



💛 Kindness Week 2024 Events being hosted by our “Partners in Kindness” 💛

All Week

Wrightpix Photo Gifts is putting the focus on kindness with their *Clicking with Kindness* initiative. Find Wrightpix art around town- a piece to keep, a piece to give.

Westborough High School Student Council is hosting *Charity Week*. There will be daily events for students, all focused on helping others. If you have or know a high school student, ask them about it!

Give and Take Kindness Walls will be located in **Cha Cha N Beans**, **Rhythm Dance Company**, and **Skyrise Theater**.

First United Methodist Church is hosting a sock drive for those experiencing homelessness in Worcester. Please bring new men's white cotton crew socks and leave them in the Outreach bin in the atrium or (after church hours) in the bin outside by the door. Can we top the 420 pairs collected last year?

Drop off non-perishable donations for the Westborough Food Pantry at: **Dolan and Maloney Insurance**, **Methodist Preschool**, or **Rebound Physical Therapy**. They are each holding drives this week.

Help **Westborough Public Schools (WPS)**, the **Veterans Advisory Board**, and the **American Legion** collect new clothing and new toiletries for homeless veterans. Donations can also be dropped off at the Westborough Public Library, Senior Center and Police and Fire stations.

Drop cold weather gear (hats, scarves, gloves etc.) to **Ted's Montana Grill** or **Hiago Gama BJJ Academy**.

Help **MidStrong** with their collection for an Army Infantry troop deployed in Estonia. Find the details: <https://tinyurl.com/286ehxcd>

Westborough Massage is collecting for Abby's House. Bring personal care items (diapers, sanitary items, shampoos, deodorants), cleaning supplies (paper towels, toilet paper, wipes) and office supplies to their location.

Westborough Public Library (WPL) is collecting for BayPath Humane Society starting on Tuesday afternoon and continuing through December 4th.

Central One Federal Credit Union will continue its Quarter Drive, *collecting quarters* for St Luke's Outreach who gives them directly to families who use coin operated machines, such as washers and dryers.

Polished Pup is having a food collection for the Central Mass Pet Pantry. Anyone who donates an item will be entered to win a free grooming for their dog.

Visit those hosting a **Kindness Champion in Our Community** raffle (**Cha Cha N Beans**, **The Fresh Monkee**, **Lindsay Taylor SPAtique**, **Ted's Montana Grill**, and **Tatnuck Booksellers**). Nominate someone you believe is a true champion of kindness.

Look out for special ways our partners from [Amazon](#), [New England Recovery Center](#), and [Park Street Dental](#) will be spreading kindness.

Monday, November 11th- “Make It Monday”

Starting today, [Mugford’s Flower Shoppe](#) (8 Warburton Lane) will have free bundles of flowers in a bucket inside the store. Drop by and pick up a bundle to brighten someone's day!

All are invited to join the [Westborough High School Humane Society Club](#) at 9am at Veteran’s Freedom Park for a dog walk to start the day being kind to your pet (and yourself!)

The [Westborough Veterans Advisory Board](#) invites all to attend the town’s celebration of Veterans to show gratitude for their selfless service. Ceremony begins at 10:30 am. See westboroughma.gov for details.

Drop in between 12:30 and 3 pm to [Learning Express](#) for a dinosaur themed kindness activity and Dinosaur Dig. Intended for ages 4-7 (with a caregiver).

Join author [Megan Litwin](#) and [Hygge House Books](#) from 3 to 4 pm in the bookshop for an all-age poetry workshop where we will make poems...for others! Come explore, create, and make something beautiful to share with a friend or loved one. Children and adults are welcome. Pre-registration encouraged <https://square.link/u/mmBdF7LG>
Walk-ins welcome.

Make time to show kindness to yourself with a Gentle Yoga class at [Release Well-Being Center](#) from 7-8pm. Registration Required. Go to <https://clients.mindbodyonline.com/classic/mainclass?fl=true&tabID=7> to register.

Tuesday, November 12th- “Take Care Tuesday”

Starting today, [Westborough Youth and Family Services](#) will have a bin outside of the Forbes building with Take Care and DeStress Bubbles. While supplies last.

Teens- drop into [Elsie Kaye Gift Shop and Artisan Studio](#) and craft bookmarks with members of the [Rotary Club of Westborough](#) between 3-4pm. The bookmarks will be gifted to residents of the Willows with upcoming birthdays.

Patrons of all ages are invited to join the [WPL](#) and their Amazing Senior and High School Teen Moderators in a night of intergenerational fun. Starting at 6:30 pm there will be word puzzles, art projects, games and challenges. Register: <https://westborough.assabetinteractive.com/calendar/intergenerational-game-night-a-kindness-week-event/>

Wednesday, November 13th- “Chalk the Walks of Westborough Wednesday”

Participate in *Chalk the Walks of Westborough* led by the [Westborough Newcomers Club](#). Learn more and sign up to help here: <https://tinyurl.com/3ztn7b9a>

[Yummy Mummy Bakery](#) invites preschoolers to drop in anytime between 10-2 today, World Kindness Day, to decorate a cookie to treat and show kindness to a friend. While supplies last.

[Westborough Connects](#) is so grateful for its volunteers and new members. We invite you to *Connect Over Coffee* from 2-3pm at [Post 22](#) (1300 Union Street). Drop in anytime for a cup of coffee and conversation.

