

# WOMEN'S EXCHANGE

*learn, grow, share*

[www.womens-exchange.org](http://www.womens-exchange.org)

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Fall Offerings 2024



A Note from Deb Guy, *Director for Women's Exchange*

*Dear Friends,*

*Beginning our 41st year, Women's Exchange is excited to keep bringing women together in friendly and relaxed ways for insightful and thought-provoking conversations, all bringing authentic connections.*

*To highlight all that is planned, join us for our OPEN HOUSE on Sunday, August 11th from 3-5 pm in our welcoming classroom inside the Community House in Winnetka. It is here you can meet others to learn, grow and share together.*

*Women's Exchange is a 'gem of a place.' We want to share it with you!*

*Deb Guy*

FOR MORE DETAILS, VISIT: [www.womens-exchange.org](http://www.womens-exchange.org)

## ★ COURSES AND PROGRAMS ★ (In-Person unless otherwise noted)

### Women's Walking Group

Join in Monday and Friday mornings when the Women's Exchange group gathers for a brisk walk in Harms Woods. Contact [deb@womens-exchange.org](mailto:deb@womens-exchange.org) for times and meeting location.

### *I Never Thought of it That Way: How to Have Fearlessly Curious Conversations in Dangerously Divided Times*

This 10-week class with **Harriet Porter**, LCSW, is not about politics or political candidates. It is about practicing curiosity. Author **Monica Guzman** is a journalist and shows how to put this natural sense of wonder to work for us immediately, finding the answers by talking **with** people (rather than **about** them) and asking the questions you want, across the divides you're ready to challenge — curiously.

**10 Tuesdays: September 10-November 12, 1-2:30pm.**  
\$300/\$270

### My Mini Memoirs

Join us this fall as we launch this new monthly writing group. Master-trained *Memoir Writing Facilitator* **Sarah Squires-Doyle** will provide writing exercises and prompts to spark memories from different ages and stages of life. Writing your life story can be daunting. But writing a collection of mini memoirs (short personal essays) can be self-reflective, life-affirming, and fun! No writing experience necessary.

**4 Thursdays: Sept. 12, Oct. 10, Nov. 14, Dec. 12, 10 am - Noon.**  
\$120/\$108

### Circle of One

As our world appears increasingly divided and chaotic, are you feeling the need for supportive spiritual community? You are invited to join **Therese Evans** and other like-minded women in a Circle of One. This discussion/ meditation healing adventure offers an opportunity to open your heart and connect with the Divine Presence within.

**6 Wednesdays: Sept. 11, 25, Oct. 9, 23, Nov. 6 and Dec. 11,**  
11 am - 12:30 pm. \$185/\$165

### Short Story Circle

Join our group of short story readers as we continue to read from *The Pushcart Book of Short Stories – The Best Short Stories from the Pushcart Prize* edited by Bill Henderson, ISBN 978-1-888889-28-4, 2008. New participants are always very welcome. In-person.

**8 Fridays beginning Sept. 13 ending Dec. 20, 10 - 11:30 am.**  
\$120/\$108



### LIT CIRCLE

Join our Lit Circle for a stimulating discussion of books, including historical fiction, classics, and mysteries. We meet every six weeks on Mondays to explore thought-provoking and entertaining novels. Beginning in September, we will discuss "The Women" by Kristin Hannah, "Sister Carrie" by Theodore Dreiser, and "Magpie Murders" by Anthony Horowitz.

**3 Mondays: Sept. 16, Oct. 28, Dec. 9, 1 - 2:30 pm.** \$45/\$40

REGISTER FOR CLASSES ONLINE [www.womens-exchange.org](http://www.womens-exchange.org)

## Exploring Grief through Creativity

Join us for a unique opportunity to learn about grief and explore creative ways to express it. The workshop series will be co-facilitated by **Mignon Dupepe** and **Sarah Squires-Doyle**, both professionally trained in using expressive arts to process grief and loss.

