

Every Day:

9:00 Open 9:30 Gathering Circle & Qi Gong
 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



<u>DAILY</u> Gathering Circle and Qi Gong 9:30 BYO Lunch M-Th 12:00	Mon close at 2:00 Book Club Every Monday 11:30-12:30	Tue close at 2:00	Wed close at 2:00	Thu close at 2:00 Book Club Every Thursday 11:30-1:00	Fri Close at noon
10-11:30 12:30-1:30	3 Writing Workshop Hanukkah	4 Dear Anita Holiday decorating Reiki 1pm	5 What's cooking? Decorating snowmen, Pat	6 Healing Arts, Maryam Aprons, Vikki, Bring a pillowcase	7 Meaningful lyrics, Janet 1:30 TIY=Trauma Informed YOGA
10-11:30 12:30-1:30	10 Writing Workshop Holiday cards, for Sophia's House	11 Spa Day Giveaway Peasant Pantry Prep Holiday cards	12 ART VAN Visit Sr Claire	13 Peasant Pantry Café Tourtiere (meat pie) 11:30-1pm	14 HOLIDAY PARTY! TIY
10-11:30 12:30-1:30	17 Writing Workshop Cupcake Baking for December Birthdays	18 Holiday BINGO Holiday Cards	19 ART VAN December Birthday Celebration & Games	20 Clothing Giveaway All Day Sophia's Circle	21 L.O.L.
10-11:30 12:30-1:30	24 	25	26	27	28 TIY
CLOSED for the HOLIDAYS thru 1/1/2019					
10-11:30 12:30-1:30	31 		 Sparkle Saturday 12/15, see back for details		

If you don't like something change it; if you can't change it, change the way you think about it.

~ Mary Engelbreth

Volunteers	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Desk: Ruth Companions: Sue a.m. Pat G all day	Desk: Mary am. Jackie, pm Companions: Nancy G & Anita a.m. Elizabeth & Helen p.m.	Desk: Rebecca a.m. Sue C p.m. Companions: Pat L a.m., & Elizabeth Cathy p.m.& Janet	Desk: Sue S. Companions: Pat G. all day, Nancy R. a.m.	Desk: Bethanie Companion: Linda



SPECIAL EVENTS!

HOLIDAY FAIR: Sat. Dec 1 Snow Day Dec. 8. Join us for our 3rd annual Holiday fair, filled with crafts, baked goods, raffles and more!

HEALING ARTS: Thurs. Dec 6, Maryam joins us for fun creative art projects! Great for the gift giving season.

SPA DAY GIVEAWAY!: Tues. Dec 11 We will have lots of spa toiletries to give away during our popular trivia games. Join the fun!

HOLIDAY PARTY! Fri Dec 14 Stop by for our annual Holiday party, with great food, great friends and caroling!

HOLIDAY CARDS: Mon . Dec 11 & 18 Please join us and help to make 'Sophia House' holiday cards for all the donors who help keep The Center running and contributing to the building of Sophia's House.

SPARKLE SATURDAY: Sat. Dec 15, Downtown Lisbon St will be alive with holiday activity for last minute shoppers on Sparkle Saturday. December 15th, 10am - 5pm.

SUPPORT GROUPS

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.

Fridays @ 1:30 to 2:30 Trauma Informed YOGA Practice Come and share and learn gentle ways to ease your fears. Meets 1st, 2nd and 4th 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 Sundays. Or see what needs cleaning!

IN THE KITCHEN:

Those who participate get to enjoy the food and take any leftovers home with the recipes!
Peasant Pantry Café! *A one pot, affordable, sustainable meal, donations welcome, and shared among the women who prepare the meal. This month is a French-Canadian dish, Tourtiere, (meat pie).*
What's Cookin Wednesdays? December 5th!

Other Great Local Monthly Programs! FREE!

NUTRITION CENTER: Adult Cooking Class Last Tuesday of every month, 25th 5:00 - 7:00 pm.

TRINITY: Second Sundays Drum Circle – 9th @ 1:00. Instruments available, beginners welcome!

Farmer's Market: New location!! YWCA, East Avenue. Sundays 10-12 pm. We need volunteers!!! Call 513-3922.