

WOMANSPACE
yourguideTM
SEPTEMBER-DECEMBER 2024



Connecting, empowering, creating, transforming our world – one woman at a time.



womanspace

SAVE THE DATE

experience india

Friday, October 25, 2024, 5:00-9:00p

Christ Lutheran Church, 425 Riverside Rd, Belvidere IL



there's something about merry

Holiday Artisan Market

December 5-8, 2024

Thurs. 4-7p, Fri. 1-7p, Sat. 10a-4p, Sun. 1-4p

- Find unique, handcrafted items
- Enjoy festive refreshments
- Support the local artists

Sponsored by



David M. Boccignone, ChFC*

{ Artists who are interested in participating
can send a photo of their artwork to:
info@womanspace-rockford.org }



general info



Mission & Philosophy Connecting, empowering, creating and transforming our world – one woman at a time. Womanspace offers programs to enhance the body, mind and spirit, with a focus in the creative arts, holistic health, interfaith exploration, and environmental stewardship.

Womanspace believes every person is a spiritual being, having within her the potential for health, self-reliance, creativity, wisdom and responsible caring. By enhancing her potential, she enriches her own life, the life of her family, and the lives of others. Through the strong, healthy, self-development of each individual, the world we live in is made a stronger, healthier, and more peaceful planet.

Womanspace offers programs that stimulate awareness, develop competence, encourage creativity, and generate healthy decision-making. We provide support that offers honesty, compassion, challenge, and spiritual growth. Womanspace works cooperatively with others, striving for collaborative partnerships in our endeavors.

History Dorothy Bock and Elaine Hirschenberger, members of the School Sisters of St. Francis, co-founded Womanspace in Rockford, Illinois, in 1975. The Center is governed by a volunteer Board of Directors in cooperation with the Executive Director. Womanspace has art studios, a gallery, Gallery2Go gift shop, beautiful gardens and a labyrinth on its seven-acre campus, and operates as a not-for-profit 501(c)(3) organization.

Accessibility A ramp is available in the garage for access to the offices and events in the Loretta & William Reif Gallery. The Media Room is currently accessible only to those who can do stairs. New Dimensions Upper Studio is fully accessible. The Clay Studio has a chair lift.

Hours Office hours are Monday-Thursday, 10:00a-5:00p. Our gardens, labyrinth and campus are open to the public everyday during daylight hours.



- Womanspace Campus**
- ① Main Office, Loretta & William Reif Gallery, Gallery2Go, Yoga Studio
 - ② New Dimensions Studio
 - ③ Anjali Pavilion
 - ④ Lilly Fernandez Garden
 - ⑤ Celebration Garden
 - ⑥ Labyrinth & Prairie

Table of Contents

Experience India	2
Holiday Market	2
General Information	3
Notes From the Directors . . .	4-5
Backyard Symposium	5
Volunteerism	6
Cooking	7
Restyle the Runway	7
Lunch & Learns	8
Writing	9
Community	10
Civil Discourse Program	10
Movement	11
Mind & Body	12
Supper & Films	13
Book Groups	14-15
Galleries, Shows, Studio	16
Draw & Paint	17-18
Kids' Art Club	18
Mixed Media	19-20
Clayworks	21-22
Membership Form	23
Registration Form	24
Labyrinth & 50th Events	25

Womanspace reserves the right to use photographic images taken at programs, events and classes for promotional purposes.

Womanspace Your Guide, Vol. 49 No. 1. Published by Womanspace, Inc., Rockford, Illinois, and mailed three times a year. Editor: Elaine Hirschenberger, SSSF. Postage & fees paid - Rockford, IL Post Office.

Cover: This is a "Color the Cover Yourself" issue! Keep it and colored pencils or markers nearby so when you're talking on the phone, you have something to do with your hands! Perfect for self-meditation. When you have completed it, share it on our social media!

ROCKFORD
UNIVERSITY
1847

**YOUR
FUTURE
ISN'T
OUT OF
REACH**

WWW.ROCKFORD.EDU/
ADMISSION/RU-ONLINE/

from the director



Every year, as September rolls around, an internal “life assessment meter” pops up and calls me to take stock of how both my personal life and the life of Womanspace is unfolding. Many people engage in a similar process every January, but for me, it has always been September that heralds the start of a new year. Maybe it’s the “shiny new school shoes” syndrome; maybe it’s the major milestones in my life that have happened in Septembers past. Whatever it is, September always says “NEW” to me. When we conceptualized Womanspace, it seemed totally natural to Dorothy and me to launch this then-new ministry in September of 1975.

So now that we have completed 49 years of growing together as a community, the “life assessment meter” is registering a very strong positive **vibe** or **flow** or **pattern**. Womanspace has become a strong, diverse and loving community – a recognized leader in Rockford and northern Illinois. In one sense, since Womanspace has grown up and now has strong legs of her own, she is no longer “**ours**” in the little, personal sense. But, as a wise presence within the community, Womanspace is totally “**OURS**” in the larger, communal sense, because of the shared energy, intention, service and support system that we are all creating together.

As Womanspace steps gracefully into the beginning of her 50th year this September, we are finalizing plans for anniversary events that will happen in 2025. Once we’ve completed these first four months, **Womanspace will begin celebrating on Sunday, January 26, 2025, with a mayoral proclamation and an open house.** All members and friends of Womanspace will be invited to join in that and several special events that the 50th Anniversary Committee is creating. Watch for them – coming soon!

A few other notes:

1. On the facing page, you see our “big news” that **Nicole Landreth** will now be working more closely with me as Co-Director and taking a stronger lead in guiding Womanspace. Help us welcome Nicole to this significant passage in her life and in the life of this organization. If you have not yet met Nicole, you will want to treat yourself to that pleasure!
2. Regarding the overwhelming “**black-and-whiteness**” of this **Your Guide** issue, we are doing some creative cost-cutting. We think some of you might enjoy coloring the “leaf mandala” on the cover! If you’ve never tried coloring, this could be a good way to start! A few pages are in color because of prior commitments we’ve made to some of our advertisers. Since printing and postage costs are both skyrocketing, we wonder if some of you might actually prefer receiving only a digital version of the *Your Guide* in the future. We welcome your thoughts on that as we explore options.
3. I’m happy to share information about two new “**Deborah Newton Awards**” that Womanspace now has the privilege of presenting. We are grateful to be working with Deborah’s husband, Joseph Zimmer, who established this two-faceted award named in honor of Deborah, a prolific and well-loved Rockford artist who passed away in 2019. This year, the eighth-grade recipient of the Deborah Newton Art-Making Scholarship is **Mary Sic** who is studying pottery with Leslie Lane and painting with Betsy Anderson during her scholarship year. You will be able to see Mary’s work at both Fall and Spring ArtScene. Then, this year the Deborah Newton Award for a practicing adult artist went to **Laura Gommel**. Laura is also a prolific artist and the owner of the 317 Art Collaborative. She was presented with this prestigious award during a reception on Friday, August 23. Laura’s one-woman show will open in the Loretta and William Reif Gallery at Womanspace on January 10, 2025. Congratulations to both Laura and Mary! We applaud you and your art, even as we remember the legacy of the talented Deborah Newton.

from the co-director



Nicole Landreth, Co-Director “People find Womanspace when they’re ready.” I have been hearing this phrase since I began interviewing for the Program Coordinator position in early 2022, counterposed with the other often heard phrase of Womanspace being a “hidden gem” in Rockford. There is so much to say about the community, the environment, the spirit of Womanspace, yet one of my biggest impressions is that this place has become a home I never thought I would find.