A short educational component will cover the complexities of grief, the stages, common reactions, grieving styles and more. The remainder of the time will be spent exploring different types of creative expression through art and prompted writing activities.

Scientific research has shown that expressive arts can improve health and resiliency. Come join us and experience for yourself!

**2 Mondays: September 16 and 23, 10 am - noon. \$80/\$75**

## Table Read: *Inherit the Wind*

Class participants will be cast members in reading *Inherit the Wind*, currently on stage at Goodman Theatre **September 14 – October 13**. **Martha Hudak**, 24-year member of the Jeff Awards Committee, will lead the play reading, and scripts will be provided for each participant. Roles are assigned to volunteer participants at the beginning of each class and switched after each scene or act, so everyone gets a chance to play a role. Discussion of the play and characters are included in this two-part workshop.

**2 Wednesdays: September 18 and 25, 1- 3 pm. \$50/\$45**

## Why Look at Dreams & A Closer Look to Learn More

You are invited to begin exploring with **Lisa Klare** the symbols, messages, and mysteries of the dream world in this two-part introductory workshop. Often described as “the mirrors of the soul,” dreams offer glimpses into the deepest recesses of our consciousness. They may bring awareness to areas of unfinished business, unhealed wounds, or even hidden emotions and dangers that have not yet surfaced. Conversely, they also highlight the many ways we are unable to see ourselves as the shining points of light and possibility that we are. This workshop will offer an opportunity to continue monthly if an interested group emerges.

**2 Thursdays: September 19 and 26, 10 - 11:30 am. \$75/\$70**

## The Gift of Years: Book Discussion



**Judy Bowman** invites you to attend facilitated sessions during which we will discuss one chapter from Joan Chittister's book each week. For the September 20 session, please read the chapter entitled “Religion.”

**6 Fridays: Sept. 20, Oct. 18, Nov. 1, 15, 29 and Dec. 13, 10 - 11:15 am. \$90/\$80**

**The Women Who Run with the Wolves** group will continue to work together and explore the multi-faceted, woman's archetypal journey. Pre-requisite class attendance Spring 2024.

**5 Thursdays: Oct. 10 & 24, Nov. 7 & 21, Dec. 5 & 19, 1:30 - 3:30 pm. \$200/\$180**

## Your Vital Documents: What to Include and How to Share

Powers of Attorney, care providers and financial advisors will function better if you provide them with accurate information and a clear aging plan. Record keeping can be challenging because of the volume of insurance, financial and legal documents. Privacy issues and security protocols make things harder still. Come join **Anne Wieboldt** to get inspired to create your vital documents archive as the foundation of your aging plan. You will establish a paper and/or electronic ‘binder’ of vital documents.

**3 Wednesdays: Sept. 25, Oct. 23 and Nov. 20, 4 pm to 5:30 pm. \$90/\$80**

## Let's Write the Amherst Way!

We start with a warmup activity offered by facilitator **Kim Grahl**, followed by a writing prompt, with time to write for 30 to 40 minutes. Afterward, share individual writings (if you choose) with specific encouraging rules for feedback. Confidentiality within the group. Beginners are always welcome!

**6 Tuesdays: Oct. 1, 15, 29, Nov. 12, Dec. 3 and 17, 3 - 5 pm. \$240/\$215**

## what's next?

Join in to actively work through with engaging conversations, Joy Loverde's book, “Who Will Take Care of Me When I'm Old?” This working book discussion promises to be uplifting as we read and discuss two chapters each week. **Deb Guy**, Women's Exchange Director, will facilitate. Here you will find finances and final wishes in order.

**7 Wednesdays: Oct 9, 16, 23, 30, Nov. 6, 13, 20, 2 - 3:15 pm, \$120/\$108**

## The POWER of Intuition: Discover and Develop Your Intuitive Genius

Life takes on an ease and flow, once you discover and trust your personal and unique intuitive guidance system. This three-part class with Intuitive Consultant, **Nancy Creely**, is an experiential journey to help you learn to recognize your intuitive signals and to trust their messages. We are all hard-wired with this free resource, which guides you step-by-step on your authentic path to living your heart's desires. Each class includes enjoyable group exercises to strengthen your Intuitive Muscle.

