



Women's Exchange

LEARN • GROW • SHARE

Spring Offerings 2018

Sign up for weekly email reminders for all updates and additions about workshops, lectures and classes

www.womens-exchange.org

A Note from the Executive Director...



We hope you will join in to discover something new, or to dig more deeply into what might encourage you to be your best self. Here at Women's Exchange, for more than three decades, interpersonal connections are made, and information and experiences are shared.

WE truly is a great place to BE.

Sincerely,
Deb Guy
deb@womens-exchange.org

Join in WEEKLY AND MONTHLY

Weekly Walkers

Come walk with WE on **Monday and Thursday mornings from 8 to 9 am** on the Green Bay Trail. The group meets outside the front doors of Women's Exchange. Email deb@womens-exchange.org to be added to the email list in case of weather or location changes. No charge.

Knitting Mondays

If you'd like to strengthen your knitting skills in good company, come try our Monday morning knitting group facilitated by **Beth Kelly**.

Mondays: April through June, 10 am to noon, \$5 per session.



Project Linus Stitching Circle

Join the fun and 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 May).

Mondays: April 9 and June 4, noon to 2 pm. No charge.

Literature Circle

Let's talk books with our knowledgeable and well-read facilitator, **Lauren Szwiec**. [Details with book titles at www.womens-exchange.org]

Friday April 13, Thursday May 17, Friday June 8, 10 to 11:30 am. \$15 per session.

Short Story Circle

Join our friendly and enthusiastic group, as we continue reading *The Art of the Tale: An International Anthology of Short Stories*, edited by Daniel Halpern. [Details at www.womens-exchange.org]

8 Alternating Fridays: April 6 to July 13, 10 to 11:30 am. \$100 for series or \$15 per session.

Memoir Writing

Get your family history down on paper with facilitator **Laura Lyman**. At the monthly meeting, you'll bring a family story that you have written and share it aloud with the group. Beginners always welcome.

3 Mondays: April 9, May 14, June 11, 7:30 to 9 pm. \$25

Memoir

Women's Studies Book Discussion

Beth Kelly, PhD, of DePaul University, continues the women's studies series. Read the book(s) or not and join the discussion. [Details at www.womens-exchange.org]

Wednesdays: April 18, May 16, and June 20, 6:30 to 8 pm. \$25 each

Spiritual Book Discussion Circle

Join the peer-led, spiritual book discussion group. This welcoming group meets on the fourth Monday of each month, except May. See www.womens-exchange.org for details.

Mondays: April 23 and June 25, 7 to 8:30 pm. \$15 per session.

APRIL 2018

Journal to the Self

Facilitator **Michelle Fellman** will show us how to use our journals to explore various aspects of our lives, ourselves, and our relationships with others. Designed and developed by Kathleen Adams, author of *Journal to the Self* and a pioneer in the use of writing as a tool to personal growth, this course will help participants discover the writer within. No writing experience necessary.

4 Tuesdays: April 3, 10, 17 and 24, 10:30 am to noon. \$80 plus \$10 for workbook distributed in first class.

Make Peace with Your Mind

Banish those negative thoughts with **Harriet Porter**, LCSW, as we take eight weeks to explore Mark Coleman's book, *Make Peace with Your Mind: How Mindfulness and Compassion Can Free You from Your Inner Critic*. With wisdom, humor and kindness, the author offers tools that can truly make a difference in silencing the voice of self-doubt and purging old thought patterns. For the first class, read the forward, introduction and the first three chapters.

8 Tuesdays: April 3 to May 22, 1 to 2:30 pm. \$160

REGISTER FOR CLASSES ONLINE www.womens-exchange.org

Elevate Your Attitude to a New Altitude

Has your thinking got you down? Want to see and feel things differently? Changing your attitude is absolutely possible and moreover, it can (and should) be fun. In this two-part workshop, **Catherine Borowski** and **JS Hedegard** will introduce you to a variety of awareness techniques that have built-in feedback loops to quickly reinforce new attitudes.

2 Thursdays: April 5 and 19, 1 to 2:30 pm. \$50.

Location: Winnetka Congregational church

Car Talk

With more than 50 years' experience in the automotive service industry, **Bob Dupre** from Cars of America has lots of advice and wisdom to share: European vehicles should be leased, not purchased; free maintenance at the dealer can be expensive in the long run; don't follow the factory maintenance schedule unless you are trading every three years. Bob also will offer insights into hybrid electric vehicles, tell us how to select a great mechanic shop, and explain how to do our own 5-minute safety inspection.

