

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 closed

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 GOOD FOOD BUS EVERY Wed 9:30-10:30	Thu close at 2:00 Book Club Every Thursday 11:30-1:00	Fri CLOSED thru September, open for Herban Works only HY = Home Yoga
10-11:30 12:30-1:30	<i>One of the most sincere forms of respect is actually listening to what people have to say. MM</i>		Wednesdays Free Listening @11:00 am	1 Pain Management group discussion Wisdom Boxes	2 Closed for HW HY
10-11:30 12:30-1:00	5	6	7	8	9 Closed for HW HY
CLOSED FOR VACATION					
10-11:30 12:30-1:30	12	13	14	15	16 Closed for HW HY
CLOSED FOR VACATION					
10-11:30 12:30-1:30	19 Writing Workshop Wisdom Boxes OR Gratitude Beads	20 Dear Anita The Power of Listening	21 Budgeting tips What's Cooking? Board Games	22 Holiday Fair Craft Coloring Mandalas Companion Mtg	23 Closed for HW HY
10-11:30 12:30-1:30	26 Writing Workshop Wild Card Art, Pat	27 BINGO Holiday Fair Craft	28 ART VAN August Birthday Celebration & birth year fun facts	29 Clothing give away, all day	30 Closed for HW

Volunteers	MONDAY <u>Desk:</u> Ruth	TUESDAY <u>Desk:</u> Mary	WEDNESDAY <u>Desk:</u> Melissa Sue C.	THURSDAY <u>Desk:</u> Bethanie am Sue S pm	FRIDAY
	<u>Companions:</u> Sue am, Pat G All day; Maureen, pm	<u>Companions:</u> Anita am. Judy pm	<u>Companions:</u> Pat L & Elizabeth am Cathy pm	<u>Companions:</u> Nancy, Judy am Maureen pm	Closed for Herban Works



SPECIAL EVENTS!

***FREE LISTENING: Wednesdays in August** - Klara and Daja head to the park with signs that read "Free Listening" and open their hearts to anyone who needs to laugh, cry, or chat.

PAIN MANAGEMENT Thursdays August 1 - Join us as we discuss healthy ways to manage chronic pain such as breathing techniques, and the mind body connection.

POWER OF LISTENING Tuesday August 20 - In 2012, a groups of artists held signs saying "Free Listening". This started a movement called the Urban Confessional. We will share the learnings from this movement.

BUDGETING TIPS : Wed August 21 - Join us as we share our practices and ideas on how to budget and stretch a dollar.

LA ART WALK: Friday August 30, 5-8 pm - Walk along the Lisbon Street corridor in Lewiston and in the Festival Plaza area in Auburn. Always free and open to the public.

SUPPORT GROUPS

Thursdays Support for Pain Management available for those who have chronic pain or disabled. (See front of calendar for dates.)

Tuesdays all day Health Affiliates therapist available.

Fridays Trauma Informed Yoga HOME Practice - Doing a home yoga practice helps provide a stable and peace filled life. The TIY group will practice breathing, postures, points and Japa to improve the way one feels and copes with life. TIY will resume at The Center in September.

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!
What's Cookin? Wednesdays August 21.*

Other Great Local Monthly Programs! FREE!

NUTRITION CENTER: Adult Cooking Class Last Tuesday of every month, 27th 5:00 – 7:00 pm.

Farmer's Market: Sundays 10-2! Bates Mill #5 Parking next to Baxter's Pub! See you all there!

See list of 100 things to do in LA, while we are closed...on our FB page.