



www.womens-exchange.org

Fall Offerings 2025

A NOTE FROM THE DIRECTOR



Deb Guy

DIRECTOR,
WOMEN'S EXCHANGE

Dear Friends,

Women's Exchange (WE) is excited to launch Fall programming. Our Mission is keeping women from diverse life experiences gathered into insightful and thought-provoking conversations, all bringing authentic connections.

To highlight all that is currently planned, join us for **OPEN HOUSE**, in our welcoming

classroom inside the Community House in Winnetka.

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

Sincerely, Deb

[VISIT](#)



Open House

SUNDAY, September 7, 2025

2:00 – 4:00 pm

Community House, Winnetka
Room 102

Join Us to Celebrate
Women's Exchange 43rd Anniversary

[QUESTIONS?](#)



trivia night *returns!*

JOIN IN to play, nosh and win!

Thursday, October 23, 2025 5:30 pm to 8:00 pm

Women's Exchange @ The Winnetka Congregational
Church Fellowship Hall, Winnetka

Fun, Food and Prizes!

\$75

Classes



WOMEN'S WALKING GROUP

Join in Monday and Friday mornings when the Women's Exchange walking group gathers for a brisk walk in Harms Woods. Contact dguy@womens-exchange.org for meeting location.

**Mondays and Fridays, 8:15 am to 9:15 am,
No Charge**

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 squares of colorful cloth are later turned into finished quilts then donated to Project Linus.

Monthly: September to December, 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. **5 Wednesdays: September 10, 24, October 8, 22, November 5, 11 am to 12:30 pm. \$150/\$140/\$150/**

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 September 12, please read to discuss the chapter entitled "Memories". All are welcome to join in this on-going discussion of the book, "Gift of Years".

7 Fridays: September 12, 26, October 10, 24, 31, November 14, December 12, 10 am to 11:15 am. \$105/\$95

GET YOUR VITAL DOCUMENT IN ORDER

Join **Anne Wieboldt**, Certified Elder Planning Specialist and CFP, to learn the essentials to putting personal finances in simple good order that allows us and our POAs to manage paperwork over our longer lifespans.

Participants will be inspired to simplify their personal finances so that your paperwork is clear and straightforward for those who come after us. Joyful Outcome: Participants can avoid money stress as they age into longer lifespans.

3 Thursdays: September 4, October 9, November 6, 3:30 pm to 5 pm. \$120/\$110

POWER HOUR - LET'S GET THE VITAL DOCUMENTS DONE!

Join **Anne, 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 for wise tips and support.

6 Tuesdays: October 7, 14, 21, 28, November 4 and 11, 11 am to noon CT. \$120/\$110. Zoom.

GENIUS OF EMPATHY

Join the book discussion with **Harriet Porter**, LCSW, discussing "The Genius of Empathy: Practical Skills to heal your sensitive self, your relationships and the world" by Judith Orloff. In her book, Dr. Orloff shares a practical action driven guide to help you access your unique sensitivities; soothe and regulate your nervous system, connect your mind and heart; and embody your authentic, fierce, and compassionate self.

10 Tuesdays: September 16 to November 18, 1 pm to 2:30 pm. \$300/\$290

MY MINI MEMOIRS WRITING CLASS

Join us this fall as we launch another writing group. Master-trained Memoir Writing Facilitator **Sarah Squires-Doyle** will provide writing exercises and prompts to generate stories from different ages and stages of life. If you like accountability, camaraderie and sharing your stories, this group is for you! No experience necessary.

6 Thursdays: September 11, 25, October 9, 23, November 6 and 20, 10 am 10:30 am to 12 pm. \$180/\$170

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.

8 Fridays: September 5, 19, October 3, 17, November 7, 21, December 5 and 19, 10 am to 11:30 am. \$120/\$110

LET'S WRITE!

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 Amherst writers rules for feedback. Confidentiality held within the group. Beginners are always welcome!

6 Tuesdays: September 16, 30, October 14, 28, November 11, December 2, 3 pm to 5 pm. \$240/\$230

LIT CIRCLE

Book lovers, join our reading group with **Connie Garner** and **Judy Bowman** to explore a variety of fiction and non-fiction, including classics, mysteries, historical fiction, and family drama. Books titles listed on website.

3 Mondays: September 15, October 27 and December 8, 1 pm to 2:30 pm. \$45/\$40

WHAT'S NEXT?

Work together 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. This is a discussion class; we will learn from one another. Need to purchase the book.

4 Thursdays: October 2, 16, 30, November 13, 10 to 11:15 am. \$80/\$75 Consider also joining Power Hour on Tuesdays.

18-PART FORM II & 5-ELEMENT THEORY - CONTINUATION CLASS

This 5-week class, continuing with **Sue Baugh**, deepens participants' knowledge of the qi gong classic 18-part form. We will also explore the Chinese 5-element theory and its applications to modern life. **Prerequisite: Completion of 18-Part Form Class I.**

5 Wednesdays: September 10, 17, 24, October 1 and 8, 1:30 to 3 pm. \$150/\$140

WOLVES CONTINUATION CLASS

The **Wolves** group will continue working together to explore the multi-faceted, woman's archetypal journey. Pre-requisite class attendance. Spring 2025.

