



Women's Exchange

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www.womens-exchange.org

Winter Program Guide 2026

A NOTE FROM THE DIRECTOR



Deb Guy
DIRECTOR,
WOMEN'S EXCHANGE

Women's Exchange (WE) is excited to launch Winter Programming. There is a lot within these pages! We also encourage you to visit our website often for newly added programs or sign up to receive weekly email reminders.

We encourage you to connect with us to learn, grow and share in one or more of our planned events, programs, or gatherings. At WE, we believe you will discover a new interest and meet new friends.

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“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.”

~ EDITH SITWELL

Save the Date!

A HAPPENING DAY OF SERVICE!

Join us for a joyful day of service where WE women come together to make a meaningful difference—one small project at a time.

Small teams of helping hands will form to tackle simple, doable tasks that can truly lighten someone's load. Examples include: organizing books, offering tech support, planning a flowerbed, freshening up a closet, or even making a cheerful home visit. One supportive visit can accomplish so much!

Whether you'd like to host a project that would make your life easier or volunteer to be part of a helping team, there's a place for you. We'll wrap up by celebrating and swapping stories of what we accomplished – together. *Stay tuned for details!*

Happenings will be arranged to happen the week of April 13, 2026



BE SURE TO CHECK: www.womens-exchange.org/program FOR NEWLY ADDED PROGRAMS
AND/OR SIGN UP FOR WEEKLY EMAILS ON OUR WEBSITE.

Classes



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 Glenview. Contact deb@womensexchange.org for location details. No charge to participate.

PROJECT LINUS STITCHING CIRCLE

Join the circle 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 August.

First Monday [except March 9] 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 group offers an opportunity to open your heart and connect with the Divine Presence within.

Wednesdays: January 7 & 28, February 11 & 25, March 11, 11 am to 12:30 pm. \$200/\$190

SHORT STORY READERS DISCUSSION GROUP

Appreciate good literature beyond the full novel as WE begins a new series with an international focus and an array of well-established authors. Join Rita Soltan, coordinator, retired librarian in reading selections from *The Art of the Story, An International Anthology of Contemporary Short Stories*, edited by

Daniel Halpern, Penguin Random House ISBN 978-0-14-029638-9. Shared leadership for discussions. New participants welcomed. This group meets in-person and by zoom this winter.

Fridays: January 9 and 23, February 6 and 20, March 6 and 20, April 3 and 17, 10 to 11:30 am CT. Hybrid. \$128/\$120

DOCUMENTARY VIEWING AND DISCUSSION

Join us for a newly forming discussion group gathering to view a documentary together followed by a discussion. First in a three-part series begins with Dr. Kerry Burnight the author of *Joyspan*. Dr. Burnight explores how to shift from a mindset of decline to one of growth, and what it takes to cultivate a long life rich with meaning, adaptability, and human connection. February 19, we will learn about Jacinda Ardern's unexpected journey as New Zealand's 40th Prime Minister. March TBD.

January 12, February 19, March 19, 1 pm to 2:30 pm. In-person. \$15 each or \$40 for series

MAKING LIFE EASY: A SIMPLE GUIDE TO A DIVINELY INSPIRED LIFE

Join Harriet Porter, LCSW for this book discussion: *A Simple Guide to a Divinely Inspired Life* by Christiane Northrup, M.D. To live an easy life, you must align with the Divine part of yourself. You need to let it lead your life. You have access to guidance that will take you in the right direction. Read first two chapters for first class. This class will be hosted 6 weeks in-person with two chapters of study in between.

Tuesdays: January 13 & 27, February 10 & 24, March 10 & 24, 1 pm to 2:30 pm. \$240/\$230

18-PART QIGONG FORM: PART 4

Join Sue Baugh for this four-week continuation course into level 4 which focuses on the refinements and body mechanics of this therapeutic form. It also goes deeper into the 5-Element Theory and 6 Healing Sounds.

Wednesdays: January 14, 21, 28 and February 4, 1 to 2 pm. \$130/\$120

UNDERSTAND THE LANGUAGE OF ASTROLOGY

Do the phrases "Sun square Moon, Pluto in Aquarius, the transit of Saturn" leave you wondering what it all means? This 4- week class teaches you the language of Astrology—its symbols, geometry, and cycles. Sue Baugh has been involved in studying and practicing astrology for over 30 years. Her goal is to help people understand the language and wisdom of this ancient practice and how it applies to our lives.

Wednesdays: January 14, 21, 28 and February 4, 2:30 to 3:30 pm. \$130/\$120

LET'S WRITE THE AMHERST WAY!

Start with a warm-up activity offered by facilitator Kim Grah, 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 always welcome!

Tuesdays: January 13 & 27, February 17, March 3, 17, and April 14 & 28, 3 pm to 5 pm. \$280/\$270

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.

