

**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](http://www.wisdomswomen.org)



<u>DAILY</u> Gathering Circle and Qi Gong 9:30 BYO Lunch M-Th 12:00	<b>Mon</b> close at 2:00 Book Club Every Monday 11:30-12:30	<b>Tue</b> close at 2:00	<b>Wed</b> close at 2:00	<b>Thu</b> close at 2:00 Book Club Every Thursday 11:30-1:00	<b>Fri</b> Close at noon
10-11:30  12:30-1:30	The best thing to hold onto in life, is each other. ~Audrey Hepburn			USM L/A nursing students are back Thursdays mornings!	<b>1</b> 1:30 TIY=Trauma Informed YOGA HW Meeting
10-11:30  12:30-1:30	<b>4</b> Writing Workshop  Meaningful Lyrics	<b>5</b> Dear Anita Pancakes for lunch!  Reiki 1pm	<b>6</b> Craft Morning, tbd  What's cooking?, Jaylin	<b>7</b> Red Cross homes made safe, part 1  ACE's 12-1:30	<b>8</b> Iris Cards  TIY
10-11:30  12:30-1:30	<b>11</b> Writing Workshop  Make Valentine Cards	<b>12</b> Craft morning, tbd Peasant Pantry Prep Poetry Reading	<b>13</b> ART VAN  Coloring	<b>14</b> Peasant Pantry Café (Sausage, Potato soup) 11:30-1pm Holiday Fair talk	<b>15</b> Games
10-11:30  12:30-1:30	<b>18</b> <b>CLOSED PRESIDENTS DAY</b>	<b>19</b> Dear Anita  Start a no sugar challenge	<b>20</b> Journaling, Elizabeth  What's cooking?	<b>21</b> Red Cross homes made safe, part 2  Sophia's Circle	<b>22</b> CLOSED for HW meeting  TIY
10-11:30  12:30-1:30	<b>25</b> Writing Workshop  Cupcake Baking for February Birthdays	<b>26</b> BINGO  Kitchen cleaning, give away	<b>27</b> ART VAN  February Birthday Celebration	<b>28</b> Clothing give away, all day	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Volunteers</b>	<u>Desk:</u> Ruth	<u>Desk:</u> Mary am. Jackie, pm	<u>Desk:</u> Judy a.m. Sue C p.m.	<u>Desk:</u> Sue S. Vicki	<u>Desk:</u> Bethanie
	<u>Companions:</u> Sue a.m. Maureen	<u>Companions:</u> Nancy G & Anita a.m. Elizabeth & Helen p.m.	<u>Companions:</u> Pat L a.m., & Elizabeth Cathy p.m.& Janet	<u>Companions:</u> Nancy R. a.m. Maureen	<u>Companion:</u> Linda



### **SPECIAL EVENTS!**

**RED CROSS, Home Fire Campaign: Thurs. Feb 7 & Thurs Feb. 21** The Center is hosting Kelley Lebeda to educate guests in the use, care, and installation of smoke detectors. Also, a sign up to have Red Cross representative do a home visit and in stall new detectors if necessary!

**ART VAN: Wed. Feb 13 & Wed Feb. 27** Art Van joins us twice a month now! Come in for fun, creative, and relaxing expression through art.

**ACE's: Thurs. Feb 7** Come learn about Adverse Childhood Experiences and join a group discussion about healthy coping/healing.

**NO SUGAR CHALLENGE! Tues Feb 19** Join us as we start a 30 day NO sugar challenge!

**JOURNALING:! Wed . Feb 20** Join us for an interactive fun workshop on journaling as a tool for personal growth and healing. Everyone who attends will receive a beautiful new journal that can be personalized. Sign –up.

### **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 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 Sundays. **FLOORS really need cleaning, sweeping, mopping daily!**

### **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 Hungarian dish, Potato, sausage soup.**  
***What's Cookin Wednesdays? December 5<sup>th</sup>!***

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

**NUTRITION CENTER: Adult Cooking Class** Last Tuesday of every month, 26<sup>th</sup> 5:00 - 7:00 pm.

**TRINITY: Second Sundays Drum Circle** – 10<sup>th</sup> @ 1:00. Instruments available, beginners welcome!

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