

**Every Day:**

9:00 Open 9:30 Gathering Circle  
 10-11:30 Morning Programs  
 Mon, Tues, Wed, Thurs. BYO Lunch  
 Hours: 9-2 Mon-Thurs., Fridays 9-12

The Center for Wisdom's Women  
 97 Blake St. (between Pine and Ash)  
 513-3922  
[www.wisdomswomen.org](http://www.wisdomswomen.org)



<i>DAILY</i> Gathering Circle and Qi Gong 9:30 BYO Lunch M-Th 12:00	<b>Mon</b> close at 2:00	<b>Tue</b> close at 2:00	<b>Wed</b> close at 2:00	<b>Thu</b> close at 2:00	<b>Fri</b> close at noon
10-11:30 12:30-1:30	<b>2 CLOSED</b> Easter Holiday 	<b>3</b> Empathy Role Playing, Anita  Poetry Sharing Reiki, sign up 1pm	<b>4</b> Cooking Matters 6-wk session! Class 3  Knitting Circle	<b>5</b> Healing Arts Maryam  Postcard Collages	<b>6</b> Crochet Jackie  1:30 TIY=Trauma Informed YOGA
10-11:30 12:30-1:30	<b>9</b> Writing Workshop  World Music	<b>10</b> Heart Health presentation  Peasant Pantry Prep Poetry	<b>11</b> Cooking Matters 6-wk session! Class 4  Knitting Circle	<b>12</b> Peasant Pantry Café all day (Mulligatawny Stew) 10:00-11:30 prep 11:30-1:30 serve 1:30-2:00 clean up	<b>13</b> Dream Workshop Deb  TIY  New Books New Readers 2nd Saturdays, 14th, 10-11:30
10-11:30 12:30-1:30	<b>16</b> Writing Workshop  Postcard Collages	<b>17</b>  Volunteer Appreciation Day	<b>18</b> Cooking Matters 6-wk session! Class 5  HW meeting Jonah	<b>19</b> Healing Arts Maryam  CLOSED AT NOON for Sophia's Circle	<b>20 CLOSED</b> COMPANION RETREAT DAY 
10-11:30 12:30-1:30	<b>23</b> Writing Workshop  Earth Day	<b>24</b> BINGO  Cupcake Baking Trans Group 6pm	<b>25</b> ART VAN  April Birthday Celebration Knitting Circle	<b>26</b> Clothing Give-Away all day!	<b>27</b> Essential Oils Bug Spray  TIY
10-11:30 12:30-1:30	<b>30</b> Writing Workshop  Sing!	I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. ~ Maya Angelou			

**Poem of the Month:**

And Spring arose on the garden fair, like the Spirit of Love felt everywhere;  
 and each flower and herb on Earth's dark breast rose from the dreams of its wintry rest.  
 – Percy Bysshe Shelley

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Volunteers</b>	<u>Desk:</u> Ruth	<u>Desk:</u> Ashley	<u>Desk:</u> Judy a.m. Sue C p.m.	<u>Desk:</u> Sue S.	<u>Desk:</u> Ashley
	<u>Companions:</u> Sue a.m. Pat G all day	<u>Companions:</u> Nancy G & Anita a.m. Leslie p.m.	<u>Companions:</u> Pat L a.m. Cathy p.m.	<u>Companions:</u> Pat G. all day, Nancy R. a.m.	<u>Companion:</u> Linda



### **SPECIAL EVENTS!**

**HEART HEALTH: Tuesday, April 10.** The Center is hosting Monica Dawe as she presents healthy ways to manage stress, in a heart math presentation.

**DREAM WORKSHOP Friday, April 13.** Join us as Deborah Pfeffer will talk about dreams, why we have them and focusing on one or two dreams, and their meaning.

#### **CELEBRATION:**

**VOLUNTEER APPRECIATION DAY: Tuesday April 17.** The Center will have music, games, and a light healthy lunch to recognize all the women who volunteered at the Center in 2017 and through 2018 thus far.

**ESSENTIAL OILS CLASS!! Friday, April 27.** Join Bethany Rackliff as she shows us how to make bug spray using essential oils.

**BOOK CLUB – NEW BOOKS, NEW READERS Saturday, April 14** for people who never thought they could be in a book group! Trying a Saturday morning, once a month. Come join especially if you are learning English or need practice to read better. **Join us 2<sup>nd</sup> Saturdays 10:00- 11:30am.**

### **SUPPORT GROUPS**

**Tuesdays @ 11:30 – 1:30 Support for Family Caregivers** available for those who have the task of caring for a family member who is sick or disabled.

**Tuesdays @ all day** Health Affiliates therapist available.

**Tuesday the 24<sup>th</sup> 6:00 pm** Trans Support Group Monthly.

**Fridays @ 1:30 to 2:30 Trauma Informed YOGA Practice** Come and share and learn gentle ways to ease your fears. Meets 1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> Fridays.

### **SOPHIA'S CIRCLE!**

Sophia's Circle is our core team of volunteers who each staff the front desk weekly and are responsible for hospitality at the Center. They also help with housekeeping. Hospitality is important at the Center! And how our space looks says a lot! Remember the first time you came, how nice it was to have a friendly welcome, and how good it felt to be in a beautiful, clean space? The circle meets monthly (lunch provided) to reflect on the work, share ideas, come up with guidelines for Sophia Circle, and provide some training. They go on retreats or field trips together during the year. If you want to commit to being part of this team, and participate in the Sophia Circle meetings, speak with Sonia.

### **OTHER WAYS YOU CAN HELP THE CENTER ...**

**Outreach** – Spread the word, invite new women to come. We have small cards to keep in your pocket and give to women who don't yet know about us! Christine can teach you how to spread the word about the Center! **Need something to do?** You can make **Wisdom Boxes** or **Gratitude Beads** that we sell – someone will teach you how! Get involved with **Herban Works** our growing social enterprise! Staff our table at the **Farmer's Markets** on Sunday April 19, 10-1:00. Or see what needs cleaning!

### **IN THE KITCHEN:**

*Those who participate get to enjoy the food and take any leftovers home with the recipes!*  
**Thursday the 12<sup>th</sup> at 11:30 – Peasant Pantry Cafe** serving Mulligatawny. **A monthly affordable & sustainable community meal, donations going to the women who prep and serve the meal.**

### **Other Great Local Monthly Programs! FREE!**

**NUTRITION CENTER: Adult Cooking Class** Last Tuesday of every month, 24<sup>th</sup> 5:00 - 7:00 pm.

**TRINITY: Second Sundays Drum Circle** – 15<sup>th</sup> @ 1:00. Instruments available, beginners welcome!

**LEWISTON FARMER'S MARKET:** Will start again in Summer 2018.