Friday Salon, April 6, 4 to 5:30 pm. \$20

Eating the Elephant One Bite at a Time

Do you have things to get done but don't know where to start? Are you overwhelmed just by the thought of that big or even small task? This workshop with **Sue Opeaka**, founder of The Present Moment, will teach a tried-and-true method to help you focus. Start taking action towards your goals or intentions, big or small.

Tuesday, April 10, 7 to 8:30 pm. \$25

Cultivating Connections with Kids

The focus of this three-week workshop with parent coach **Beth Miller** is to build parent-child relationships based on mutual respect. This course is designed for the parents or grandparents of children ages 3 to 9. Participants will have an opportunity to identify personal goals and practice techniques to sustain meaningful change in their relationships.

3 Wednesdays: April 11, 18 and 25, 9:30 to 11 am OR 7 to 8:30 pm. \$75

Healthful Hacks & Snacks

Explore healthy "hacks" with **Stephanie Pearce**, integrative health coach. Hacks might focus on food, happiness, movement, or time management. While we work together, enjoy healthy snacks as you learn easy life-enhancing tips. Leave with tips you can integrate into your life.

Thursday April 12, 10 to 11:30 am. \$25

Collectable Resources: Reducing Waste

Learn about food waste reduction from **Erlene Howard** of Collective Resource, Inc. (CRI), a door-to-door food scrap collection service. CRI works to reduce landfill through commercial composting. Through education and training, CRI has kept 3500 tons of waste out of the landfill.

Friday Salon, April 13, 4 to 5:30 pm. \$20

Conversational Intelligence: Brain, Body, Behavior

What happens to your brain and your body when you have conversations that are exciting, or toxic, or loving? In this

workshop, **Dee Kane**, certified conversational intelligence coach, leads you through the ground-breaking work of Judith E. Glaser, author of *Conversational Intelligence*. She offers an innovative, effective and fun way of thinking, beyond IQ and EQ (emotional intelligence) to C-IQ.

3 Mondays: April 16, 23 and 30, 10 am to noon. \$90



Spring Benefit Luncheon

April 21, 2018

Visit

www.womens-exchange.org

to RSVP.

Earth Day Morning Walk

Gather at the forest preserve for a 4.4-mile walk, north around the lagoons to the Botanic Garden and back. Meet at the Tower Road parking lot, just west of Forestway Drive, Winnetka, at 8 am. Walk begins promptly at 8:15 am.

Sunday, April 22, 8 am. No charge.

Empowering Self-Care Strategies for Highly Sensitive Women

Many of us are overly empathic. We need special tools and techniques to effectively protect ourselves from incoming energies, as well as a method to release everything we have absorbed. With empowerment coach **Nancy Creely**, we will learn ways to use our intuitive gifts to self-heal, and how to direct these gifts for the benefit of others.

Thursday, April 26, 10 to 11:30 am. \$25

MAY 2018

Artistic Weather Project

Joyce Elias, multi-media artist, will present a project on the colors in nature that includes photos and painted wood collages. There will be a hands-on component, when participants will have an opportunity to create a work of art answering the question, "What color is your weather today?" Supplies included.

Tuesday, May 15, 10 to 11:30 am. \$30

Daniel Burnham & The World's Columbian Exposition

The 1893 World's Columbian Exposition in Chicago remains one of the most fascinating and controversial events in American history, an extravaganza that influenced the architecture and development of cities for the next century. Join us for a lecture and film clip by author and filmmaker **Judith Paine McBrien** exploring Daniel Burnham's evolving role, challenges, relationships and ideas as the exposition's Director of Works.

Friday Salon, May 18, 4 to 5:30 pm. \$20

Summertime on the North Shore

Start planning your summer adventures when **Jennier Engel** from Chicago's North Shore Convention Bureau visits us, with news about local museums, sidewalk sales and upcoming summer festivals in our communities.

Tuesday, May 22, 10 to 11:30 am. \$20

Write Your LinkedIn Profile



Marianne Griebler returns to Women's Exchange to teach how to write an engaging, authentic LinkedIn profile. In this workshop you will get tips, tools and confidence to make sure you stand out and shine!

Wednesday, May 23, 11 to 1 pm. \$30. Bring your lunch.