As a student of the creative arts, a deep-feeling empath, and a strong critic of our social structures, my journey thus far has been filled with feelings of not quite belonging, or fitting in, or being valued. I was an ardent feminist long before I knew that was a word or had a whole context and history that formed many facets of my own life experience. In college, I wrote papers on the values of community over capital, on the life-long impacts on social and cognitive development of an arts-enriched education, on the power of women weaving together communities in defiance of power structures that breed division and instability. I sought work in research after college, thinking, maybe if I can help understand these problems and explain them to policy makers, maybe we can make change. Maybe we can help people. And while I still earnestly believe in the importance of the academy, I learned that my work is on the ground, working directly with people, as much as possible. I had to go through all of this (and so much more) to be ready to find Womanspace.

When I began teaching at Womanspace in 2021, I was introduced to an environment and a community of people who resonated with my multi-faceted care and critique of the systems as they are, to an organization dedicated to transformation, connection, empowerment, and creativity. Connecting with the people that make up the Womanspace community over the past two years has filled me with inspiration and hope and a new love for the Rockford region that I never quite felt I fit into when I was growing up on the other side of the river. Rockford has changed so much since I was a kid, and I’m exhilarated to be a part of the next generation of leaders in the community.

This September I will be stepping into leadership here at Womanspace as Co-Director, working closely for the next year with Elaine, our stellar team, and our dedicated volunteers to bring Womanspace into a new chapter of our long history. Our roots are strong, and will always ground us in our context, our purpose, and our service. Our peaceful paradise may be seen as a “hidden gem” now, but my vision is to become renowned as a pillar in our community. Womanspace is a place where people gather, connect, and grow. I am honored to be entrusted with shaping the path forward. When Dorothy and Elaine set out on this journey, they did it together, with community support and connection, and that’s the only way we will be able to continue leading this mission in our community.

Backyard Symposium: Welcoming New Community Leaders

Thursday, September 12, 2024, 4:30-7:00p
Womanspace Grounds

A special social event to welcome new community
non-profit leaders in the Rockford region.



Board of Directors

Marsha Hosfeld, *President*
Catherine Forslund, *Vice President*
Katrina Olson, *Secretary*
Audrey Falzone
Laura Gorton
Tina Hallberg
Cristi Hopp Kniess
Barbara McDonald
Sallyann Roberts
Patty Stadelman
Usha Sundaram
Elaine Hirschenberger, SSSF, *Ex Officio*

Staff

Elaine Hirschenberger, SSSF,
Executive Director
Nicole Landreth, *Co-Director*
Pat Lai, *Designer/Admin. Assistant*
Cherie Heck, *Bookkeeping Assistant*
Liz Hiemstra, *Marketing Coordinator*
Joy Jordan, *Program Co-Coordinator*

Land Acknowledgement

Womanspace acknowledges that our beautiful campus sits upon land once inhabited by the First Nation Peoples of the woodland tribes, including seven indigenous nations with historical ties to this region of Rockford – the Kickapoo, Potawatomi, Sauk, Meskwaki, Miami, Peoria, and Sioux. When guests come to visit our campus, we invite them to take a moment of silence to honor both the land and the First Nation Peoples who cared for and preserved it. We strive to be intensely connected to nature and at peace with this beautiful land.

We recognize that the First Nation Peoples were forcibly removed from these lands that were their traditional birthright, that they faced centuries of struggle for survival and identity in the wake of that dispossession. We regret the ways our society has erased their stories and cultures. We ask for wisdom in sharing and fostering greater understanding and celebration of indigenous communities in Illinois.

volunteerism



Volunteer Opportunities

Would you like to volunteer for either a short or long-term project at Womanspace? Our volunteer possibilities are endless! An important part of the mission of Womanspace is to provide and promote leadership and volunteer opportunities for women. Of course, the partners and children of members as well as their friends are also welcome as volunteers! See some of our established committees along with emails of their chairwomen or coordinators listed at right.

What would you like to do?

- Join a committee. (A great way to meet new friends and have fun.)
- Coordinate a special event.
- Teach a class or workshop about some thing you know & would love to share.
- Serve as "greeter" or "program host" for a workshop or special event.
- Assist with office tasks: answer phones, staff Gallery2Go, do computer data entry.
- Assist with cleaning in the art studio or main building.
- Join the "Tending Tuesdays" or "Weeding Wednesdays" gardening group in Spring, Summer, and Fall.
- Prepare and/or donate food for Gallery Openings, Open Houses, New Member events, Supper & Film discussions, etc.
- Host (serve as a greeter) at Gallery Opening receptions (occasional Friday evenings) at Womanspace.
- Give help with physical tasks, such as: garden work, maintenance and repair of the buildings, changing lightbulbs, painting, driving, doing errands.

Volunteer Spotlight

In this issue, we are focusing on one of Womanspace's interesting self-named groups, without whom our clay program would not be the smoothly-functioning and productive entity that it is. That group is **THE FIRING SQUAD!!** These five very dedicated volunteers are responsible for the careful loading and programming of our kilns. They handle and assess every single clay creation that the student potters (and teachers) produce. They study the glaze on every piece and assess whether it will likely survive the high firing temperatures without running or dripping; they carefully arrange every item in the kiln in a good location, (using props, stilts or "clay cookies" to assist a good outcome); they program the kiln to the appropriate firing time and temperature; and they communicate constantly with one another to make sure all is going smoothly. Finally (when the lengthy firing time is over), the members of the Firing Squad are the ones who get to see the gems (and the occasional misses) as they open the kilns and unload the ware. For these five wonderful women, the firing of pottery is an act of love, dedication, time generously given. We are more than grateful to them!

These five superheroes of the kiln room are **Linda Ewalt, Margo Olson, Connie Pratt, Kathy Rasmus** and **Jennie Johnson Sic**. We are starting a special section on our website to highlight (and thank) our wonderful volunteers and the many things they do behind the scenes to keep Womanspace running smoothly. To learn more about the work of the Firing Squad and to hear their individual thoughts and experiences, please visit www.womanspace-rockford.org and click on the Volunteer drop-down.

Committee Chairpersons

BloomFest Committee –

Audrey Falzone, audreyfalz99@gmail.com

Experience India Committee –

Usha Sundaram, usha@usarchitectpc.com

Facilities Committee –

Pat Lai, pat@womanspace-rockford.org

Gallery Committee –

Cherie Heck, cherie@womanspace-rockford.org

Grounds Committee –

Anne Godin, agodin7733@aol.com

Marketing Committee –

Kristin Kofoed, krisilizie@mac.com

Membership Committee –

Katrina Olson, kmolson257@gmail.com

Online Auction Committee –

Catherine Forslund, cforslund@rockford.edu

Program Committee –

Nicole Landreth and Joy Jordan,
nicole@womanspace-rockford.org
joy@womanspace-rockford.org

Restyle the Runway Committee –

Barbara McDonald, kirkydo@aol.com
Katrina Olson, kmolson257@gmail.com

Scholarship Committee –

Kristin Kofoed, krisilizie@mac.com

Social Outreach Committee –

Kay Strand, Kstrand4@aol.com

cooking



Scan this QR code with your phone's camera for more info.

