

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 READING GROUP Every Thursday 12:30-1:30	Fri CLOSED thru September, open for Herban Works only TIY = Trauma Informed Yoga
10-11:30 12:30-1:30	2 CLOSED FOR LABOR DAY	3 Dear Anita Holiday Fair crafts	4 Spa Day Give Away What's Cooking? Poetry & Lyrics	5 Pain Management group discussion Intro to "Getting Stronger", Daja	6 HW French Speaking Group 12:30-1:30 TIY
10-11:30 12:30-1:00	9 Writing Workshop 60 Second Mysteries	10 Fall Intention collages Peasant Pantry Prep	11 ART VAN Holiday Crafts	12 USMLA NURSES RETURN! 9-11am Peasant Pantry 11:30-1pm	13 Closed for Day of Caring UW French Speaking Group 12:30-1:30 TIY
10-11:30 12:30-1:30	16 Writing Workshop Wild Card Art	17 The Art of Listening Bates Art Museum	18 LA ARTs art class with artist What's Cooking? Kitchen clean up-give away	19 Pain Management group discussion Sophias' Circle, Close at Noon	20 CGF for HW French Speaking Group 12:30-1:30 TIY
10-11:30 12:30-1:30	23 Writing Workshop Fall Equinox Quiet Time	24 BINGO Holiday Fair Craft	25 ART VAN September Birthday Celebration	26 Clothing give away, all day	27 Closed for HW French Speaking Group 12:30-1:30 TIY
10-11:30 12:30-1:30	30 Writing Workshop Wisdom Boxes	LOVE AND KINDNESS ARE NEVER WASTED. They always make a difference. They bless the one who receives them, and they bless you, the giver. ~ Barbara De Angelis			

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!

SPA DAY GIVE AWAY: Wednesday September 4 – Back by popular demand, play trivia games and win fun toiletries and spa products.

PAIN MANAGEMENT Thursdays September 5 & 19 - Join us as we discuss healthy ways to manage chronic pain such as breathing techniques, and the mind body connection.

POWER OF LISTENING Tuesday September 17 - 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.

LET'S READ: Thursdays - Join Maureen as we start a children's book reading group for the women and read and share great children book stories,

NEW!!! FRENCH SPEAKING GROUP: Fridays 12:30-1:30 - Join a new group and practice your French, and have great conversations in French with other women.

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 September 21.*

Other Great Local Monthly Programs! FREE!

NUTRITION CENTER: Adult Cooking Class Last Tuesday of every month, 24th 5:00 – 7:00 pm.

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