Women and Finances

Saving for retirement means navigating a potential minefield of high fees and bad advice. Join us when **Paul Sippil**, RIA, uncovers potential conflicts of interest in the retirement planning industry.

Wednesday, May 23, 7 to 8:30 pm. \$25

Inspired Action Part I: Using Personal Power Words

Discover what your subconscious mind really believes about the words you think, speak and hear. Learn with empowerment coach **Nancy Creely** how words can empower you or cause resistance. Bring a goal to this class and walk away with a simple process you can use to motivate you to take inspired action.

Thursday, May 24, 10 to 11:30 am. \$25

Inspired Action Part II: Connecting Mind and Heart

Making decisions without checking with your heart can lead to focusing on the wrong goal, premature timing, and thinking you have to figure out how to manifest your goal. Learn from empowerment coach **Nancy Creely** why you might not be in alignment with Inspired Action; learn to allow your authentic next step of flow and ease.

Thursday, May 31, 10 to 11:30 am. \$25

Dolley Madison: The Model of a Modern First Lady

Dolley Madison was the fourth First Lady of the United States. During the two terms of James Madison's administration (1809-1817), she created the first lady role that we have come to know. She entertained, set fashions, and opened up the White House in ways her predecessors couldn't have imagined. **Beth Kelly**, PhD, of DePaul University will explore Dolley Madison's remarkable life and legacy.

Friday Salon, May 25, 4 to 5:30 pm. \$20

JUNE 2018

Living Well Longer

No *one* thing explains health and longevity, but science has found a few factors that positively impact it: daily rituals, our social network, what we eat, and a sense of purpose. Sign up to hear insights on these areas from **Stephanie Pearce**, integrative health coach.

Friday Salon, June 1, 4 to 5:30 pm. \$20

Planning Ahead for Medical Needs and More

Days pass quickly as we grow older. We celebrate yet another birthday. We think there is plenty of time to prepare for the future. **Charlotte Bishop**, certified aging life-care professional, will present the five crucial steps you need to begin planning for your future as an "older adult".

Tuesday, June 5, 10 to 11:30 am. \$25

Essential Oils 101

Essential oils and aromatherapy have been around for many centuries but only have been rediscovered and widely used as recent as 60 years ago. Join **Jane Ishibashi** to learn the basics of essential oils, safe usages, and 'make and take' an *itch-be-gone* roller, aimed towards annoying bug bites!

Tuesday, June 5, 7 to 8:30 pm. \$30 includes supplies.



The Electoral College: A Brief History

Come hear **Karen Glennemeier**, biologist and member of the League of Women Voters of Wilmette, when she presents a brief history of the electoral college, followed by a discussion of its impact on democracy.

Wednesday, June 6, 1 to 2:30 pm. \$25

Lunch with Writer Kathleen Rooney

Author of *Lillian Boxfish Takes a Walk*, **Kathleen Rooney** will discuss Margaret Fishback, who inspired the book, her ads and poems, and then also talk a bit about walking and *flanerie*. A simple salad and light dessert will make this a delightful literary afternoon.

Wednesday, June 13, 11:30 to 1:30 pm. \$40

Winnetka Music Festival

Join the fun this weekend when music fills the air from three stages in downtown Winnetka. For details and updates follow <https://www.winnetkamusicfestival.com/>

Friday to Sunday, June 15 to 17, 2018.

Luncheon and Wine Pairing

As our choice of foods changes with the seasons, so does our wine. **Theresa Lucas**, owner of Good Grapes Wine Shop, will share a few wine basics, incorporate food pairing, and challenge our olfactory senses with various wine bouquets. *Lunch & Learn* will be held at Patio 809 at Chestnut Court, Winnetka. RSVP required before June 15.

Wednesday, June 20, noon to 2 pm. \$40

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and classes at
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Women's Exchange

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630 Lincoln | Winnetka, IL 60093

(847) 441-3406

www.womens-exchange.org



Save The Date

Celebrate Women's Exchange

35th Birthday

Wednesday, September 5th, 2018

PROGRAM REGISTRATION

You may also register and pay online at:

www.womens-exchange.org

Please register me in the following class(es):

Please charge \$_____ to my:

Visa MasterCard

Card # _____

Exp. Date _____ Security Code _____

Cardholder's signature _____

Check enclosed payable to: **Women's Exchange**

Name _____

Address _____

City/State/Zip _____

Phone _____ Email _____

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