What's Cooking?

Lasagna Love CC24-1

Interested in participating in Lasagna Love, or just want to learn how to make lasagna your Nonna would be proud of? Bring some wine and a cooking partner, or make new friends at this fun class, where we will make a red-sauce lasagna and a white lasagna. At the end of the class, we will enjoy the fruits of our labor and decide which we like better! Instructor Pat Sullivan has been delivering lasagnas for Lasagna Love in Rockford for several years, and it is one of the most satisfying things she's ever done. What is Lasagna Love? Join us for an introduction to it at our Lunch & Learn! (See page 8).

Friday | Oct 18 | 6:00-8:00p

\$25 (Member \$20) | Reg. by 10/16

Pat Sullivan | ND Upper Studio

What's Cooking?

Fusion Indian

Get introduced to the vegetarian /vegan cooking with various herbs and spices. Along with the demonstration, you will also discover the health benefits of the herbs and spices used in the dish. Learn to incorporate Turmeric and other anti-Inflammatory spices in our everyday cooking to stay healthy with the double benefit of enhanced taste. Master the art of cooking a variety of Vegetarian / Vegan dishes and eating "green" without just eating greens.

Wednesdays | 11:30a-1:00p

Naan Bread with Channa Masala

CC24-3 | **Oct 9** | Reg. by 10/7

Samosas with Sweet & Spicy Chutney

CC24-4 | **Oct 23** | Reg. by 10/21

\$25 (Member \$20)

Usha Sundaram | ND Upper Studio

What's Cooking?

Cajun Cuisine CC24-2

Laissez les bon temps rouler! Come learn how to make a real Cajun roux and your own gumbo, in this fun and easy class. Bring a friend and a favorite beverage! We will learn about the holy trinity of Cajun cooking, and make a gumbo together to enjoy at the end of class. Instructor Pat earned her cooking stripes in classes at the New Orleans School of Cooking, Milk Bar Washington DC, and Kemp Center in Texas, and catered for touring rock bands for years.

Thursday | Dec 12 | 6:00-8:00p

\$25 (Member \$20) | Reg. by 12/10

Pat Sullivan | ND Upper Studio

SAVE THE DATE

RESTYLE
the Runway

SATURDAY, MARCH 8, 2024
Regents Hall @ Rockford University

lunch & learns



Scan this QR code with your phone's camera for more info.

Sacred Earth Sacred Soul LL24-1

What is sacred earth and sacred soul and Celtic culture all about? Sallyann will use John Phillip Newell's book *Sacred Earth Sacred Soul* to give understanding to how Celtic spirituality – listening to the sacred around us and inside of us – can help us help the earth and reconnect with ourselves. She will highlight meaningful passages from the book.

Tuesday | Sep 10 | 12:00-1:00p

\$10 | Reg. by 9/8 | Sallyann Roberts | Reif Gallery

Rockford Area Habitat for Humanity LL24-2

Learn how Habitat for Humanity builds homes and empowers families to strengthen our community. The presentation will cover various ways to get involved, from volunteering to advocacy, and highlight the significant impact of Habitat's work on local neighborhoods. This is an excellent opportunity to learn about their mission and see how, together, we can create lasting change.

Tuesday | Sep 24 | 12:00-1:00p

\$10 | Reg. by 9/22 | Keri Asevedo | Reif Gallery

Intro to Chakras LL24-3

This overview will help you understand why opening and healing the seven chakras is essential to living a healthy, happy, productive, balanced, and fulfilling life. Learn what the chakras are, how they impact your life, health and well-being, and see what benefits you could realize in your life by working with them.

Tuesday | Oct 1 | 12:00-1:00p

\$10 | Reg. by 9/29 | Beth Campisi | Reif Gallery

Lasagna Love LL24-4

Lasagna Love's mission is simple: feed families, spread kindness, strengthen communities. Lasagna Love is composed of volunteers who make and deliver lasagnas to families in need of extra love and kindness. Enjoy fresh, homemade lasagna while learning how you can help strengthen your community by spreading positivity, and sharing your own special lasagna recipe.

Tuesday | Oct 8 | 12:00-1:00p

\$10 | Reg. by 10/6

Pat Sullivan | Reif Gallery

Keep Northern Illinois Beautiful LL24-5

Keep Northern Illinois Beautiful, a 35 year old recycling center, is committed to environmental sustainability. This session will inform you about curbside recycling do's and don't's, how to get rid of old paint cans, expired medications, unwanted electronics, and more in an environmentally safe process.

Tuesday | Oct 15 | 12:00-1:00p

\$10 | Reg. by 10/13 | Corinne Sosso | Reif Gallery

Dia de los Muertos Traditions LL24-6

Discover the rich history, cultural significance, and vibrant traditions of this Mexican tradition. Learn about the origins of the celebration, its symbolic elements, and how it honors deceased loved ones. Gain a deeper understanding of the customs, altars, and art associated with Día de los Muertos. Embrace this opportunity to connect with a beautiful cultural tradition and celebrate the enduring bonds of family and community.

Tuesday | Oct 22 | 12:00-1:00p

\$10 | Reg. by 10/20 | Sylvia Landreth | Reif Gallery

Hauntings, Gangsters & History LL24-7

Lake Como may be overshadowed by neighboring Geneva Lake as a destination, but a rich history and one exceptional historic hotel make this the more interesting lake to visit. Come learn about the hauntings, gangsters, and history of the little sister lake.

Tuesday | Oct 29 | 12:00-1:00p

\$10 | Reg. by 10/27 | Diane Logsdon | Reif Gallery



**Cherry Valley
Wood Care**
Womanspace Service Provider

At Cherry Valley Wood Care, everything outside is our business! From decks and fences to siding, your property will sparkle with our cleaning & restoration! Quality workmanship at an affordable price! Serving Rockford & Southern Wisconsin.

815-544-9615 | cherryvalleywoodcare.com

writing



Scan this QR code with your phone's camera for more info.

Writing Group

Have you been wanting to write, but are struggling with motivation? Join this weekly writing group to trade ideas, share your writings, find creative accountability, and further refine your craft! Group members will exchange ideas of literary device, style, and direction; as well as be given optional prompts to aid in creativity. Each week, writers will be given the opportunity to share pages with other members of the group.

Wednesdays | 6:00-7:30p

WR24T-1 | **Sep 4-18** (3 wk)

WR24T-2 | **Oct 2-30** (5 wk)

WR24T-3 | **Nov 6-20** (3 wk)

WR24T-4 | **Dec 11-18** (2 wk)

Sliding Scale \$5-\$20 | Reg. by 2 days before

Eamonn Talkington | ND Upper Studio

Journal Prompts for the End of the Year WR24L-1

Join Nicole for an engaging workshop as we navigate the culmination of the year through reflective journal prompts. Together, we will delve into introspective exercises designed to encapsulate personal growth, challenges, and triumphs, exploring themes of gratitude, self-discovery, and intention setting. Embrace this opportunity to pause, reflect, and gain clarity as you prepare to head into a new calendar year. This workshop offers a safe and nurturing space to honor your journey, celebrate achievements, and lay foundations for the year ahead. Come ready to connect, contemplate, and cultivate a deeper sense of self-awareness. **One dot grid journal and pencils will be provided. Please bring any pens/markers you love, or other decorative elements that inspire you or make you smile.**

Saturday | Nov 9 | 1:00-4:00p

\$30 (Member \$25) | Reg. by 11/7

Nicole Landreth | ND Upper Studio

Memoir Writing WR24A-1

Our lives are filled with joys, challenges, accomplishments, experiences, connections to others – but how to get those stories from our heads into a format for others to read? Perhaps you want to share the memory of what your life was like growing up, or you want to draft the adventures you've had while traveling, or you want to share life lessons gathered along the way in your lived experiences. In this month-long class you will work with a nationally-recognized writing instructor who will encourage and guide you through initial steps to tell your story. In addition to our in-person weekly class, class members can join an optional writing circle (see below) which will meet via Zoom on Saturday mornings for supported writing time.