Thursdays: January 15 &29, February 12 & 26, March 12 & 26, 10 am to noon. \$240/\$230

GET YOUR VITAL DOCUMENTS IN ORDER

Join Anne Wieboldt, Certified Elder Planning Specialist and CFP, to learn the essentials to putting personal finances in simple good order, no matter your age, that allows you and your POAs to manage paperwork over our longer lifespans. Participants will be inspired to simplify and to get their personal finances in order and/or updated. Winter Session Zoom Only. Pairing with Power Hour on Tuesdays is recommended.

Thursdays: January 15, February 12, March 12, 3:30 pm to 5 pm. Zoom. \$175/\$150

POWER HOUR - LET'S GET THE VITAL DOCUMENTS DONE

Join Anne Wieboldt for a powerful hour by Zoom to get your vital documents in order. [Or anything else you want to accomplish]. What and How tips will be shared for first 5 to 10 minutes and then we individually get to work for 45 to 50 minutes getting important documents organized for self & loved ones. Last 5 minutes will be for celebrating the morning's accomplishments. This is a terrific expense saving opportunity by Zoom. At the end of 6 weeks, cheering will be heard saving you many dollars!

Tuesdays: January 20 & 27, February 3, 10, 17 & 24, 11 am to Noon CT. \$120/\$110. Zoom.

"THE GIFT OF YEARS" BOOK DISCUSSION

Judy Bowman invites you to attend facilitated sessions during which we will continue discussing one chapter from Joan Chittister's book each gathering. For this new year gathering, January 16, please read to discuss the chapter entitled "Forgiveness". This class will meet until April 10 when this book study will complete all chapters.

7 Fridays: January 16 & 30, February 13 & 27, March 13 & 27 and April 10, 10 am to 11:15 am. \$120/\$110

LIT CIRCLE

Book lovers, join our literature reading circle with Connie Garner and Judy Bowman to explore a variety of fiction and non-fiction, including classics, mysteries, historical fiction, and family drama. To see the list of books selected, visit us online by [clicking here](#).

Mondays: January 19, March 2, April 13, 1 pm to 2:30 pm. \$45/\$40

THE SACRED PATH TO WHOLESOME AND HEALING

The Yoga of Self-Love: A 10-Week Journey To Come Home to Yourself with Ramaa Krishnan, (author of *The Yoga of Self-Love: The Sacred Path to Wholeness and Healing through Inner-Child Work*).

Ramaa with her deep wisdom will move chapter by chapter, weaving the teachings, stories, and practices from the book in a safe, nurturing space designed for honest inner work and heartfelt connection.

Each session includes guided reflection, inner-child practices, and meditation. Minimum 8. Maximum 10.

10 Tuesday mornings starting March 3rd (no class March 31st). Zoom. \$400



One Time Workshops and Events

►►► FRIDAYS AT 4 PM will resume in Springtime.

DOCUMENTARY VIEWING AND DISCUSSION

Join us for a newly forming discussion group to view a documentary together followed by a discussion. See Documentary Viewing and Discussion group listing in class section.

January 12, February 19 and March 19, 1 pm to 2:30 pm. In-person. \$15 each or \$40 for series of three.

TRANSITION IS YOUR PROJECT: "THE BLUEPRINT TO YOUR OPTIMAL NEW HOME"

Every move is a "project" and your move is no different. Projects consist of phases, processes, plans, budgets, teams and deadlines. This program will provide an overview of the typical stages you and your "move project" will move through. The presenter from Dwelling Spaces, Drina Nikola, Senior Move Management will share the knowledge and expertise of 10+ years of helping to guide seniors and family members through the challenging, emotionally difficult and time-consuming project process of transitioning from one home environment to another.

Friday, January 16, 2 pm to 3 pm. \$25

MAKING THOUGHTFUL CHOICES FOR YOUR DOG AND LEARNING ABOUT FUREVER HOME DOG SANCTUARY

This workshop with David Kerpel, Founder of Furever Home Dog Sanctuary and Jody Haas-Wolfson, dog behaviorist, will help you understand how and why dogs

are re-homed, and how we can make thoughtful choices as pet owners—especially as we age, and how a new type of rescue organization is going to change the way dogs are rescued. Participants will learn practical tools for planning ahead, choosing the right pet, and ensuring pets are cared for if life suddenly changes.

Tuesday, January 20, 1 to 2 pm. \$25

INTRO TO FUNCTIONAL MEDICINE

Dr. Frances Baxley's presentation will be an introduction to Functional Medicine, which is a paradigm for using a systems biology approach to complex health issues and for investigating the root causes of disease. She will explain the distinction between Integrative Medicine and Functional Medicine, and how each of these holistic healing systems can complement conventional care. There will be a 40 minute presentation followed by an opportunity for questions and answers.