**3 Mondays: November 11, 18, and 25, 10 am - 11:30 am. \$100/\$90**

## Linus Stitching Group

Join in to help hospitalized children. All you need is the ability to stitch two squares of cloth together by hand. Sewn strips of colorful cloth are later turned into finished quilts that are donated to Project Linus. Meets monthly except July and August.

**Monthly, first Monday, drop in, noon - 2 pm. No charge**

## ★ ONE TIME PROGRAMS ★

*Be certain to be on our mailing list as one-time programs will be added continually.*

## Forest Bathing with Gayle

Join in to experience the healing power of nature - how it calms, energizes us, holds us through hard times, and rejuvenates our souls. **Gayle Byck** invites you for guided sensory meditation, self-reflection and sharing, with a closing tea ceremony.

**Thursday, September 12, 1 pm - 2:30 pm. Glenview Woods, \$40**

## Astro Analysis

In 2016 and 2020, **Sue Baugh** joined us to present the presidential candidates by looking at their strengths and challenges as expressed in their astrological charts. Sue will do the same for the 2024 candidates. This objective, cosmic view offers an impersonal way to evaluate the candidates for President and Vice President in the upcoming 2024 election. This is not a discussion about who will do better but rather, what strengths and weaknesses each candidate Astrologically brings to the table.

**Friday, September 13, 4 - 5:30 pm. \$25/\$20**

## Power Hour

Better together! Have some boring or too big tasks that you'd like to avoid yet, complete? Join our group as effective accountability support.

**Each Monday beginning Sept. 16, noon - 1 pm CT, Zoom. \$10**

## Inner Work is also Outer Work

**Ramaa Krishnan** talks about the importance of inner work, particularly when approached as a means to serve the world. Speaking from a study of universal spiritual teachings, combined with her own experiences, and reading from her upcoming book, Ramaa will bridge the gaps in our perception that creates walls between people and a notion that self-care is selfish. Her prescription of a daily dose of self-inquiry, self-forgiveness and self-compassion is one that will create ripples of change that begin from us and extend into all our relationships, far and near. Join us for this important discussion as we each look at the world and wonder how to make a difference.

**Friday, September 20, 4 - 5:30 pm. \$25/\$20**

## Slang in Conversations: Considering Misunderstandings and Opportunities

In this interactive session, **Sarah Strom Kays**, Ph.D., will talk about slang and how we use it and other language adaptations. It is a challenge keeping up with the most current slang terms and sometimes, because of the generational nature of slang, we continue to use the words which are familiar. However, it isn't necessary to know the latest terms to understand the potential of slang in conversations. Although this talk won't teach you all of the contemporary slang, it will offer opportunities for participants to talk about and with slang, jargon, and other argots. And, maybe, you'll walk away with a new slang term or two.

**Friday, September 27, 4-5:30 pm. \$25/\$20**



## Improv for Life

Are you ready for some "serious play"? Join the fun in this introductory improv workshop with Mary Trieschmann, MS Ed. and Lisa Cormier, M.D.. You will be given a "taste" of the principles embedded

in improvisational theater to improve communication and boost creativity while experiencing joy.

Improv is a genre of performance art grounded in the principles of adaptability, collaboration, and skilled listening. It is not about "comedy," but can naturally lead to humor. That's what makes improv fun. It can add happiness to life, relieve stress, supercharge learning, and create connections. Limit 12.

**Friday, October 4, 4 pm to 5:30 pm. All registrations, \$45.**

## Right Sizing Living Options

**Lisa Joy Rosing**, Joy of Downsizing; **Ronda Parmacek**, Senior Living Specialists Chicago; and **Lisa Schulkin** @Properties Christie's International Real Estate will discuss what is needed when addressing a senior move for either health, safety or socialization. This presentation is for those wanting to learn about hidden tasks and issues that may arise as you 'right-size' your next home or senior community.