Tuesdays | Sep 10-Oct 15 (6 wk) | 6:00-7:30p

Saturday | Sep 14-Oct 19 | 9:00-10:00a (Q&A Zoom Circle)*

\$175 (Member \$120) | Reg. by 9/8

Ellen Austin | Reif Gallery

**Members of our Memoir Writing class can join this optional writing circle which will meet via Zoom on Saturday mornings for supported writing time.*

Memoir Writing Artifacts WR24A-3

At the completion of the Memoir Writing class all participants will have the opportunity to join the second phase. This group will create "artifacts" as a completed work that contains the precious person memoir.

Tuesdays | Nov 5-19 (3 wk) | 6:00-7:30p

\$75 (Member \$90) | Reg. by 11/3

Ellen Austin | Reif Gallery

Taken Any Classes?



Let us know how we're doing!

community



Scan this QR code with your phone's camera for more info.

¡Necesito Practicar Más! Conversational Spanish

Si entiendes poco o nada, pero quieres practicar tu español con amigas, then join us! Whatever your background in learning or understanding Spanish, if you're ready to bump up your fluency and practice your Spanish in a friendly and supportive environment, then join us! We meet twice a month. **Registration is required for this group.**

1st & 3rd Wednesdays | 5:30-7:00p

CG24L-1 | **Sep 4, 18** Reg. by 9/2

CG24L-2 | **Oct 2, 16** Reg. by 9/30

CG24L-3 | **Nov 6, 20** Reg. by 11/4

CG24L-4 | **Dec 4*, 18** Reg. by 12/2

Sliding Scale \$5-\$20

Sylvia Landreth | Reif Gallery

*(Off-campus TBA on 12/4)

Chakra Club

Find deeper meaning, wholeness, and healing of our minds and bodies as we tap into our higher consciousness in sharing our personal experiences and combined wisdom. As we bring healing to our inner selves, our true soul-selves shine forth, and we increase our ability to create lives that work and are truly fulfilling. *(Originally created and offered by Marcia (Phillips) West – Bridges of Unity).*

Tuesdays | 5:30-7:00p

CH24-1 | **Sep 17** Reg. by 9/15

CH24-2 | **Oct 15** Reg. by 10/13

CH24-3 | **Nov 19** Reg. by 11/17

CH24-4 | **Dec 17** Reg. by 12/15

\$15 (\$10 Members)

Beth Campisi & Kathy Moehling

ND Upper Studio

Games in the Gallery: BUNCO! GG24-1

Join us for a fun-filled Games in the Gallery. This time around the game is BUNCO! Enjoy a afternoon of laughter, socializing, and friendly competition. Whether you're a seasoned player or new to the game, Bunco is easy to learn and a blast to play. Bring your friends and make new ones in our vibrant gallery setting. Don't miss this chance to unwind and enjoy a lively time of gaming and community spirit!

Sunday | Oct 27 | 1:00-4:00p

\$10 | Reg. by 10/25

Marsha Schapals | Reif Gallery

Put Down Your Boxing Gloves When Talking Politics

Monday, September 9, 7:00-9:00p

Rockford University Fisher Chapel

This **FREE** program, presented for the annual Rockford University Constitution Day Forum, explores engaging in civil political discourse from multiple perspectives. Moderated by the League of Women Voters of Rockford and Womanspace, the panel includes **Catherine Forslund**, RU Professor of US History offering historical context on contentious presidential campaigns, and RU Political Science Professor **Ron Lee**, sharing insights about having a political conversation in a civil, courteous manner.

Barb Laimins, chair of the League of Women Voters Illinois Misinformation Task Force will share the goals and scope of their efforts. Also on the panel will be **Charles Stone**, state coordinator for Braver Angels of Illinois, which seeks to depolarize American politics. Stone, a retired attorney and adjunct faculty at DePaul University, will share wisdom for more cooperation and community. Following the panel discussion, there will be a "Meet and Greet" with candidates in attendance running in the November 5 election. Candidates who are in the November 5 election will be encouraged to share information (for just a few minutes) about themselves and their political ideas. **Again, this program is FREE, but please register by September 7.**

Sponsored by Womanspace, League of Woman Voters Greater Rockford, Alpha Kappa Alpha, American Association of University Woman & Rockford University.



movement



Scan this QR code with your phone's camera for more info.

Adaptive Yoga

All levels. Adaptive Yoga is a particularly effective practice and can have therapeutic benefits for those recovering from, or living with injury, illness, or disease. This specialty yoga course blends chair yoga, restorative yoga (supported postures), gentle yoga, Pranayama (breath work), individualized attention, and guided meditation techniques combined in such a way that it is an excellent choice for those who need something gentle, yet effective. Examples of chronic conditions that may benefit from this therapeutic approach: multiple sclerosis, chronic pain, fibromyalgia, arthritis, lupus, injury/surgery recovery, diabetes/neuropathy, those with limited mobility, and those just wanting a safe, gentle practice to support healthy aging.

Wednesdays | 10:00-11:00a

YT24-1 | **Sep 4-25** (4 wk)

YT24-2 | **Oct 2-30** (5 wk)

YT24-3 | **Nov 6-20** (3 wk)

YT24-4 | **Dec 4-18** (3 wk)

Register by 2 days before class

3-Week Fee: \$60 (Members \$45)

4-Week Fee: \$80 (Members \$60)

5-Week Fee: \$100 (Members \$75)

Single class: \$20

Rhiannon Yandell | Zoom Only

Friday Recordings | 10:00a

YT24F-1 | **Sep 6-27** (4 wk)

YT24F-2 | **Oct 4-25** (4 wk)

YT24F-3 | **Nov 1-29** (5 wk)

YT24F-4 | **Dec 6-27** (4 wk)

4-Week Fee: \$25 (Members \$20)

5-Week Fee: \$30 (Members \$25)

Single class: \$7

Reg. 2 days before for recording link

Hatha Yoga

All levels. This class uses breath to movement, taking you through a series of warm-up poses, sun salutations, strengthening asanas, balance postures, and twists, ending with deep stretches and relaxation. **Dress comfortably, bring a yoga mat and desired props.**

Thursdays | 10:00-11:00a

YG24-1 | **Sep 5-26** (4 wk)

YG24-2 | **Oct 3-31** (5 wk)

YG24-3 | **Nov 7-21** (3 wk)

YG24-4 | **Dec 5-19** (3 wk)

Register by 2 days before class

3-Week Fee: \$40 (Members \$30)

4-Week Fee: \$50 (Members \$40)

5-Week Fee: \$60 (Members \$50)

Single class: \$15

Amanda Stivers | Yoga Studio

Yin Yoga + Sound Bath YY24-1

Join us for a 90-minute session of yin yoga with a sound bath of singing bowls and chimes. Begin in yin yoga poses; each one being held for 1-10 minutes. Slowly end in a meditative savasana and into a deeper sound bath. Physically, this is a chance to find anchoring and grounding in your body. Mentally and emotionally, you will be given space to create awareness within. **Dress comfortably, bring a yoga mat and desired props.**

Friday | Oct 18 | 6:00-7:30p

\$35 (Members \$30) | Reg. by 10/16

Laura Youngblut | Yoga Studio

Ecstatic Dance DA24-1

Through dance we remember the beauty of being alive and allow ourselves to forget how serious life sometimes gets. In this space you will be able to dance as you feel, free of judgment, without following choreographies or steps, connecting with your body. You would be able to enjoy the present moment and allow your inner child to have fun. We will open with a small meditation in which we will set an intention for our dance, and we will close with a little relaxation and a sharing of thoughts. Wear comfy clothes.