Thursday, January 22, 10 am to 11:15 am. \$40

FOOD HACKS

In this workshop, Stephanie Pearce will Zoom in from Colorado to highlight some (healthy) food hacks. Stephanie will focus on ways to 'add' to items we have prepared or bought. Think toppers, mix-ins, spreads and sips that add protein, fiber, fat (the good kind) and a bit of novelty.

Friday, January 23, 1 to 2 pm CT by Zoom. \$35/\$30

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

IN THE COMPANY OF WOMEN: FRIENDSHIP IS ESSENTIAL TO OUR WELL-BEING

This workshop in-person is a conversation about the seasons of friendships throughout our lives with Letitia Suk, author and retreat leader. "Tish" brings us a presentation, interaction and the opportunity for personal reflection on the women that have joined our journey along the way.

Thursday, February 5, 1 to 2:30 pm. \$35/\$30

SIMPLY SENSING JOY

Stephanie Pearce joins us again by Zoom to inspire participants to find simple everyday joys by being more conscious about tapping into one's senses. In this workshop we will explore ways to hear, see, smell and touch the joys around us. Participants will have opportunities to share, learn and spread joy with and amongst the other attendees.

Friday, February 6, 1 pm to 2 pm CT by Zoom. \$25

BAKE WITH PASTRY CHEF GALE GAND

Come bake with Chef Gale Gand, nationally acclaimed pastry chef, restaurateur, cookbook author, television personality, teacher, entrepreneur, and mom. Chef Gand has earned 2 James Beard Awards: *Outstanding Pastry Chef of the Year* and *Best Service* for her restaurant Tru. In this workshop in partnership with New Trier Extension, Gale will instruct us to create two chocolate desserts just in time for Valentine's Day. Bring your apron and join us for this rare opportunity! Only 9 seats available.

Wednesday, Feb 11th, 6:30 - 8:30 pm. New Trier High School West, Northfield \$109

HEARING AND COGNITIVE HEALTH

Discover the powerful connection between your ears and your brain. Dr. Lori Halvorson will explain the latest research on hearing and cognition, what changes to look for, and the steps you can take now to support long-term brain health. Hybrid.

Wednesday, February 18, 1 pm to 2:30 pm. \$35/\$30. Hybrid.

"SHIFTING THE WAY, WE THINK ABOUT FOOD, HEALTH, AND OUR BODIES."

Join us when Karen Raden MS RD, CCN Integrative Nutrition, Registered Dietitian is with us to talk about... It is not only what we eat, but how we relate to nourishment and wellness on a deeper level. A perfect way to begin the new year with intention.

Friday, February 20, 1 pm to 2 pm. \$35/\$30

JOIN US AT WAYFAIR IN WILMETTE!

First drink, charcuterie board yummies, swag bag, and a \$25 coupon to redeem in-store all during this event to use later. All to the first 50 who RSVP to join us for this special winter warmer! Limited enrollment.

Thursday, March 5, 5 pm to 7 pm. Wayfair. No Charge. Must register.

"MORE THAN WHITE DRESSES: THE GRIT OF THE WOMEN'S SUFFRAGE FIGHT"

You've heard of the American women's suffrage movement. But how much do you know about the 70+ year effort that resulted in the single largest expansion of U.S. democracy? It took much more than a few parades and wearing white dresses. The women and men that fought for votes for women used every tool available and kept going despite the never-ending defeats. In this talk, with CM Marihugh, Public Historian, you'll hear stories and see photos of those who worked for the cause in Illinois and across the U.S. Be inspired by their creativity, courage, and most of all, persistence.

Friday, March 6, 1 pm to 2 pm CT Q&A. Zoom. \$35/\$30

DEATH AND CHOCOLATE - LARGER THAN LIFE CONVERSATIONS

This workshop is being repeated. Come for the first time or again to find out in this 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 Gayle Byck, PhD, for an engaging discussion that will make you think about how you want to LIVE. Lots of chocolate provided. Limited enrollment.

Wednesday, March 18, 1 pm to 2:30 pm. \$35

ITALIAN FIESTA!

Women's Exchange beloved Chef Cam Picchietti will be cooking up an Italian 4-course Fiesta bringing women together to celebrate the coming of springtime! Delicious food, Italian wines and lots of conversation! Centennial room seats 30.

Wednesday, March 25, Noon to 2 pm. WCC Centennial Room, Winnetka. RSVP before March 15, 2026. \$75

Women's Exchange

WE LOVE OUR 2026 SPONSORS!



Susan Meyers



COMPASS



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JOIN OUR MAILING LIST and watch our website
for class reminders and new workshop additions.

www.womens-exchange.org