

WOMEN'S EXCHANGE

learn, grow, share

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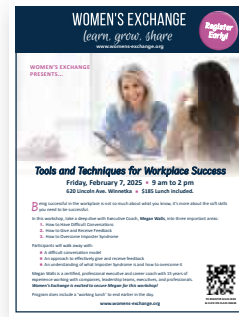
Winter Offerings 2025

FEATURING

Women's Exchange invites you to two dynamic workshops designed to empower women in both personal and professional realms.



On **January 7, 2025**, join us for *Nutrition, Natural Remedies, and a New Mindset for the Menopausal Years*, a transformative event offering tools to navigate midlife with vitality and intention. Through expert-led sessions on managing boundaries, embracing longevity habits, deepening spiritual connections, and natural hormone management, participants will leave feeling prepared for this important life transition.



Then, on **February 7, 2025**, elevate your professional skills with *Tools and Techniques for Workplace Success*. Led by Executive Coach **Megan Walls**, this practical workshop focuses on mastering difficult conversations, giving, and receiving feedback effectively, and overcoming imposter syndrome. Walk away with actionable strategies to thrive in your career and personal life.

Both events include a catered lunch and opportunities to connect with other women in a supportive and inspiring environment. Whether you're seeking personal renewal, professional growth, or both, Women's Exchange is here to help you **learn, grow, and share**.

WEEKLY & MONTHLY

Project Linus Stitching Circle

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.

Monthly: January 6, February 3, March 3. Drop in between, Noon to 2 pm. No charge.

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.

5 Wednesdays: January 8 & 22, February 5 & 19, March 5, 11 am – 12:30 pm. \$150/\$140

Coffee: Knowns and Unknowns

Join us for a special program to learn of the various origins and users of a variety of coffees — plus a tasting of four different coffees that are certain to surprise you! **Dr. Brian Moskalik** will present an overview of coffee and address some of common misconceptions. Brewing methods and basic extraction theory will be demonstrated. Register Early. Minimum of 10.

Thursday, January 9, 10 am - 11:30 am. \$35/\$30

For Her Own Good: Two Centuries of the Experts Advice to Women

Authors Barbara Ehrenreich and Deirdre English (2nd ed. 2005) "give us a perspective on female history, the history of American medicine and psychology, and the history of childhood, unlike any we have had." — Adrienne Rich

Join us this seminar in which we'll read and discuss this powerful and highly regarded contribution to Women's History with facilitator, **Marge Graham**.

9 Thursdays: January 9 & 13, February 6 & 20, March 6 & 20, April 17, and May 1 & 15. 3 pm-4:30 pm CT. Zoom. \$270/\$250

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 gathering. For the January 10th session, please read the chapter entitled "Sadness."

7 Fridays: January 10, 24, February 7, 21, March 7, 21 and April 4th. \$105/\$95

POWER HOUR – Let's Get the Vital Documents Done!

Join **Dale Davison, Anne, and Nancy Wieboldt** for a powerful hour **by Zoom** to get our vital documents in order. What and How tips will be shared for first 5 to 10 minutes and then we individually get to work for 45 minutes getting important documents organized for self &

loved ones". Last 5 minutes will be for celebrating the morning's accomplishments. This is a terrific opportunity with wise tips and support. The end of 6 weeks, cheering will be heard saving you many dollars in potential attorney fees!

6 Tuesdays: January 14, 21, 28 and February 4, 11, and 18, 11 am to noon CT. \$120/\$110

How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen

As author David Brooks says, "There is one skill that lies at the heart of any healthy person, family, school, community organization or society: the ability to see someone else deeply and make them feel seen-to accurately know another person, to let them feel valued, heard, and understood". Join us for this important discussion with Harriet Porter, LCSW

10 Tuesdays: January 14, - March 18, 1- 2:30pm. \$300/\$270

The Life of Betty White

Step into the vibrant world of **Betty Marion White** Ludden, brought to life by our captivating historical presenter. She will transport the audience through time, sharing White's cherished tales of her Illinois upbringing and the journey that led to her fame and numerous accomplishments.

Afterward, if you can, join us for lunch at Honey Comb restaurant to order and individually pay for your lunch.

Wednesday, January 15, 10 am - 11:30am. \$35 Lunch extra.

My Mini Memoirs Writing Class

Join us this winter with Master-trained Memoir Writing Facilitator **Sarah Squires-Doyle** who 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: January 16, February 13, March 13, and April 10, 10 am – Noon. \$120/\$110



DISCUSSION WITH THE CO-AUTHOR: *Virtual Natives*

We're living through what is arguably one of the most exciting, confusing, and powerful social moments in the history of humanity, the shift from the Digital Age to the Virtual Age. This shift is being driven by technology, and the people who are leading it are the ones who know it best: the Virtual Natives. Co-author, **Leslie Shannon**, will introduce you by **Zoom** to the Virtual Native cohort and mindset. **Leslie is also known for being a five-time undefeated winner on Jeopardy!**

Thursday, January 16, 2 pm - 3 pm CT, Zoom. \$30/\$27

Short Story Circle

Join our group of **short story readers** as we 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. **Zoom** Link sent January 17th.

8 Fridays: January 17, 31, February 14, 28, March 14, 28 and April 11, 25, 10 am - 11:30 am, ZOOM. \$120/\$108

Let's Talk Interior Design

Join us for an inspiring afternoon with **Julie Dunfee**, the creative mind behind *Julie Dunfee Designs*, in our exclusive event. This interactive session is designed for anyone facing interior design challenges and seeking expert guidance in a relaxed, supportive environment. Personalized insights, group discussion, expert tips and inspiration and ideas. Don't miss this chance to unlock your design potential with Julie's expertise! Take your interior design journey to the next level.