Saturday | Sep 14 | 6:00-8:00p

\$20 (Members \$15) | Reg. by 9/12

Vannessa Villabona | Anjali Pavilion



Join us on the first Wednesday of **YOUR** birthday month from 10:00a-12:00p to visit and enjoy some birthday treats!

No RSVPs necessary!

mind & body



Scan this QR code with your phone's camera for more info.

Meditation: A Wellness Practice

Meditation is the practice and process of paying attention and focusing your awareness. Different forms of meditation are introduced like Sitting Breathing, Body Scan and Loving Kindness meditations practiced in a seated position with a soothing voice guiding you! It's a great way to de-stress, re-charge and re-focus without having to worry about the commute!

Tuesdays | 8:30-9:30a

MD24T-1 | **Sep 3-24** (4 wk)

MD24T-2 | **Oct 1-29** (5 wk)

MD24T-3 | **Nov 5-26** (4 wk)

MD24T-4 | **Dec 10-17** (2 wk)

Register by 2 days before class

2-week Fee: \$30 (Members \$20)

4-week Fee: \$50 (Members \$40)

5-week Fee: \$60 (Members \$50)

Single Class Fee: \$15

Shiraz Tata, Ph.D. | Zoom

Gongtopia HL24B-1

Gongs, Singing Bowls, Bells, and other instruments ring out, creating waves of vibrations that wash over you. Your body and energy systems are able to realign and recharge, helping to clear out blockages, while leaving you refreshed and reawakened. **Bring a yoga mat/blanket and wear comfy clothing.**

Sunday | Sep 22 | 2:00-3:30p

Register by 9/20

\$30 (Members \$25) Walk-in Fee: \$35

Michael Bettine | Anjali Pavilion

Autumn Equinox Gathering RT24-1

As the leaves turn color and shed from the trees, so too do our own outer layers. Join us as we honor the change in season of our surroundings and ourselves. We begin our celebration with a strong yoga asana practice of 27 sun salutations followed by a meditative exploration of the Womanspace labyrinth. We will conclude as a group back on the main grounds with a release ritual, where each participant will have the opportunity to share what they look forward to shedding as we move into cooler months.

Saturday | Sep 21 | 6:00-8:00p

Sliding Scale \$5, \$10, \$15

Register by 9/19

Rachel Bagne | Anjali Pavilion

Self-Love Revolution: Build a Stronger, Happier You HL24-1C

Discover the power within you!! Unlock the wisdom of embracing your worth, accepting yourself fully, advocating for your needs, and practicing self-care. Each week, embark on an enriching exploration of a component of self-love. Through interactive sessions and engaging homework assignments, you'll cultivate the mindset and habits to nurture your relationship with yourself. Reserve your spot today and let's start this journey together!

Sundays | Sep 29-Oct 27 | 1:00-2:30p

\$55 (Member \$45) | Reg. by 9/17

Denise Colin | ND Upper Studio

El Dia de los Muertos: La Ofrenda RT24-2

Join us to create a community ofrenda (altar) for el Día de los Muertos. Learn about the ofrenda's common elements, and the traditions and significance behind this beautiful practice. We will celebrate, remember, and honor our deceased loved ones with items like marigolds, sugar skulls, and favorite foods.

Bring a photo or items of remembrance of your loved ones who have passed on. Each person will have the opportunity to share about their ancestors, creating a meaningful connection to your own memories and heritage.

Wednesday | Oct 30 | 5:30-7:00p

Sliding Scale \$5-\$20

Register by 10/28

Nicole Landreth & friends | Reif Gallery

Winter Solstice Gathering RT24-3

The longest night of Winter is for going within for a bit of introspection and self-reflection. It is also celebrating gaining light each day, leaving behind longer nights. Practice going within to explore the internal space while finding your light. This practice will be a 45-minute session of yin yoga with a sound bath of singing bowls + chimes. You will begin in yin yoga; grounding the physical body and calming the mind. You will slowly end into a deeper sound bath to allow the mind to explore a meditative space.

Friday | Dec 20 | 6:00-7:30p

Sliding Scale \$5-\$20 | Reg. by 12/18

Laura Youngblut | Yoga Studio

supper & film



Scan this QR code with your phone's camera for more info.

All are welcome. In the Reif Gallery, we will watch the film while sharing a delicious dinner (prepared by volunteers) and then have a discussion of the film, characters, and artistry. *Registration required. NO WALK-INS.*

Coco SF24-1



Despite his family's baffling generations-old ban on music, Miguel dreams of becoming an accomplished musician like his idol, Ernesto de la Cruz.

Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead following a mysterious chain of events. Along the way, he meets charming trickster Hector, and together, they set off on an extraordinary journey to unlock the real story behind Miguel's family history. 2017 | PG | 1 hr. 45 min.

Monday | Oct 28 | 6:00-9:00p
\$20 (Members \$15) | Reg. by 10/26

See pages 8 & 12 for related programs:
"El Dia de los Muertos"

Ticket to Paradise SF24-2



David and Georgia, two divorced parents who can't stand each other, head to Bali after their daughter, Lily, announces her plans to marry a local islander she just

met while on holiday. They decide to put aside their differences and work together to stop the wedding, believing that doing so will keep Lily from making a dreadful mistake similar to their own. 2022 | PG-13 | 1 hr. 44 min.

Monday | Nov 25 | 6:00-9:00p
\$20 (Members \$15) | Reg. by 11/23

The Holdovers SF24-3



Nobody likes teacher Paul Hunham who all find his pomposity and rigidity exasperating. With no family and nowhere to go over Christmas holiday in 1970, Paul remains at

school to supervise students unable to journey home. After a few days, only one student holdover remains – a trouble-making 18-year-old named Angus, a good student whose bad behavior always threatens to get him expelled. Joining Paul and Angus is head cook Mary, an African American woman who caters to sons of privilege and whose own son was recently lost in Vietnam. These three very different shipwrecked people form an unlikely Christmas family sharing comic misadventures during two very snowy weeks in New England. 2023 | R | 2 hr. 13 min.

Monday | Dec 16 | 11:00a-2:00p
\$20 (Members \$15) | Reg. by 12/14

ESTHER SCHENCK Scholarship for the Arts



Esther Schenck, a long-time member for 34 years, died on January 31, 2019, at the age of 96. Always a great supporter of the arts, Esther named Womanspace as the recipient of a portion of her estate to assist individuals who demonstrate a desire to develop creatively on a personal or professional level. We are happy to announce that scholarships are available three times annually to help with costs for a class/program, materials and supplies.