5 Thursdays: October 2, 16, 30, November 13, 20, 1:30 pm to 3:30 pm. \$200/\$190

“That is what learning is.
You suddenly understand
something you've
understood all your life,
but in a new way.”

– Doris Lessing

One-Time Gatherings

BOTANIC GARDEN MEDITATION WALK

Join us for a morning meditative walk with **Pam Coster** at the Chicago Botanic Garden in Glencoe. Keeping silence, we will stop at five designated spots to ponder Mary Oliver's poetry. WE will walk even in misty rain yet, pouring rain will bring a refund. If interested, we can choose to gather afterward for a reflective coffee. If not a member of the *Garden*, you will need to also purchase a pass.

Thursday, September 4, 8:45 am to 10 am. \$30
Walk only.

AGING: WE ARE NOT ALONE

In this workshop, with **Catherine Durkin Robinson**, we will explore the Five Remembrances, five simple yet profound truths from Buddhist tradition, as a guide for gracefully growing older. Together, we'll look at how facing the inevitability of aging, illness, and loss helps us make peace with changing bodies and uncertain futures. We do this while staying open to joy. Through conversation, reflection, and gentle practice, participants will gain tools for navigating later life with steadiness and compassion for themselves and others. This workshop is especially created for women who want to meet aging as a part of a full life.

Thursday, September 18, 1 pm to 2:30 pm. \$35/\$30

REIKI LEVEL 1 CLASS

This class with **Betsy Rooth** certified instructor, will provide you with self-care training and an attunement. Learning this, you can then access this healing energy for the rest of your life. Reiki gives your body relief from stress and helps you experience deep relaxation. It can enhance and accelerate your own natural healing process and boost your immune system. You will leave class with self-care tools.

Saturday, September 27, 9:30 am to 12:30 pm. \$125 plus \$15 book fee.

MEDICARE 101: UNDERSTANDING YOUR COVERAGE AND OPEN ENROLLMENT OPTIONS

We'll review the basics of Medicare, what you should think about in terms of initial enrollment or fall open enrollment choices, and what questions you should ask an insurance broker. We'll also discuss with **Dr. Gayle Byck**, all this and a few tips for getting the most out of your Medicare coverage.

Thursday, October 9, 1 pm to 2:30 pm. \$35/\$30

INVEST IN YOUR BRAIN HEALTH

Join in by **Zoom** when presenters from BCAT will define the concept of brain health and highlight how it is an important vital sign indicating overall health.

- learn proactive strategies to protect your brain health as you age



- understand seven key lifestyle changes to maximize overall health
- leverage scientifically validated self-assessment resources you can use to start your journey towards cognitive wellness
- learn how a customized brain health plan, created in partnership with a certified brain health coach, can benefit people who are experiencing normal aging, subtle changes or even more significant cognitive changes.

At the conclusion of the workshop, you will be equipped with a variety of actionable resources to promote improved brain health and cognitive function in your own life and or in the lives of a loved one.

Monday, October 13, 1 pm to 2 pm CT. Zoom.
\$35/\$30

EMPOWERMENT DOLL MAKING WORKSHOP

Join Teaching Artist and Doll Maker **Victoria Reeves** for crafting and community. Using colorful, repurposed fabrics, vintage beads/buttons, imagination and free-writing, participants will learn how to make a unique Empowerment Doll infused with meaning. Calmly hand-sewing together, we'll also explore how celebrating our unique selves helps us show up in the world in positive ways. Registration deadline October 10. Min. 6

Wednesday, October 15, 1pm to 2:30 pm. \$70
includes all materials.

DEATH AND CHOCOLATE - LARGER THAN LIFE CONVERSATIONS

Come and find out in this creative, interactive and insightful program that is a springboard to the end-of-life conversations and planning that too often happen in crisis. Join us in a relaxed atmosphere for a facilitated conversation with **Dr. Gayle Byck**, for an engaging discussion that will make you think about how you want to LIVE. Lots of chocolate provided. Limited enrollment.

Wednesday, November 19, 1 pm to 2:30 pm.
\$35/\$30

DEMYSTIFY THE EMERGENCY ROOM VISIT

Learn more about what to expect when you go to the Emergency Room. Why is the wait so long? Should I have gone to Urgent Care? Learn from emergency room physician, **Dr. Katherine Aulis** about what goes on while one waits up to 12 hours for care.

Friday, September 12, 4 pm to 5:30 pm. \$25

**Join the Women's Exchange
mailing list to keep learning
about new additions
to programming.**

www.womens-exchange.org

♦♦ FRIDAY SALONS AT 4 PM ♦♦

In-person unless otherwise noted by Zoom

A FEW OF OUR FAVORITE THINGS

An adult "Show and Tell" - present, tell/show us one of your own *can't live without* - favorite recipes, wonderful item from your favorite store or website, best podcast, fun card/board games - you name it. Come prepared to share or just sit and take it all in. Promises to be informative and fun!

