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| **Every Day: The Center for Wisdom’s Women**  **9:00 Open 9:30 Gathering Circle 97 Blake St. (between Pine and Ash)**  **10-11:30 Morning Programs 513-3922**  **Mon, Tues, Wed, Thurs. BYO Lunch** [**www.wisdomswomen.org**](http://www.wisdomswomen.org)  **Hours: 9-2 Mon-Thurs.,**  **Closed Fridays through August** | | | | | |
| JUNE | | | | | |
| = Members only | **Mon**  **close at 2:00** | **Tue**  **close at 2:00** | **Wed**  **close at 2:00** | **Thu**  **close at 2:00** | **Fri**  **close at 12** | |
| ***DAILY***  Gathering Circle 9:30  *BYO Lunch*  *M-Th 12:00* | **Writing Workshop, every Monday a.m.** | **Poetry Lunch,**  **every Tuesday** | **1**  W4S  **Wise Women Cooking Club**  **5:30 Al-Anon** | **2 Mandalas**  **Sophia Circle**  **Fashion Show** | **3 CLOSED**  **Saturday June 4th Safe Voices Walk & CWW table** | |
| 10-11:30  12:30-1:30 | **6 Writing**  **Workshop**  **Ramadan (Muslim Holiday)**  **SARK Fun with Art**  **3:00 TREM** | **7**   **CLOSED**  **Companions**  **attend the**  **NEVOLA CONFERENCE** | **8**  W4S    **Book Making,** w/Sarah  **Peasant Pantry Prep**  **5:30 Al-Anon** | **9 Peasant**  **Pantry Café**  **Vegetable Curry**  Prep 10-11:30  Serve 11:30-1:30,  Clean up 1:30-2 | **10 CLOSED**  **Saturday June 11**  **Summer Solstice**  **Silent Retreat**  **10-2:00** | |
| 10-11:30  12:30-1:30 | **13 Writing**  **Workshop**  **SARK Singing**  **3:00 TREM** | **14 Flag Day**    **Poetry Lunch**  C:\Users\Sonja\Desktop\flag.png | **15**  W4S  **WW Cooking Club**  **Avena Botanicals**  **Garden Crew trip**  **5:30 Al-Anon** | **16 Women of Viking Society** w/Dee  **Games** | **17 CLOSED** | |
| 10-11:30  12:30-1:30 | **20 Writing**  **Workshop**  **Summer Solstice**  **Ice Cream Social**  **3:00 TREM** | **21 Make Cooking Aprons -**bring a pillow case, w/Vicki  **Poetry Lunch** | **22**  W4S  **WW Cooking Club**  **Open**  **5:30 Al-Anon** | **23 Find Your Home on a Map of L/A & the World**  **Sophia’s Circle** | **24 CLOSED** | |
| 10-11:30  12:30-1:30 | **27 Writing**  **Workshop**  **SARK Art**    **3:00 TREM** | **28 BINGO**  **Poetry Lunch**  **Reiki 1pm- Betsy** Sign up on door | **29 ART VAN**  ***June Birthday Celebration***  **5:30 Al-Anon** | **30 Clothing**  **LOOKING AHEAD:**  **Women’s Night Out 3 Thursday, July 7,**  **5:30-7:30**  **Healing with**  **Color and Vision**  **Give-Away**  All Day |  | |

**QUOTES for the Month**

Do the best you can in every task, no matter how unimportant it seems at the time.

No one learns more about a problem, than the person at the bottom. – Sandra Day O’Connor

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| **Volunteers** | **MONDAY**  Desk: Patti a.m.  Marissa all day  Companion:  Pat G all day | **TUESDAY**  Desk: Noella all day      Companions:  Nancy G & Anita a.m.  Leslie/Kathryn p.m. | **WEDNESDAY**  Desk: Melissa a.m.  Sue/Marissa p.m.  Companions:  Anne all day,  Pat L. a.m. | **THURSDAY**  Desk: R a.m.  Patti p.m.  Companion:  Pat G. all day,  Nancy R. a.m. | **FRIDAY** |

***SUPPORT GROUPS***

**Mondays @ 3-4:30 TREM** Trauma Recovery & Empowerment group. Sign up required.

**Tuesdays @ 11:30 – 1:30 Support for Family Caregivers Support** for those who have the overwhelming task of caring for a family member who is sick or disabled.

**Wednesdays**

**@ 9:30-11:00 Women for Sobriety** – A 13 statement abstinence program of addiction recovery for women.

**@ 5:30 Al-Anon!** In the tradition of AA. For those who have or have had friends or family members who are addicted.

**New Books, New Readers will be suspended for the summer and restarted in the fall. Stay tuned!**

***SPECIAL EVENTS!***

**FASHION SHOW Thursday, June 2ND** Gals from Sophia’s Circle will participate in a Spring Fashion Show, putting outfits together with accessories, and take home a complete outfit.

**SAFE VOICES WALK - Saturday, June 3rd** A day to walk and support domestic violence victims and honor the important women in our lives. We will also have a table with our Wisdom boxes and Gratitude Beads, if folks are interested in helping out but rather not walk.

**SILENT RETREAT** – **Saturday June 11th (10-2)** Join Pat for a quiet day as we welcome the Spring equinox a little early this year. Light lunch provided.

**WOMEN’S NIGHT OUT!! Thursday, July 7th 5:30-7:30 pm,** Led by Margo Goodman, DO. Come explore how color and vision can be used for healing – No cost, donations welcome. Light refreshments.

**SARAH SHEPLEY BOOK MAKING! Wednesday, June 8th.** Have fun with Sarah as we create fun books! Always a hit, don’t miss out.

***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 really 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 retreat 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! Or see what needs **cleaning**!

***IN THE KITCHEN:***

***Those who participate get to enjoy the food and take any leftovers home with the recipes!***

**Bi- Weekly on Wednesday afternoons –** Wise Women Cooking Club with our Kitchen Coordinators

**Peasant Pantry Cafe, prep Wednesday the 8th at 12:00, serve on Thursday 9th.**

This month we are making ‘Vegetable Curry.

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***Fitness Games*** – 16th at 10:00 with Bonnie Rousseau ***Cleaning with Vinegar*** - 23rd 12:30 with Betty Allen

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

**ADULT COOKING CLASS: 28th at The Nutrition Center -** Last Tuesday of every month, 5:00 - 7:00 pm.

**DRUM CIRCLE: 12th at Trinity -** Second Sunday of every month, @ 1:00 p.m. Instruments available, beginners welcome! **NEIGHBORHOOD HOUSING LEAGUE: 8th at the B-Street Center.** 2nd Wednesday of the Month, 5-7 pm. Room B. You advocates for better housing! Pizza and child care! If you have any questions, please contact Melissa at (207) 240-8201.