Application form is on our website:

https://womanspace-rockford.org/resources/Scholarship/ESSA_App_Form.pdf

bookwoman



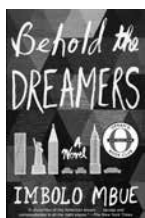
Scan this QR code with your phone's camera for more info.

All women are invited to these discussions to share observations, enthusiasm, insights and the pure enjoyment of reading.

Behold the Dreamers

by Imbolo Mbue BW24-1

Jende Jonga, a Cameroonian immigrant living in Harlem, has come to the United States to provide a better life for himself, his wife, Neni, and their six-year-old son.



Jende can hardly believe his luck when he lands a job as a chauffeur for Clark Edwards, a senior executive at Lehman Brothers. Clark's wife, Cindy, even offers Neni temporary work at the Edwardses' summer home in the Hamptons. With these opportunities, Jende and Neni can at last gain a foothold in America and imagine a brighter future. However, the world of great power and privilege conceals troubling secrets, and soon Jende and Neni notice cracks in their employers' façades.

As all four lives are dramatically upended, Jende and Neni are forced to make an impossible choice. – *Goodreads*

Wednesday | Sep 11 | 10:00-11:30a

Sliding Scale \$5-\$20 | Reg. by 9/9

Reif Gallery

The Great Displacement: Climate Change and the Next American Migration

by Jake Bittle BW24-2

From half-drowned Louisiana to fire-scorched California, from the dried-up cotton fields of Arizona to the soaked watersheds of inland North Carolina, people are moving. In the last few decades, the federal government has moved tens of thousands of families away from flood zones, and tens of thousands more have moved of their own accord in the aftermath of natural disasters. Insurance and mortgage markets are already shifting to reflect mounting climate risk, pricing people out of risky areas.

Over the next 50 years, millions of Americans will be caught up in this churn of displacement, forced inland and northward in what will be the largest migration in our country's history. *The Great Displacement* compassionately tells the stories of those who are already experiencing life on the move, while detailing just how radically climate change will transform our lives—erasing historic towns and villages, pushing people toward new areas, and reshaping the geography of the United States.

– *Goodreads.com*

Wednesday | Oct 9 | 10:00-11:30a

Sliding Scale \$5-\$20 | Reg. by 10/7

Reif Gallery

Demon Copperhead: A Novel

by Barbara Kingsolver BW24-3

Set in the mountains of southern Appalachia, this is the story of a boy born to a teenaged single mother in a single-wide trailer, with no assets beyond his dead father's good looks and copper-colored hair, a caustic wit, and a fierce talent for survival. In a plot that never pauses for breath, relayed in his own unsparing voice, he braves the modern perils of foster care, child labor, derelict schools, athletic success, addiction, disastrous loves, and crushing losses. Through all of it, he reckons with his own invisibility in a popular culture where even the superheroes have abandoned rural people in favor of cities.

Demon Copperhead speaks for a new generation of lost boys, and all those born into beautiful, cursed places they can't imagine leaving behind.

– *Goodreads.com*

Wednesday | Nov 13 | 10:00-11:30a

Sliding Scale \$5-\$20 | Reg. by 11/11

Reif Gallery

<p>1</p> <p>September 2024</p> <p>2 Labor Day Offices closed</p> <p>3 8:30-9:30 Meditation 1 10:00-12:00 Toes in Water 3 1:00-5:00 Open Clay Studio 2:00 Development Committee 6:00-8:00 BWT Pottery 4</p>	<p>4 9:30-12:30 Whimsical HB 3 10:00-11:00 Adaptive Yoga 1 10:00-12:00 Member Birthday 5:00-9:00 Open Clay Studio 5:30-7:00 Practicar Español 1 6:00-7:30 Writing Group 1</p>	<p>5 10:00-11:00 Hatha Yoga 1 10:00-12:00 Splashdown 3 10:00-12:00 BWT Pottery 2 1:00-5:00 Open Clay Studio 6:00-8:00 Handbuilt Pottery 3</p>	<p>6 Offices closed 10:00 Adapt. Yoga Recording 1 11:00-1:00 Painting w/ Jaymee 1 1:00-4:00 Open Clay Studio</p>	<p>7 9:00-12:00 Int. WT Pottery 1</p>
<p>8</p> <p>11:15 Executive Committee 1:00 Membership Committee 1:00-4:00 Wild Women Clay 4 5:00 Clay Studio Group 6:00-8:00 Bad Girl Book Club 6:00-8:00 Manic Monday Clay 4 7:00-9:00 Boxing Gloves Down</p>	<p>9 8:30-9:30 Meditation 2 10:00-12:00 Toes in Water 4 10:00-12:00 Basic Handbuild 2 12:00-1:00 L&L: Sacred Earth 1:00-5:00 Open Clay Studio 6:00-7:30 Memoir Writing 1 6:00-8:00 BWT Pottery 5</p>	<p>10 10:00-11:00 Hatha Yoga 2 10:00-12:00 Splashdown 4 10:00-12:00 BWT Pottery 3 1:00-5:00 Open Clay Studio 3:30-5:00 Finance Committee 4:30-7:00 Backyard Symposium 6:00-8:00 Handbuilt Pottery 4</p>	<p>11 Offices closed 10:00 Adapt. Yoga Recording 2 11:00-1:00 Painting w/ Jaymee 2 1:00-4:00 Open Clay Studio 6:00-8:00 Pottery Sampler 1</p>	<p>12 9:00-10:00 Memoir Writing Zoom Circle 1 9:00-12:00 Int. WT Pottery 2</p>
<p>15 2:00-4:30 Fall Hanging Basket</p>	<p>16 Ireland Trip</p> <p>8:30-9:30 Meditation 3 10:00-12:00 Toes in Water 5 10:00-12:00 Basic Handbuild 3 1:00-5:00 Open Clay Studio 5:30-7:00 Chakra Club 6:00-7:30 Memoir Writing 2 6:00-7:30 Board Meeting 6:00-8:00 BWT Pottery 6</p>	<p>17 Ireland Trip</p> <p>9:30-12:30 Whimsical HB 5 10:00-11:00 Adaptive Yoga 3 2:30-4:30 Basic Handbuild 3 5:00-9:00 Open Clay Studio 5:30-7:00 Practicar Español 2 6:00-7:30 Writing Group 3</p>	<p>18 Ireland Trip</p> <p>10:00-11:00 Hatha Yoga 3 10:00-12:00 Splashdown 5 10:00-12:00 BWT Pottery 4 6:00-8:00 Handbuilt Pottery 5</p>	<p>19 Ireland Trip</p> <p>9:00-10:00 Memoir Writing Zoom Circle 2 9:00-12:00 Int. WT Pottery 3 1:00-2:30 Kids Art Club: Emotions 6:00-8:00 Autumn Equinox</p>
<p>22 Ireland Trip</p> <p>2:00-3:30 Gongtopia</p>	<p>23 Ireland Trip</p> <p>1:00-4:00 Wild Women Clay 1 6:00-8:00 Manic Monday 6</p>	<p>24 Ireland Trip</p> <p>8:30-9:30 Meditation 4 10:00-12:00 Basic Handbuild 4 12:00-1:00 L&L: Habitat for Hum.</p> <p>1:00-5:00 Open Clay Studio 6:00-7:30 Memoir Writing 3 6:00-8:00 Fused Glass Jewelry 6:00-8:00 BWT Pottery 1</p>	<p>25 Ireland Trip</p> <p>9:30-12:30 Whimsical HB 1 10:00-11:00 Adaptive Yoga 4 2:30-4:30 Basic Handbuild 4 5:00-9:00 Open Clay Studio 6:00-8:30 Fall Hanging Basket</p>	<p>26 Offices closed 10:00 Adapt. Yoga Recording 4 11:00-1:00 Painting w/ Jaymee 4 1:00-4:00 Open Clay Studio 6:00-8:00 Pottery Sampler 2</p>
<p>29 1:00-2:30 Self-Love Revolution 1</p>	<p>30 1:00-4:00 Wild Women Clay 2 6:00-8:00 Manic Monday 1</p>	<p>31 Ireland Trip</p> <p>10:00-11:00 Hatha Yoga 4 10:00-12:00 BWT Pottery 5 1:00-5:00 Open Clay Studio 6:00-8:00 Handbuilt Pottery 6</p>	<p>27 Offices closed 10:00 Adapt. Yoga Recording 4 11:00-1:00 Painting w/ Jaymee 4 1:00-4:00 Open Clay Studio 6:00-8:00 Pottery Sampler 2</p>	<p>28 9:00-10:00 Memoir Writing Zoom Circle 3 9:00-12:00 Int. WT Pottery 4 1:00-3:00 Watercolor & Ink: Greeting Cards</p>

