

**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)



<u>DAILY</u> Gathering Circle and Qi Gong 9:30 BYO Lunch M-Th 12:00	<b>Mon</b> close at 2:00 <b>Book Club Every Monday 11:30-12:30</b>	<b>Tue</b> close at 2:00	<b>Wed</b> close at 2:00	<b>Thu</b> close at 2:00	<b>Fri</b> close at noon <b>French Speaking Group 12:30-1:30</b> <b>TIY = Trauma Informed Yoga</b>
		<i>Love and Kindness are never wasted</i>			
10-11:30  12:30-1:30	<b>2</b> Gratitude Beads  POST THANKSGIVING POT LUCK!	<b>3</b> FedCap Rehabilitation Services  Decorate for Fair	<b>4</b> Cleaning & Baking for Holiday Fair	<b>5</b> Pain Management group discussion  Baking for Holiday Fair	<b>6</b> Set up for Holiday Fair!  <b>Holiday Fair Saturday. 9-2</b>
10-11:30  12:30-1:00	<b>9</b> Writing Workshop  Christmas Cards	<b>10</b> Dear Anita  Open afternoon	<b>11</b> ART VAN  Open afternoon	<b>12</b> Prep for Sophia's Open House  Close at noon for Great Falls Forum-Lew Library WSWs	<b>13</b> Sophia's House Open House! 12-3pm  <b>TIY</b>
10-11:30  12:30-1:30	<b>16</b> Writing Workshop  Wild Card Art	<b>17</b> BINGO 10 am – 12:30!	<b>18</b> Art, with Anne-Marie  December Birthdays	<b>19</b> Clothing Give Away, All Day	<b>20</b> Holiday Party - Pot Luck Brunch 10-12
	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
CLOSED FOR THE HOLIDAYS					
	<b>30</b>	<b>31</b>			
CLOSED FOR THE HOLIDAYS					

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

### **SPECIAL EVENTS!**

**Post Thanksgiving Pot Luck: Monday December 2**– Share in a delicious meal, with friends. (See Ruth for pot luck menu)

**Holiday Fair! Saturday Dec 7 9-2 pm**– Come to our 3<sup>rd</sup> annual fair, and bring a friend. We will have many raffle baskets, herbal products and gifts made by us, and food. (Snow date Sat Dec 14)

**Great Falls Forum – Lew Library - Thursday Dec 12 @ noon** Regina Mullins Greenlee, will discuss her life and journey to healing at Thistle Farms in Nashville, TN with a topic “Finding My Way Home.

**Wise and Strong Women Speak: Thursday Dec 12 @ 5pm**, at Sophia’s House chapel room. The speakers this time are two women involved in development of Sophia’s House: Gabriella Russell of Platz Associates, architect for the project. She will be joined by Amy Smith of Healthy Homeworks who will be providing rental management support for the project.

**Sophia’s Open House : Friday Dec 13, 12-3 pm** – At long last, come see our beautiful Sophia’s House, ribbon cutting at noon, and dedication at 3 pm.

**Sparkle Saturday: Saturday Dec 14 10-4 pm.** Join us for this year’s Sparkle Saturday retail pop-up event! Over 45 artisans will join downtown retail and restaurants in 29 locations, on Lisbon St..

**CWW Christmas Party Brunch: Friday Dec 20, 10-12** - Join us to celebrate the holiday season, bring a wrapped gift if you are able-for Yankee Swap game – lots of fun! We will have offer a yummy brunch, coffee, tea, and goodies.

### **SUPPORT GROUPS**

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

**Wednesdays** Tend to your inner spirit, compassionate listening with Lorraine

**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!

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

**NUTRITION CENTER:** Adult Cooking Class Last Tuesday of every month, Dec. 31, 5:00 – 7:00 pm.  
**Farmer’s Market:** Indoors at the YWCA on East Avenue Sundays 9-12 , shuttle services are available from St Mary’s Nutrition Center