### Every Day:
- **The Center for Wisdom’s Women**
- **97 Blake St. (between Pine and Ash)**
- **513-3922**
- **www.wisdomswomen.org**

### Daily:
- **Gathering Circle and Qi Gong**: 9:30
- **BYO Lunch**: M-Th 12:00

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### Mon:
- **Writing Workshop**: 10-11:30
- **Dear Anita**: 12:30-1:00
- **Carrie Newcomer Lyrics, Anita**: 12:30-1:30
- **BINGO**: 10-11:30

### Tue:
- **Mandalas, Anita, Sonia**: 10-11:30
- **Art, Anna**: 10-11:30
- **What’s Cookin? Lunch and conversation**: 10-11:30
- **BINGO**: 10-11:30

### Wed:
- **Crafts, Maya**: 10-11:30
- **Artist, Anna**: 10-11:30
- **Cooking Class, Cindy**: 10-11:30
- **Games**: 10-11:30

### Thu:
- **Pain Management Session, all welcome**: 10-11:30
- **Plastic Canvas Craft, Hilda**: 10-11:30
- **Nurses, DM**: 10-11:30
- **March Birthdays**: 10-11:30

### Fri:
- **French Speaking Group**: 10-11:30
- **TIY = Trauma Informed Yoga 1:30**
- **TIY**

### Special Events:
- **Book Club Every Monday**: 11:30-12:30
- **TIY WSWS, 5pm, see back**
- **Easter Cards**: 10-11:30
- **Dear Anita Peasant Pantry Prep Games**: 10-11:30
**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 26th 2:30, :Carrie will be performing her music at the Franco Center April 26th, 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.

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**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.

**OUTER 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.