



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

Spring Offerings 2026

## Classes

### THE WISDOM YEARS

Join **Lynn Denton**, LCSW, for a six session self-discovery group for women ages 55+. Called *The Wisdom Years*, this group focuses on issues that arise during this time of life, for which we can draw on the wisdom we've collected over the years.

Maximum 8 participants.

**6 Wednesdays: April 1 to June 10, 1 to 3 pm.**

### LEARN MAHJONG

Curious about Mahjong but not sure where to start? This beginner-friendly program introduces you to the fundamentals of this classic game that blends strategy, skill, and a bit of luck.

Check the weekly emails and our website for dates and times.

### "WHATEVER ARISES LOVE THAT: A LOVE REVOLUTION THAT BEGINS WITH YOU"

Book Discussion with **Harriet Porter**, LSCW.

"Whatever Arises LOVE that: A Love Revolution that Begins with You" by Matt Kahn Matt offers a collection of powerful teachings providing you with a series of deeply healing insights and practices to ignite the spark of your highest potential.

**8 Tuesdays: April 7 to May 26, 1pm to 2:30pm.**

### 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 women in a *Circle of One*. This discussion group offers an opportunity to open your heart and connect with the Divine Presence within.

**April 8, 22; May 6, 27; June 10, 11 am to 12:30 pm.**

### MY MINI MEMOIR WRITING CLASS

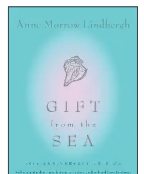
Join us this Spring as we launch another memoir writing group. Master-trained Memoir Writing Facilitator **Sarah Squires-Doyle** will provide writing exercises and prompts to generate stories from different ages and stages of life.

If you like accountability, camaraderie and sharing your stories, this group is for you! No experience necessary.

**3 Thursdays: April 16, 30; May 21, 10 am to 12 pm.**

### GIFT FROM THE SEA

**Judy Bowman** will facilitate a 5-week book discussion for *Gift from the Sea*, a classic 1955 book by Anne Morrow Lindbergh exploring themes of modern life, solitude, and relationships through meditations on youth, age, love, and marriage, offering wisdom on finding inner peace and simplicity amidst the demands of daily life. Read pages 9 to 35 for the first gathering.



**5 Fridays, April 24, May 8, May 29, June 12 and June 26, 10 am to 11:30 am.**

### SHORT STORY

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.

**Fridays, May 1, 15, June 5, 19, and July 10, 25. 10 am to 11:30 am.**

# One-Time Gatherings

## 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. Book this month: *Jane Eyre* by **Charlotte Bronte**.

Monday: April 13, 1 pm to 2:30 pm.

## TRAVEL: IDEAS AND HOW TO'S

Join **Kim Kabot**, Touchpoint Travel for a seminar when she will talk about travel ideas for solo travelers, couples, friends, family and inter-generations! Learn why having creative, knowledgeable assistance to design your trips can make them easier with ways to spend wisely.

Thursday, April 23, 1 pm to 2 pm.

## WILL, ESTATES AND TRUSTS

Gain a clear, practical understanding of wills, trusts, and estate planning—what they are, how they differ, and how they work together. We'll cover with **Caroline Smith**, WE Sponsor from LATIMER LeVAY FYOCK LLC, how to decide what belongs in a will versus a trust, including major assets like your home or second property, and highlight unique situations people often overlook. Also, learn how changes in tax laws may affect your plan, how often documents should be updated, and the facts behind common misconceptions—such as whether wills are public while trusts remain private.

This session is ideal for anyone looking to start or update their estate plan with confidence.

Friday, April 24, 4 pm to 5:30 pm.

## HEARTSONG LIFE PLANNING WORKSHOP

Are you feeling at a crossroads or transition point in your life?

It could be family-related, work-related, volunteer job-related, or possibly you don't know exactly what it is, but you're feeling the need for change. If this sounds like you, then welcome to Heartsong! In this workshop, **Regina (Gina) Lopata Logan, PhD**, Northwestern Faculty Emeritus and Principal,

Heartsong Consulting, returns to (re) introduce a powerful process which can help you identify your values, interests and skills, and maybe even uncover your dreams.

Discover what might make your life richer and more meaningful. And, maybe you'll find what makes your heart sing!

Thursday, May 7, 4 pm to 5:30 pm.

## LISA SEE @ THE BOOK STALL, WINNETKA

Beloved *New York Times* bestselling author **Lisa See**, joins us at The Book Stall, Winnetka for the release of her newest book, "Daughters of the Sun & Moon" drawing on the vibrancy and turmoil of post-Civil War Los Angeles to tell the story of three Chinese women who managed to survive and, eventually, thrive, despite all odds. **June 22, Time TBA**

Readers can then join us in One Book: Women's Exchange for a book discussion with Lisa again via Zoom, **October 29, 1 pm CT**.

More about this an additional programming at [www.womens-exchange.org](http://www.womens-exchange.org)

**HONOR & CELEBRATE**

**WOMEN'S EXCHANGE**

*Spring Benefit Luncheon*

**HONORING FIVE EXTRAORDINARY  
WOMEN'S EXCHANGE FACILITATORS**  
For a decade or more, each has inspired us with their wisdom, leadership and dedication.

**WITH GRATITUDE WE RECOGNIZE**  
Connie Garner-Cohen • Therese Evans • Holly Marihugh  
Harriet Porter • Anne Wieboldt

**Thursday, May 14, 2026**  
Noon to 2 pm

**Sunset Ridge Country Club**  
2100 Sunset Ridge Rd, Northfield, IL 60093

▪ RSVP NO LATER THAN MAY 4TH ▪



BE SURE TO CHECK:

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

FOR NEWLY ADDED PROGRAMS  
AND SIGN UP FOR WEEKLY  
EMAILS ON OUR WEBSITE.