

**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)



<b>DAILY</b> Gathering Circle and Qi Gong 9:30 BYO Lunch M-Th 12:00	<b>Mon</b> close at 2:00 <b>Book Club</b> <b>Every Monday</b> <b>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</b> 12:30-1:30 <b>TIY = Trauma Informed Yoga 1:30</b>
10-11:30  12:30-1:30	<b>2</b>  Writing Workshop  What is a Primary, Maya	<b>3</b>  Mandalas, Anita, Sonia  Mason Jar Crafts, Bethanie	<b>4</b>  Art, Anna  What's Cookin? Lunch and conversation	<b>5</b>  Pain Management Session, all welcome  Plastic Canvas Craft, Hilda	<b>6</b>  Games  <b>TIY</b> WSWS, 5pm, see back
10-11:30  12:30-1:00	<b>9</b>  Writing Workshop  Daylight Savings, what is it?	<b>10</b>  Dear Anita Peasant Pantry Prep  Games	<b>11</b>  Crafts, Maya  Crafts, cont. Maya	<b>12</b>  Peasant Pantry Cafe ~ Colcannon	<b>13</b>  Herban Works Team Meeting  <b>TIY</b>
10-11:30  12:30-1:30	<b>16</b>  Writing Workshop  Meet and Greet, new Executive Director	<b>17</b>  St Patty's Day Trivia  Coloring	<b>18</b>  Art, Anna Cooking Class, Cindy Lunch and conversation	<b>19</b>  Pain Management Session, all welcome  Close at noon - Sophia's Circle	<b>20</b>  Spring Starts 3/21!
10-11:30  12:30-1:30	<b>23</b>  Writing Workshop  Open afternoon	<b>24</b>  Carrie Newcomer Lyrics, Anita  Games	<b>25</b>  Art Van, Kelly  March Birthdays	<b>26</b>  Nurses, DM  Clothing Give Away	<b>27</b>  Coloring  <b>TIY</b>
10-11:30  12:30-1:30	<b>30</b>  Writing Workshop  Easter Cards	<b>31</b>  BINGO  Bates Art Museum, Leslie, or Sonia			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Volunteers</b>	<b>Desk:</b> Ruth	<b>Desk:</b> Mary	<b>Desk:</b> Bethanie Sue C.	<b>Desk:</b> Sue S am Judy pm	<b>Desk:</b> Janice
	<b>Companions:</b> Sue F. am, Pat G all day	<b>Companions:</b> Anita am. Claire Judy pm	<b>Companions:</b> Pat L am, Lorraine Cathy, pm	<b>Companions:</b> Nancy, Judy am Maureen pm	<b>Companion:</b> Linda

### **SPECIAL EVENTS!**

**WISE & STRONG WOMEN SPEAK!** Friday March 6, 5:30-7:30 pm @  
**Sophia's House, 143 Blake Street**

Join us as we host Amy smith, Founder Healthy Homeworks, and Gabrielle Russell, Architect Platz Associates. Two remarkable women will talk about their creative efforts to revitalize our city and neighborhood.

**HERBAN WORKS VISION MEETING:** Friday Feb 13, 10-1pm If you would like to participate with our social enterprise, Herban Works, we are having a 2020 HW vision meeting to discuss and plan for this year.

**SAINT PATRICKS DAY:** Tuesday March 17– Play Trivia games with us about St Patty's Day. **Wednesday March 18** – Enjoy Irish Lunch, w/Cindy.

**CARRIE NEWCOMER LYRICS :** - Tuesday March 24 Come listen to Carrie's music, with Anita.

**NEXT MONTH:** Sunday April 26<sup>th</sup> 2:30, :Carrie will be performing her music at the Franco Center April 26<sup>th</sup>, to benefit the Center and Sophia's House (see our post on FB, and help by sharing our post..

**BATES COLLEGE ART MUSEUM :** - Tuesday March 31 We can give rides to go to Bates and view art at their art museum. Sign up necessary.

### **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 11-1

**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. 1:30-2:30

### **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 music 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, starting in May 2020. Or see what needs cleaning!

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

**NUTRITION CENTER:** Adult Cooking Class Last Tuesday of every month, March. 31, 5:00 – 7:00 pm.

**TRINITY CHURCH:** 247 Bates Street The Oasis of Music runs from 12:30-1:00 on Wednesdays from September to May, is FREE, and features artists from the greater LA region performing vocal and instrumental music.