

**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 pm

**The Center for Wisdom's Women**

97 Blake St. (between Pine and Ash)  
 513-3922  
[www.wisdomswomen.org](http://www.wisdomswomen.org)



| <i>DAILY</i><br>Gathering Circle and Qi Gong 9:30<br>BYO Lunch<br>M-Th 12:00 | <b>Mon</b><br>close at 2:00<br><b>Book Club</b><br>Every Monday<br>11:30-12:30 | <b>Tue</b><br>close at 2:00<br><b>Holiday Crafting</b><br>every Tuesday<br>12:30-1:30                                   | <b>Wed</b><br>close at 2:00<br><b>What's Cookin? Most</b><br>Wednesdays                    | <b>Thu</b><br>close at 2:00<br><b>READING GROUP</b><br>Every Thursday<br>12:30-1:30                             | <b>Fri</b><br>close at noon<br><b>French Speaking Group</b><br>12:30-1:30<br><b>TIY = Trauma Informed Yoga</b> |
|--|--|---|--|---|--|
| 10-11:30<br><br>12:30-1:30   | Life is a boomerang, you get what you give.                                    |   |  |   | <b>1</b><br><br>HW<br><br>SCRABBLE<br><br><b>TIY</b>   |
| 10-11:30<br><br>12:30-1:00   | <b>4</b><br><br>Writing Workshop<br><br>Wisdom Boxes                           | <b>5</b> <u>Election Day-</u><br><u>we give rides!</u><br>Carrie Newcomer,<br>music & lyrics<br><br>Holiday Fair Crafts | <b>6</b><br><br>Knitting with Pat<br><br><b>What's Cookin?</b><br>Singing Bowls,<br>Bonnie | <b>7</b><br><br>Pain Management group discussion<br><br>Gentle stretching                                       | <b>8</b> HW<br><br>Fall Decorating<br><br><b>TIY</b>   |
| 10-11:30<br><br>12:30-1:30   | <b>11</b><br><br><b>CLOSED FOR VETERANS DAY</b>                                | <b>12</b><br><br>Plastic Canvas, Hilda<br><br>Peasant Pantry Prep<br><br>Holiday Fair Crafts                            | <b>13</b><br><br>ART VAN<br><br>Gratitude Journals   | <b>14</b> USMLA<br>Nurses Heart Presentation<br>Peasant Pantry<br>11:30-1pm<br>Sophias' Circle,<br>Close at 1pm | <b>15</b> HW<br><br>LOL!<br><br><b>TIY</b>   |
| 10-11:30<br><br>12:30-1:30   | <b>18</b><br><br>Writing Workshop<br><br>Wisdom Boxes                          | <b>19</b><br><br>Dear Anita<br><br>Holiday Fair Craft   | <b>20</b><br><br>Painting with Anne-Marie<br><br><b>What's Cookin?</b><br>Open             | <b>21</b><br><br>Pain Management group discussion<br><br>Clothing Give Away, All Day                            | <b>22</b> HW<br><br><b>TIY</b>   |
| 10-11:30<br><br>12:30-1:30   | <b>25</b><br><br>Writing Workshop<br><br>Gratitude Beads                       | <b>26</b><br><br>BINGO<br><br>Holiday Fair Craft  | <b>27</b><br><br>Art Van<br><br>November Birthdays   | <b>28</b><br><br><b>CLOSED FOR THANKSGIVING</b>   | <b>1</b><br><br><b>CLOSED FOR THANKSGIVING</b>   |

|                   |  |  |  |  |                               |
|-------------------|--|--|--|--|-------------------------------|
| <b>Volunteers</b> | MONDAY<br><b>Desk:</b> Ruth                    | TUESDAY<br><b>Desk:</b> Lauren<br>Mary     | WEDNESDAY<br><b>Desk:</b> Lauren<br>Sue C.             | THURSDAY<br><b>Desk:</b> Lauren am<br>Sue S pm | FRIDAY<br><b>Desk:</b> Janice |
|                   | <b>Companions:</b><br>Sue am, Pat G All<br>day | <b>Companions:</b><br>Anita am.<br>Judy pm | <b>Companions:</b><br>Pat L & Elizabeth am<br>Cathy pm | <b>Companions:</b><br>Nancy, Judy am           | <b>Companion:</b> Linda       |

### **SPECIAL EVENTS!**

**KNITTING with Pat: Wednesday November 6**– Back by popular demand, bring your work or learn how to knit.

**PAIN MANAGEMENT Thursdays November 7 & 21**- Join us as we discuss healthy ways to manage chronic pain such as breathing techniques, and the mind body connection.

**GRATITUDE JOURNALS: Wednesday November 13** – Bring a journal, or we'll have a few to start a 'giving thanks' journal, writing what are you thankful for change the way you look at things in life, for the better.

**LET'S READ: Thursdays 12:30-1:30** 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 Practice** - Doing a 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.

### **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 November 21.*

### **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.  
**Farmer's Market: Starting November 10<sup>th</sup>, Indoors at the YWCA on East Avenue Sundays 9-12!**