

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



<i>DAILY</i> 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 Writing Workshop Wisdoms Boxes and Beads	2 Crochet Circle, Nicole Community Dialogue Reiki 1pm	3 Games – Charades What's Cooking? More Games Transplanting 1-4	4 Volunteer Appreciation Party 10-1	5 L.O.L. TIY (Trama Informed Yoga) 1:30pm
10-11:30 12:30-1:30	8 Writing Workshop Wisdoms Boxes and Beads	9 Dear Anita Peasant Pantry Prep Community Dialogue He	10 ART VAN Spring Cleaning!	11 Peasant Pantry Café (Veggie Stir Fry) 11:30-1pm	12 Games TIY
10-11:30 12:30-1:30	15 Writing Workshop What is ZEN?	16 Spa Day give Away! Poetry for Spring	17 Easter Cards What's cooking? Seedings at Whiting Farms 1-4	18 Teacup Craft, Sue C CLOSE AT NOON Sophia's Circle	19 CLOSED FOR EASTER WEEKEND
10-11:30 12:30-1:30	22 CLOSED FOR EASTER WEEKEND	23 Green Dot Training Cupcake Baking for April Birthdays	24 ART VAN April Birthday Celebration Board Meet & Greet	25 Clothing give away, all day	26 HW meeting 10:30 am TIY
10-11:30 12:30-1:30	29 Writing Workshop 3 minute Mysteries	30 BINGO Coloring Transplanting @ Whiting Farms 1-4	Healthy Neighborhoods Dinner, April 9th, St Mary's Nutrition Center, 5-7pm, with our Sarah Barton		

Quote of the Month:

Strong Women don't have attitudes, We have standards. ~ Entity Magazine

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



SPECIAL EVENTS!

COMMUNITY DIALOGUE: Tuesdays April 2 & 9 at noon Join The Center as we host The Immigrant Resource Center to discuss racism in our community . Lunch will be provided.

VOLUNTEER APPRECIATION PARTY!: Thurs. April 4 10-1pm The Center will have it's annual volunteer appreciation party for all those women who volunteered in 2018 and beyond, by providing classes, hospitality, and housekeeping, to name a few.

SPA DAY GIVE AWAY: Tues April 16 Join us as we play fun easy trivia games, and win nice toiletries, perfumes, and fragrant soaps.

TEA CUP CRAFTS: Thurs. April 18 Bring a teacup and saucer if you wish, or we will have a some on hand, as we decorate a cute craft for Spring.

GREEN DOT TRAINING: Wed. April 20 Join us for Bystander intervention training to help reduce rates of violence and mobilize and empower all members of a our community.

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 with the women who prepare the meal. This month is a traditional Japanese dish, Stir Fry with .*
What's Cookin Wednesdays? *April 6th and 20th!*

Other Great Local Monthly Programs! FREE!

NUTRITION CENTER: **Adult Cooking Class** Last Tuesday of every month, 30th 5:00 - 7:00 pm.

TRINITY: **Second Sundays Drum Circle 14th** @ 1:00. Instruments available, beginners welcome!

Farmer's Market: Done for the Spring season. We need volunteers for Summer market!!! Call 513-3922.