Friday, September 19, 4 pm to 5:30 pm. \$25

WHAT MAKES HER DO IT?

At the age of 61 years, 21 days, **Marcia Cleveland**, beloved WE member and past board member, became the Oldest Person to complete the Oceans Seven Series, as well as having the longest time span for the Series: July 29, 1994, to May 20, 2025 - 30 Years, 9 months, 23 days (11,253 Days). Most recently she and her daughter became the first Mother-Daughter to swim the Strait. Come join the conversation when Marcia shares the nitty gritty of what it took to navigate to this title.

Friday, September 26, 4 to 5:30 pm. \$25

DRIVING FORCES: 100+ YEARS OF WOMEN INFLUENCING, BUYING, DESIGNING AND DRIVING AUTOMOBILES

The history of women and automobiles is nothing less than fascinating! From the very start, women have been influencing, buying, designing, driving and racing automobiles. Come listen to learn as **Barbara Barrett** tells of the female automotive pioneers to the first female CEO at General Motors among several other notables.

Friday, October 3, 4 pm to 5:30 pm. \$25



“One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn’t as individuals.” – Jean Vanier

THE SALEM WITCH TRIALS AND THE POWER OF FEAR

In 1692, a group of teenage girls began having bizarre fits and claimed that witches in the community were persecuting them. By the end of the year, twenty women and men had been executed for witchcraft. Accusations spiraled out of control, legal safeguards went out the window and fear gained the upper hand. Join **Joyce Haworth** as she lays out the true story of one of the strangest and most painful episodes in American history.

Friday, October 10, 4 pm to 5:30 pm. \$25

A LEGACY OF DAYS: TEN FUN WAYS TO TELL YOUR STORY TO THE NEXT GENERATION

We each were part of someone’s future generation, and we will be someone’s descendant. Don’t be the one no one knows anything about! How do you want to be remembered? Come learn to share your story with the next generation without writing a book! There are other ways to tell your story and ten of them are in **Letitia Suk’s** new book: “A Legacy of Days: Ten Fun Ways to Tell Your Story to the Next Generation.”

Friday, October 17, 4 pm to 5:30 pm. \$25

THE POWER OF COMMUNITY

This talk with **Sarah Petrin**, author of *Bring Rain: Helping Humanity in Crisis*, will focus on recognizing your spheres of influence and using your voice to realize the changes you want to see in your

community and in the world. It also addresses how to use your time and resources to make an everyday difference in the lives of people around you. Drawing on examples in her book from responding to Hurricane Katrina in Louisiana to the Ebola Crisis in Sierra Leone, Sarah will share how ordinary acts of courage can lead to systemic change.

Friday, October 24, 4 pm to 5:30 pm CT. Zoom. \$25

MARY MAGDALENE: A LEADER FOR THE FIRST AND TWENTY-FIRST CENTURIES

Mary Magdalene is quite relevant today. Who is this Mary? Where did she live? What did she do? Was she a disciple of Jesus? What new information about the early Christians can be gleaned from looking at the textual references now available? Join **Dr. Shirley Paulson**, scholar of Early Christian texts for this unique opportunity to learn from her extensive studies.

Friday, November 7, 4 pm to 5:30 pm. \$25

WHY ARE YOU HERE? WHY DID YOU COME HERE?

Join **Sue Baugh** when she returns to Women’s Exchange to help us learn how one can get still enough to learn our own answers to why we are here and why specifically did you come here now? This *Salon with Sue* promises to be interesting even if you already know your purpose.

Friday November 14, 4pm to 5:30pm. \$25

PLASTICS!

Jenny Gitliz, Director of Solutions to Plastic Pollutions from Beyond Basics, will share by **Zoom** how poorly plastics recycling is fairing in the US.

- Describe 50 yrs of industry deception around recycling.
- Discuss multiple enviro impacts--from oceans to microplastics in our bodies.
- Discuss how so-called chemical recycling--now being promoted by the plastics industry--is a false solution that is also environmentally damaging, with EJ implications.
- Introduce CA lawsuit against ExxonMobil.
- And...She help us to understand what we can do.

Friday, November 21, 4 pm to 5:30 pm. Zoom. \$25

HOLIDAY TECH GIFT IDEAS

Find out from Michael Gershbein, all the hottest gadget gifts available this holiday season. From smart home and smart phones to toys and oddities. WE will open people's eyes to lots of cool options for the family's (or their own) wish list!

Friday, December 5, 4 pm to 5:30 pm. \$25



Save the Date!

HOLIDAY LUNCHEON GATHERING

Thursday, December 4, 2025

11:30 to 2 pm

Skokie Country Club, Glencoe

\$75

Membership Program

WE+



WE+

SUPPORT
WOMEN'S EXCHANGE

LEARN+ Class discounts & early registration to classes

CONNECT+ Member events

CELEBRATE+ Guest passes & **WE+** thank you gift

\$145

[JOIN NOW!](#)



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