October 2024

<p>6 Star Student & Teacher show closes</p> <p>1:00-2:30 Self Love Revolution 2 1:00-3:00 Gnomes & Santas 1</p>	<p>1</p> <p>8:30-9:30 Meditation 1 10:00-12:00 Toes in Water 1 10:00-12:00 Basic Handbuild 5 12:00-1:00 L&L: Intro to Chakras 1:00-5:00 Open Clay Studio 2:00 Development Committee</p> <p>6:00-7:30 Memoir Writing 4 6:00-8:00 BWT Pottery 2</p>	<p>2</p> <p>9:30-12:30 Whimsical HB 2 10:00-11:00 Adaptive Yoga 1 10:00-12:00 Member Birthday 2:30-4:30 Basic Handbuild 5</p> <p>5:00-9:00 Open Clay Studio 5:30-7:00 Practicar Español 1 6:00-7:30 Writing Group 1</p>	<p>3</p> <p>10:00-11:00 Hatha Yoga 1 10:00-12:00 Splashdown 1 10:00-12:00 BWT Pottery 6</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:30 Handbuilt Pottery 1</p>	<p>4</p> <p>Offices closed 10:00 Adapt. Yoga Recording 1 11:00-1:00 Painting w/ Jaymee 5</p> <p>1:00-4:00 Open Clay Studio</p> <p>Star Student & Teacher ArtScene Reception 5:00-9:00</p>	<p>5</p> <p>9:00-10:00 Memoir Writing Zoom Circle 4 9:00-3:30 Very Beg. Watercolor 9:00-12:00 Int. WT Pottery 1</p> <p>Star Student & Teacher ArtScene Reception 4:00-8:00</p>
<p>7</p> <p>Star Student & Teacher show closes</p> <p>1:00-2:30 Self Love Revolution 2 1:00-3:00 Gnomes & Santas 1</p> <p>1:00-4:00 Wild Women Clay 3 3:30 Grounds Committee 6:00-8:00 Manic Monday 2 6:00-9:00 S&F: Shirley</p>	<p>8</p> <p>8:30-9:30 Meditation 2 10:00-12:00 Toes in Water 2 10:00-12:00 Basic Handbuild 6 12:00-1:00 L&L: Lasagna Love</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-7:30 Memoir Writing 5 6:00-8:00 BWT Pottery 3</p>	<p>9</p> <p>9:30-12:30 Whimsical HB 3 10:00-11:00 Adaptive Yoga 2 10:00-11:30 Bookwoman 11:30-1:00 Cooking Indian</p> <p>2:30-4:30 Basic Handbuild 6</p> <p>5:00-9:00 Open Clay Studio 6:00-7:30 Writing Group 2</p>	<p>10</p> <p>9:30-12:00 BWT Pottery 1 10:00-12:00 Splashdown 2 10:00-11:00 Hatha Yoga 2</p> <p>1:00-5:00 Open Clay Studio 3:30-5:00 Finance Committee</p> <p>6:00-8:30 Handbuilt Pottery 2</p>	<p>11</p> <p>Offices closed 10:00 Adapt. Yoga Recording 2 11:00-1:00 Painting w/ Jaymee 1</p> <p>1:00-4:00 Open Clay Studio</p> <p>30 Years of Quilting Opening Reception 5:30-7:00</p>	<p>12</p> <p>9:00-10:00 Memoir Writing Zoom Circle 5 9:00-12:00 Int. WT Pottery 2 1:00-2:30 Kids' Art Club: Halloween Hangout 1:00-4:00 Christmas Bells 1 3:30 Finance Committee</p>
<p>13 Indigenous Peoples' Day</p> <p>1:00-2:30 Self Love Revolution 3 1:00-3:00 Gnomes & Santas 1</p> <p>1:00-4:00 Wild Women Clay 3 3:30 Grounds Committee 6:00-8:00 Manic Monday 2 6:00-9:00 S&F: Shirley</p>	<p>14</p> <p>11:15 Executive Committee</p> <p>1:00 Membership Committee 1:00-4:00 Wild Women Clay 4</p> <p>6:00-8:00 Bad Girl Book Club 6:00-8:00 Manic Monday 3</p>	<p>15</p> <p>8:30-9:30 Meditation 3 10:00-12:00 Toes in Water 3 12:00-1:00 L&L: KNIB</p> <p>1:00-5:00 Open Clay Studio 5:30-7:00 Chakra Club 6:00-7:30 Board Meeting 6:00-7:30 Memoir Writing 6 6:00-8:00 BWT Pottery 4</p>	<p>16</p> <p>9:30-12:30 Whimsical HB 4 10:00-11:00 Adaptive Yoga 3</p> <p>5:00-9:00 Open Clay Studio 5:30-7:00 Practicar Español 2 6:00-7:30 Writing Group 3</p>	<p>17</p> <p>9:30-12:00 BWT Pottery 2 10:00-12:00 Splashdown 3 10:00-11:00 Hatha Yoga 3</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:30 Handbuilt Pottery 3</p>	<p>18</p> <p>Offices closed 10:00 Adapt. Yoga Recording 3 11:00-1:00 Painting w/ Jaymee 2</p> <p>1:00-4:00 Open Clay Studio</p> <p>6:00-7:30 Yin Yoga + Sound Bath 6:00-8:00 Cooking Lasagna Love</p> <p>19</p> <p>7:00-10:00 Smartphone Photo 1 9:00-10:00 Memoir Writing Zoom Circle 6 9:00-12:00 Int. WT Pottery 3 1:00-3:00 Watercolor & Ink Special Technique 1 1:00-4:00 Christmas Bells 2</p>
<p>20</p> <p>1:00-3:00 Watercolor & Ink Special Technique 2 1:00-3:00 Christmas Candles 1</p>	<p>21</p> <p>6:00-8:00 Manic Monday 4 6:30-9:00 Seekers</p>	<p>22</p> <p>8:30-9:30 Meditation 4 10:00-12:00 Toes in Water 4 10:00-12:30 Basic Handbuild 1 12:00-1:00 L&L: Dia de los Muertos</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 Fused Glass Lantern 6:00-8:00 BWT Pottery 5</p>	<p>23</p> <p>9:30-12:30 Whimsical HB 1 10:00-11:00 Adaptive Yoga 4 11:30-1:00 Cooking Indian</p> <p>2:00-4:30 Basic Handbuild 1</p> <p>5:00-9:00 Open Clay Studio 6:00-7:30 Writing Group 4</p>	<p>24</p> <p>9:30-12:00 BWT Pottery 3 10:00-12:00 Splashdown 4 10:00-11:00 Hatha Yoga 4</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:30 Handbuilt Pottery 4</p>	<p>25</p> <p>Offices closed 10:00 Adapt. Yoga Recording 4 11:00-1:00 Painting w/ Jaymee 3</p> <p>1:00-4:00 Open Clay Studio</p> <p>26</p> <p>9:00-12:00 Int. WT Pottery 4 9:00-3:00 Watercolor: Winter Snow Scene 1:00-4:00 Christmas Bells 3</p> <p>Experience India 5:00-9:00</p>
<p>27</p> <p>1:00-2:30 Self Love Revolution 4 1:00-3:00 Gnomes & Santas 2 1:00-4:00 Games: BUNCO!</p>	<p>28</p> <p>1:00-4:00 Wild Women Clay 1</p> <p>6:00-8:00 Manic Monday 5 6:00-9:00 S&F: Coco</p>	<p>29</p> <p>8:30-9:30 Meditation 5 10:00-12:00 Toes in Water 5 10:00-12:30 Basic Handbuild 2 12:00-1:00 L&L: Hauntings</p> <p>1:00-3:00 Grape Leaves 1 1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 BWT Pottery 6</p>	<p>30</p> <p>9:30-12:30 Whimsical HB 2 10:00-11:00 Adaptive Yoga 5</p> <p>2:00-4:30 Basic Handbuild 2</p> <p>5:00-9:00 Open Clay Studio 5:30-7:00 La Ofrenda 6:00-7:30 Writing Group 5</p>	<p>31 Halloween</p> <p>9:30-12:00 BWT Pottery 4 10:00-12:00 Splashdown 5 10:00-11:00 Hatha Yoga 5</p> <p>1:00-3:00 Grape Leaves 2</p>	