**Tuesday, October 22, 10 - 11 am. Hybrid \$20**

## Ins And Outs Of Writing A Comprehensive Trust Document

Join us for a unique opportunity with **Jennifer L. Czerwinski**, Senior Vice President & outstanding Trust Officer from Wintrust Wealth Management. This very informative time together will be an update for some and a beginning for others. Join us at Women's Exchange.

**Thursday, October 24, 10 - 11 am. Hybrid \$20**

## CIVIL PEACE in 2024

In all the uproar of current politics and culture wars, only one question really matters: **Who benefits from us being so divided?** Join guest presenter, **Sue Baugh**, as we explore finding our way from civil war to civil peace. We'll look at how we can reclaim our natural hearts and minds. The future of our world depends on this.

**Saturday, October 26, 10 am - noon \$40/\$36**

## Fridays @ 4 pm

Join us as we gather to learn, grow, and share together. To get the conversation started, Women's Exchange has invited speakers to make a presentation on a timely topic.

## A Life Antidote to "Nope it Can't Be Done"

Discover four conditions that either inhibit or foster productive creative problem solving for self or even within a family. **Dr. Sondra Simpson**, a creative educator and collaborative consultant, has a passion for helping people and communities build upon their strengths to flourish and transform into futures beyond what they imagined. "Why nots" and "cannots" are changed to "How can we?"

**Friday, October 25, 4 - 5:30 pm. \$25/\$20**

## Conversation with An End-of-Life Doula

This program with **Catherine Durkin Robinson**, Anitya Doula Services, will provide information about possible critical decisions at end-of-life. This session also includes an "Ask a Doula" Q&A at the end where Catherine will answer your questions.

**Wednesday, October 30, 1 - 2 pm CT. Zoom. \$20**

## Find Your Fashion Happiness

Join us at Von Maur's in the Glen, when Women's Exchange hosts their own image and wardrobe consultant, **Suzanne Newman**. This gathering will offer tips, and ideas with an opportunity to ask your own questions to style your best self for the holidays. Limit 20

**Friday, November 8, 1 pm - 2:30 pm. Von Maur, Glenview. \$25**

## Reversing Alzheimer's

Drawing on the Alzheimer's research and protocol from **Dale E. Bredesen**, M.D., "The End of Alzheimer's Program: The first protocol to Enhance Cognition and Reverse Decline at any Age" and Dr. Heather Sandison "Reversing Alzheimer's: The New Toolkit to Improve Cognition and Protect Brain Health" join **Harriet Porter**, LCSW, who will discuss what these two authors have learned, documented and implemented.

**Friday, November 15, 4 - 5:30 pm. \$25/\$20**

# WELCOME TO WOMEN'S EXCHANGE!

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620 Lincoln | Winnetka, IL 60093

(847) 441-3406

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## Open House

SUNDAY, AUGUST 11, 2024

3:00 – 5:00 pm

Community House, Winnetka, Room 102

*Join Us to Celebrate*

Women's Exchange 41st Anniversary

QUESTIONS?

EMAIL: [deb@womens-exchange.org](mailto:deb@womens-exchange.org)

## Save the Dates!

- Trivia is Back in November!
- December Holiday Luncheon, December 4th

[www.womens-exchange.org](http://www.womens-exchange.org)

### MEMBERSHIP PROGRAM

## Hand In, I'm in!

## Benefits of Membership

**LEARN!** 10% discount on classes and lectures  
Some exceptions apply.

**CELEBRATE!** Special invitations to member events.

**CONNECT!** Expand the circles. Receive TWO  
vouchers to bring a friend new to  
WE to a one-time program.

**SERVE!** The opportunity to serve on select  
committees.

**RECEIVE!** A special gift.

DETAILS @ [www.womens-exchange.org](http://www.womens-exchange.org)

### WE THANK OUR 2024 SPONSORS

## Women's Exchange

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REGISTER ONLINE FOR CLASSES: [www.womens-exchange.org](http://www.womens-exchange.org)