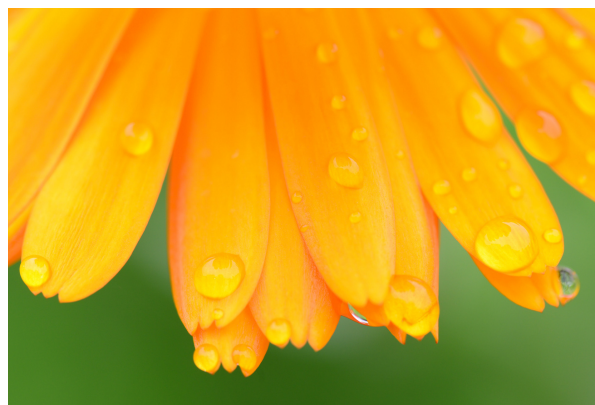
Using our harvest from the LDWC Garden flowers as well as wild flowers, we will transform infused oils into a hydrating and nourishing body cream. Come to learn about the benefits of making your own cosmetics using local and natural ingredients!

When: Monday, August 16th - Noon - 1:30 pm

Where: At the tent by the LDWC Community Garden

Sign up [HERE](#) or call 819-564-6626

Cost: 4\$



Learn to Make Sauerkraut and Other Lacto-Fermented Pickled Vegetables

Please join the LDWC gardeners in transforming the fruits of their harvest in a friendly outdoor setting. Learn about the traditional practice of sauerkraut-making using freshly grown cabbage, carrots and greens. All participants will be gifted a jar of sauerkraut once the finished product is completed. This event is free.

When: Monday August 23rd - 12pm - 1:30 pm

Where: Under the tent at the LDWC Community Garden, near D'Arcy Bennett Park (Top of Charlotte St. in Lennoxville)

Sign up [HERE](#) or call 819-564-6626



WALKING GROUP

Get moving and make friends along the way!

Put on a pair of comfortable shoes and join us every **Wednesday morning at 9 am** for a fun walk on various trails in the Lennoxville area. Please sign up [HERE](#) or call or email to register: **819-564-6626** or **programseldwc.ca**.

"CHAT, KNIT & PLAY" BY THE GARDEN

for our Outstanding wise ladies (OWLS)

We wish to invite all of our members of the **OWLS** group (Outstanding Wise Ladies Sharing) and any women from our community **aged 60 and over to join our "Chat, Knit & Play" gatherings.**

Come enjoy tea and cookies with other ladies at the tent by the Community Garden. Bring your knitting or a deck of cards or any board games and spend a beautiful afternoon in good company.

When: Wednesday, August 11th and 25th, at 1:30 pm

Where: Under the tent at the LDWC Community Garden, near D'Arcy Bennett Park (Top of Charlotte St. in Lennoxville)

Info and registration: 819-564-6626 or programseldwc.ca



DON'T MISS YOUR WOMEN'S CENTRE ANNUAL GENERAL MEETING



Photo of our Board of Directors taken at our last AGM in June 2019

Finally an AGM on September 16th!

After having to cancel our AGM in 2020 due to the pandemic, we are excited to invite our members to catch up on Thursday, **Sept. 16th, at 5:30 pm**. Our AGM will take place under the **tent at the LDWC Community Garden**. We will be discussing highlights and achievements from the past year as well as future developments planned for the year ahead. On the menu: delicious food, slide show, games and good vibes!

Please confirm your presence as soon as possible **so that we can reserve the lunch boxes!**

Register [HERE](#) or call us at 819-564-6626

"FOREST SCHOOL" AT THE LDWC

3 family activities to enjoy with your kids aged 5 to 10 (younger siblings and dads also welcome!)