Friday, January 17, 1 - 2:30 pm. \$35/\$32

Make Your Own Chunky Blanket

Design your own a soft, chunky blanket that you can make! No knitting involved. The first session, with Mair Hill, will get you started (blankets take 5-6 hours to make), you'll finish it at home and then we'll arrange a one-hour follow-up drop-in session to complete the last row.

SUPPLIES: 8 skeins of ONE-COLOR Yarn Bee Eternal Bliss yarn.

Drop-In Saturday, January 18, 1 pm and 4 pm to get started. \$25

Let's Write the Amherst Way!

Start with a warm-up 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!

5 Tuesdays: January 21, February 4 and 18, March 4 & 18, 3 pm - 5 pm. \$200/\$180

What You Need to Know About Identity Theft

Identity theft is one of the fastest-growing crimes in the US with over 16 million victims of identity theft costing citizens \$16.8 billion. Join us for a live & interactive **Zoom** discussion with **Andre Lingham** Founder/President of the Center for Justice and Education to explore this important topic.

Friday, January 25, 4-5:30 pm CT. Zoom. \$20

Lit Circle

Book lovers, join our reading group to explore a variety of fiction and non-fiction, including classics, mysteries, historical fiction and family drama. We discuss thought-provoking and entertaining books. Reading in this order: "My Antonia", "The Thursday Murder Club" "Tomorrow and Tomorrow and Tomorrow", "Kingmaker: Pamela Harriman's Astonishing Life of Power, Seduction and Intrigue", "James". Reading list available upon request.

5 Mondays: January 27, March 10, April 21, June 2, July 14, 1 pm - 2:30 pm. \$75/\$67

Master Your New iOS18 Upgrade On the iPhone

Learn everything you need to know about iOS18 with **Michael Gershbein**, from basic navigation to customization to handy tips and tricks.

Wednesday, January 29, 1 pm to 2:30 pm. \$35/\$30.



Master Your Apple Watch

Join in with facilitator, **Michael Gershbein**, Very Smart People Learn everything that you never knew about your Apple

Watch, from customization to health tracking and notifications to extending your phone's functionality to your wrist.

Thursday, January 30, 10 to 11:30 am. \$35/\$30.

Healing the Human Body Field

What if we are more than just a physical body? Ancient traditions and modern energy medicine suggest we are made of a subtle energy field that holds information about our physical, mental, and emotional health. Balancing this energy can help restore the body to its natural state of balance. As Energy Psychologist Donna Eden says, "Matter follows energy. When your energies are vibrant, so is your body."

Discover *Energy4Life*, a bioenergetic scanning technology that detects imbalances in the human energy field to support healing.

Friday, January 31, 4 pm - 5:30 pm. \$35/\$30

What's Next?

We will work through Joy Loverde's book, "Who Will Take Care of Me When I'm Old". This book discussion will help embrace and better understand the changes and needs that come with aging. **Deb Guy**, Women's Exchange Director will facilitate. *You will bring insights to discuss from chapters read. For first class, read Introduction through Chapter 2.* This is a discussion class; we will learn from one another.

6 Thursdays: February 6, 20, March 6, 20, April 3 and 17, 10-11:15 am. \$90/\$80. Consider also joining POWER HOUR on Tuesdays.

Wisdom of the Body

Join us as **Sue Baugh** goes into how the body's wisdom can help us create peace within and around us. Each class will cover the basics of the body's amazing structure, the energy of the organ systems, and how to transform negative emotions into positive using 5 healing sounds. Come experience the love and peace your body carries within it.

4 Wednesdays February 12, 26 and March 12, 26, 1 - 2:30 pm. \$135/\$125

Your Own Valentine Reflection

Many people at the end of their lives feel the need to make five essential statements. **Catherine Durkin Robinson** will offer this online writing workshop with death doula presentation to provide information about how Valentine's Day helps us make some of those statements now, before the end of life. Upon completion of this program, the participant will be able to:

- ♥ Identify religious, secular, and cultural Valentine's Day rituals.
- ♥ Understand the different ways that different cultures celebrate Valentine's Day.
- ♥ Learn about the five essential statements.
- ♥ Recognize the mental health benefits of making some of those statements before we get to the end of life.
- ♥ Practice the art of writing letters or stories expressing love, making amends, offering forgiveness, and expressing gratitude.

Friday, February 14, 4 - 5:30 pm CT, Zoom. \$35/\$32

Discover Soul Collage® Discover Yourself

The introduction to Soul Collage® is a visual journaling process that involves creating a deck of collaged cards to help people discover their inner wisdom and express themselves utilizing intuition and unique creativity. No prior experience required. All supplies provided. Come prepared to have fun with **Annie Unger**, Soul Collage facilitator.

Thursday, February 27, 12:30 - 3:30 pm. \$75/\$68

Walking Group

Join in Monday and Friday mornings, 8:15 am to 9:15 am, when the Women's Exchange group gathers for a brisk walk in Harms Woods, Glenview. Contact deb@womens-exchange.org for location details. No charge to participate.

WOMEN'S EXCHANGE

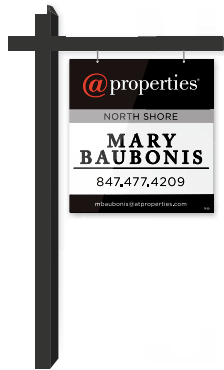
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