

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



<u>DAILY</u> 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	Fri close at noon French Speaking Group 12:30-1:30 TIY = Trauma Informed Yoga
10-11:30 12:30-1:30	1 2 3 It's impossible. impossible. Impossible, until its not ~ <i>Carrie Newcomer</i>				
10-11:30 12:30-1:00	6 2019 Review, 2020 Ideas New Year Good Luck Soup	7 Wild Card Art Peasant Pantry Prep Open afternoon	8 Art Van Coloring	9 Peasant Pantry Cafe ~ African Peanut Stew	10 Herban Works Planing Meeting TIY
10-11:30 12:30-1:30	13 Writing Workshop New Year Resolution Collages	14 Dear Anita Canvas Art	15 Art, with Anne -Marie Cooking Class, Cindy Gelinas	16 Pain Management Session, all welcome Games	17 L.O.L.
10-11:30 12:30-1:30	20 CLOSED Martin Luther King Day	21 Carrie Newcomer Lyrics Who was Martin Luther King?	22 Crafting What's Cooking? Lunch and conversation	23 Your story your myth Close at noon - Sophia's Circle	24 Chinese New Year TIY
10-11:30 12:30-1:30	27 Writing Workshop 30 Second Mysteries	28 BINGO Open afternoon	29 Art Van January Birthdays	30 Clothing Give Away	31 Rhymes, limericks

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

SPECIAL EVENTS!

Herban Works New Year Planning: Friday January 2– Help us plan a new year of gardening, harvesting and growing our social enterprise.

New Year Resolution Collages: Monday January 13 – Make and decorate a new year collage with all positive intentions for the new year.

Dear Anita: Tuesday January 14 – An ongoing group with open wellness discussion about things that matter and how we deal with them.

Carrie Newcomer Lyrics: - Tuesday January 21 Listen to the lyrics of Carrie - American singer-songwriter, poet, author at the intersection of folk, Americana and progressive spirituality.

Crafting Day : Wed January 22 – We'll decide as a group what crafts to work on...as we have many supplies, we have many choices.

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, January. 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