

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		1 HAPPY NEW YEAR!!	2 Word for 2019 Good Luck Soup & Annual review and looking ahead	3 New Year Intentions Collages Holiday Thank You cards	4 1:30 TIY=Trauma Informed YOGA Holiday Thank You cards
10-11:30 12:30-1:30	7 Writing Workshop Holiday Thank You cards	8 Dear Anita Peasant Pantry Prep Reiki 1pm	9 ART VAN Finish Holiday Thank You cards	10 Peasant Pantry Café (Peanut Stew) 11:30-1pm	11 TIY
10-11:30 12:30-1:30	14 Writing Workshop Meaningful Lyrics	15 Dear Anita Shared Poetry	16 What's cooking? Journaling in the New Year	17 Budget Friendly tips Sophia's Circle, close at noon	18 L.O.L.
10-11:30 12:30-1:30	21 CLOSED FOR MARTIN LUTHER KING DAY	22 Dear Anita New Year Mandalas & Coloring	23 What's cooking? Dream Boards	24 New Year healthy food goals Poetry for a new year	25 Scrabble & Trionimos TIY
10-11:30 12:30-1:30	28 Writing Workshop Cupcake Baking for January Birthdays	29 BINGO Journaling cont.	30 ART VAN January Birthday Celebration	31 Clothing give away, all day	

Obstacles are those frightful things you see when you take your eyes off your goal. ~ Henry Ford

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



SPECIAL EVENTS!

HOLIDAY THANK YOU CARDS: Jan 3,4,7 & 9 Each year we design and craft our own special donor thank you cards. Please join us and help produce several hundred cards for all of our generous donors in 2018.

ACE's: Thurs. Jan 10 Join us for an ongoing discussion about **Adverse Childhood Experiences** and how they can affect us as adults, emotionally, physically, and mentally.

JOURNALING!: Wed. Jan 16 Journaling can be very fun and also very healing. Join us and make a journal that you can use to capture thoughts, feelings and goals starting in this new year.

BUDGET FRIENDLY TIPS! Thurs Jan 17 Start the new year with learning easy ways to save money, and share your ways to save.

HEALTHY FOOD GOALS: Thurs. Jan 24 Join our USN LA nurses as we discuss healthy eating goals for the new year. Share your ideas and affordable healthy recipes.

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 an African Peanut Stew. What's Cookin Wednesdays? January 16th 23rd!

Other Great Local Monthly Programs! FREE!

NUTRITION CENTER: Adult Cooking Class Last Tuesday of every month, 29th 5:00 - 7:00 pm.

TRINITY: Second Sundays Drum Circle – 13th @ 1:00. Instruments available, beginners welcome!

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