- **Camping Cooking (August 8th - 11 AM - 1 PM)**

Have you ever wanted to learn new, fun ways to make food outdoors? More than marshmallows on the fire, we're talking about burlap grilled cheese, bannock (i.e. bread on a stick) and bunson burner burgers! This activity will take place by our Community Garden, beside the D'Arcy Bennett Park in Lennoxville

- **Starry Night (August 12th - 8:30 PM - 11 PM)**

Join us in a field near Lennoxville for the peak of the Perseid shower, one of the most magnificent, annual asteroid showers! Bring blankets, snacks, any star gazing equipment you have lying around and your enthusiasm! (Exact location to be determined)

- **A Family Camping Night! (August 21st-22nd, from 6pm on the Saturday)**

Grab a tent, sleeping bags, food and join other families for a fun camping night in nature (but close to town). Prepare your best stories to share around the fire! (Exact location to be determined)

To sign up for any of our Forest School workshops: click [HERE](#) or contact us at 819-564-6626 or programs@ldwc.ca. Places are limited. First come, first served!



GENTLE MORNING EXERCISES

Warm up and stretching for women 50 and over

Here is a little morning tonic to get you started on the right foot. The joints will be specially targeted by the various exercises, which are accessible to all. The body will be more flexible and more mobile for the rest of the day! If you are interested in participating in this second 4-week series, please register by clicking [here](#) or call 819-564-6626 or email us at info@ldwc.ca.

When: Thursdays, August 5-12-19-26

Time: 10 am - 11 am

Where: under the tent by the LDWC Community Garden (Top of Charlotte St. in Lennoxville)

Cost: 5\$/class

POSTNATAL DISCUSSION GROUP

If you are a new mother and have had a baby in the past year, you are welcome to join our **Postpartum** Discussion Group occurring once monthly throughout the summer. Taking place outdoors or at the Women's Centre, we will engage in friendly and honest discussion about topics related to health and well-being as a new mother and various topics related to all things baby. This is a chance to bond with other mothers going through similar experiences, to socialize your baby, and to gain new knowledge and information in a casual setting. **New moms and their babies welcome!**

Next meeting: September 21st, 6:30 pm - 8 pm, at the LDWC

For registration click [HERE](#) or contact us at **819-564-6626** or programs@ldwc.ca



PLAYGROUP

Learn, share, have fun and connect



Join our **Playgroup every Tuesday at 10 am at the D'Arcy Bennett Park in Lennoxville** to meet other English-speaking mothers in the Townships with pre-school aged children aged 0-5. **Upon request, we are happy to announce that playgroup will take place Tuesdays in August, the 10th, 17th and 24th**

Info and registration: **819-564-6626**, or programs@ldwc.ca

YOGA AT THE GARDENS

Such a great way to start your week!

Summer Yoga for women under the tent continues for three more weeks in August!

When: Mondays, August 9, 16, and 23.

Time: 10 am - 11 am

Where: under the tent by the LDWC Community Garden (Top of Charlotte St. in Lennoxville)

Cost: 5\$/class

Please register by clicking [HERE](#) or by phone or email: **819-564-6626** or programs@ldwc.ca.



NEED A BIT OF SUPPORT?

MEALS FOR FAMILIES PROGRAM

We will offer frozen prepared meals to low-income families of our community until October 2021

Lennoxville & District Women's Centre
200-175 QUEEN ST. SHERBROOKE J1M 1K1
819 564-6626
INFO@LDWC.CA WWW.LDWC.CA



Operation September

School supplies / Lunchbags / Backpacks

KNOW A STUDENT WHO COULD USE A LITTLE HELP WITH BACK-TO-SCHOOL PURCHASES?

OUR PROGRAM HELPS CHILDREN ATTENDING ELEMENTARY SCHOOLS IN RICHMOND, AYER'S CLIFF, STANSTEAD, NORTH HATLEY, COOKSHIRE-EATON, SAWYERVILLE, BURY, DANVILLE AND MAGOG, AS WELL AS THOSE GOING TO SHERBROOKE ELEMENTARY AND RICHMOND REGIONAL HIGH SCHOOL.

CONTACT THE LDWC
819 564-6626 or info@ldwc.ca

To donate
SEND A CHEQUE TO
LENNOXVILLE & DISTRICT WOMEN'S CENTRE
175 QUEEN ST. SUITE 203
SHERBROOKE QC J1M 1K4
(SPECIFY OPERATION SEPTEMBER)

Lennoxville & District Women's Centre
200-175 QUEEN ST. SHERBROOKE J1M 1K1
819 564-6626
INFO@LDWC.CA WWW.LDWC.CA

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Operation September