Help the [Unitarian Universalist Congregational Society of Westborough](#) collect men's clothing for the South Middlesex Opportunity Council (SMOC). Items can include: new socks and underwear, and gently used sweatshirts, sweatpants, T-shirts, and jeans. Donations can be dropped from 3-6pm at the Ruggles Street entrance to the church.

Families are invited on a "Chalk It Up to History Tour" to discover vintage homes of famous people in Westborough as they tour Parkman, Grove, and Church Streets with Kris Allen from the [Westborough Historical Society](#). Meet at the William Sibley House (13 Parkman St.) at 3:45pm. Walk is rain or shine and will end at 4:30pm. Participants will help chalk the sidewalks in front of the homes with kind messages.

Register to attend Baypath Humane Society's Presentation at the [WPL](#) at 4pm. A donation drive to benefit Baypath will start today and last till December 4

<https://westborough.assabetinteractive.com/calendar/baypath-humane-society-presentation-a-kindness-week-event/>

Kids from K-5th grade can show kindness to themselves and others at the new community center, The [Westborough Recreation Department](#) is hosting a one hour yoga and friendship bracelet making session starting at 4:45pm. No registration needed. Prefer a caregiver to stay.

Come learn more about how to become a foster parent, get your questions answered, and learn what you can expect. Starting at 6pm, get answers and information from the experts of the MA Department of Children and Families! Register for this [WPL](#) program here:

<https://westborough.assabetinteractive.com/calendar/dcf-foster-care-adoption-info-session-a-kindness-week-event/>

Crochet Cuddly Critters for Charity. Experienced crocheters are invited to make a crochet critter to go to a children's orphanage in India. Drop in to the [WPL](#) Teen Zone between 6-7:45 PM; they'll provide the supplies (or bring your own) and patterns; you bring the skills. No registration needed.

Thursday, November 14th- "Thankful Thursday"

Enjoy an event all about gratitude at [Circles of Joy, LLC](#). From 1-3pm, participate in a gratitude meditation, a journal writing exercise, and a small art project as a take-away of the Thankful Thursday experience. Register

<https://www.circlesoj.com/event-details-registration/thankful-thursday>

Join [Art Buddies](#) at the [BORO Sugar Shack](#) to paint a Kindness Canvas to give to someone you are thankful for. Drop in anytime between 4-5:30 pm. For ages 10+ with an adult. While supplies last.

Come to the [WPL](#) from 6-7:45 pm and "Make Your Own Holiday Room Spray." This class will teach students the basics of essential oils. Attendees will leave with a bottle of their own interpretation of the scent of the holidays or the winter season. Be kind to yourself and take home a pleasant fragrance--or be kind to someone else and gift it to them! Register: <https://westborough.assabetinteractive.com/calendar/essential-oil-class-with-native-kitchen/>

Friday, November 15th- "Pay it Forward Friday"

Enjoy a guided meditation from 12-1pm in the salt room at **Just Breathe, A Salt Room and Healing Center**. Limited to 10 people. Register:

<https://clients.mindbodyonline.com/classic/ws?studioid=447789&stype=-113&sTG=39&sView=day&sLoc=0&sTrn=44&date=11/15/24>

Join in the fun at **The Little Gym** from 1-2pm. There will be Kindness Rock painting and gym time; Register:

<https://store.unleashedbrands.com/the-little-gym/westboroughma/schedule/class?eventType=Drop-In%20%26%20Events&date=2024-11-15>

Kids and caregivers can drop into the Children's Activity Room at the **WPL** from 2:30-4:30pm to create kindness themed arts & crafts - make something for yourself and another to give to someone else! Best for kids ages 3 & up with a caregiver.

"Refresh and Recharge Yourself" at **The Fresh Monkee**. Be kind to yourself! Drop-in between 4:30-5:30 pm and enjoy a fresh shake sample. Owner Patrice Kontchou will be on hand to chat about taking care of yourself so you can be kind to others.

Saturday, November 16th- "Sustain it Saturday"

Visit **Tatnuck Booksellers** today for a "Keep the Kindness Going" gift card special. Buy a \$5 gift card for the next customer and get 20% off any gift cards you buy in the same transaction to give as gifts. See store for details and take part in the **Kindness Champion in our Community** initiative while you're there.

"Do You Know a Kind Duck?" Check out **Simply SoHope** between 10am-4pm today. Choose a duck, write a note to a kind person, and deliver them both to inspire the receiver to keep the kindness going.

The Westborough Chinese American Association will host a Chinese painting skills class for all ages (6+) to teach how to draw bamboo at the **WPL** today from 10am-12:15pm. Sign up [HERE](#)

Visit The Sibley House Open House between 1-4pm. **The Historical Society** will be celebrating Westborough's Veterans with special exhibits from the Revolution, Civil War, and World War I and II.



Stay up to date with Kindness Week events on our website (<https://www.westboroughconnects.org/programs>), our FB pages (@WCKindnessWeek, @WestboroughConnects), or by signing up to be on the WC mailing list (see our website).

Keep us up to date by sharing your stories and/or pictures from the week. You can tag us on FB, email us at westboroughconnects@gmail.com and use the hashtags #KindnessConnectsUs, #WestboroughConnects, #KindnessWeekWestborough

We are grateful to all of our **Partners in Kindness** who help make this a special week in Westborough. Whether they are hosting an initiative, inspiring kindness in others, providing financial support, or spreading the word, we could not do it without them!

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