

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



<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	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	3 Writing Workshop Origins of Groundhog Day	4 Jewelry Making Valentine Cards	5 Scrap Booking, Sue What's Cookin?	6 Pain Management Stress Management	7 Herban Works Meeting TIY
10-11:30 12:30-1:00	10 Writing Workshop Manicures, April	11 Dear Anita Peasant Pantry Prep Open afternoon	12 Valentine Crafts What's Cookin? Craft, with Maya	13 Peasant Pantry Cafe ~	14 Volunteer Appreciation Party! TIY
10-11:30 12:30-1:30	17 Writing Workshop Collages	18 Songs of Carrie Newcomer Singing	19 Art, with Anne -Marie Cooking Class, Cindy Gelinas	20 Pain Management Session, all welcome Close at noon - Sophia's Circle	21 L.O.L.
10-11:30 12:30-1:30	24 Writing Workshop Manicures, April	25 BINGO Open afternoon	26 Arts & Crafts, tbd February Birthdays	27 Clothing Give Away	28 Games TIY
<p>The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.</p> <p>Helen Keller</p>					

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 Float 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 Maureen pm	<u>Companion:</u> Linda

SPECIAL EVENTS!

JEWELRY MAKING: Tuesday February 4– We have a lot of donated jewelry that we can take apart and make new fun pieces

SCRAP BOOKING: Wednesday Feb 5 Making a brand new Center scrap book, come in and help us!

DEAR ANITA: Tuesday February 11 – An ongoing group with open wellness discussion about things that matter and how we deal with them.

MANICURES: - Monday February 10 Come in and get your nails professionally done with April. We also have a parafin machine for you to try ~ thermal therapy.

VOLUNTEER APPRECIATION PARTY : Friday February 14 – If you've volunteered at The Center in 2019 and now, please join us as we play fun games with spa prizes. Also enjoy a yummy lunch as we thank our volunteers for all the help they provide.

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, February. 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