November 2024

<p>3 Day Light Savings Ends</p> <p>1:00-3:00 Christmas Candles 2</p>	<p>4</p> <p>1:00-4:00 Wild Women Clay 2 3:30 Grounds Committee</p> <p>6:00-8:00 Manic Monday 6</p>	<p>5 Election Day...VOTE! 8:30-9:30 Meditation 1 10:00-12:00 Basic Handbuild 3</p> <p>1:00-5:00 Open Clay Studio 2:00 Development Committee</p> <p>6:00-7:30 Memoir Artifacts 1 6:00-8:00 BWT Pottery 1</p>	<p>6</p> <p>9:30-12:30 Whimsical HB 3 10:00-11:00 Adaptive Yoga 1 10:00-12:00 Member Birthday</p> <p>2:00-4:30 Basic Handbuild 3</p> <p>5:00-9:00 Open Clay Studio 5:30-7:00 Practicar Español 1 6:00-7:30 Writing Group 1</p>	<p>7</p> <p>9:30-12:00 BWT Pottery 5 10:00-12:00 Splashdown 1 10:00-11:00 Hatha Yoga 1</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:30 Handbuilt Pottery 5</p>	<p>8 Offices closed</p> <p>10:00 Adapt. Yoga Recording 2 11:00-1:00 Painting w/ Jaymee 5</p> <p>1:00-4:00 Open Clay Studio</p> <p>6:00-9:00 Beaded Goddess 1</p>	<p>9</p> <p>9:00-12:00 Int. WT Pottery 2</p> <p>1:00-3:00 Christmas Trees 1 1:00-4:00 Journal Prompts</p>
<p>10</p> <p>1:00-4:00 Intuitive Painting & Meditation</p>	<p>11 Veterans Day</p> <p>11:15 Executive Committee</p> <p>1:00-4:00 Wild Women Clay 3</p> <p>5:00 Clay Studio Committee 6:00-8:00 Bad Girl Book Club 6:00-8:00 Manic Monday 1</p>	<p>12</p> <p>8:30-9:30 Meditation 2 10:00-12:00 Toes in Water 1 10:00-12:00 Basic Handbuild 4 1:00-5:00 Open Clay Studio 2:00 Development Committee 3:30-4:30 Finance Committee 6:00-7:30 Memoir Artifacts 3 6:00-8:00 Fused Glass Trees 6:00-8:00 BWT Pottery 2</p>	<p>13</p> <p>9:30-12:30 Whimsical HB 4 10:00-1:00 Beaded Goddess 1 10:00-11:00 Adaptive Yoga 2 10:00-11:30 Bookwoman</p> <p>2:00-4:30 Basic Handbuild 4</p> <p>5:00-9:00 Open Clay Studio 6:00-7:30 Writing Group 2</p>	<p>14</p> <p>9:30-12:00 BWT Pottery 1 10:00-12:00 Splashdown 2 10:00-11:00 Hatha Yoga 2</p> <p>3:30-5:00 Finance Committee</p> <p>6:00-8:30 Handbuilt Pottery 1</p>	<p>15 Offices closed</p> <p>10:00 Adapt. Yoga Recording 3 11:00-2:00 Painting w/ Laura 1</p> <p>1:00-4:00 Open Clay Studio</p> <p>6:00-9:00 Beaded Goddess 2</p>	<p>16</p> <p>9:00-12:00 Int. WT Pottery 3</p>
<p>17</p> <p>2:00-4:30 Winter Hanging Basket</p>	<p>18</p> <p>1:00-4:00 Wild Women Clay 4</p> <p>5:00 Program Committee 6:00-8:00 Manic Monday 2 6:30-9:00 Seekers</p>	<p>19</p> <p>8:30-9:30 Meditation 3 10:00-12:00 Toes in Water 2 10:00-12:00 Basic Handbuild 5</p> <p>1:00-5:00 Open Clay Studio 5:30-7:00 Chakra Club 6:00-7:30 Memoir Artifacts 3 6:00-7:30 Board Meeting 6:00-8:00 BWT Pottery 3</p>	<p>20</p> <p>9:30-12:30 Whimsical HB 1 10:00-1:00 Beaded Goddess 2 10:00-11:00 Adaptive Yoga 3</p> <p>2:00-4:30 Basic Handbuild 5</p> <p>5:00-9:00 Open Clay Studio 5:30-7:00 Practicar Español 2 6:00-7:30 Writing Group 3</p>	<p>21</p> <p>9:30-12:00 BWT Pottery 2 10:00-12:00 Splashdown 3 10:00-11:00 Hatha Yoga 3</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:30 Handbuilt Pottery 2</p>	<p>22 Offices closed</p> <p>10:00 Adapt. Yoga Recording 4 11:00-2:00 Painting w/ Laura 2</p> <p>1:00-4:00 Open Clay Studio</p>	<p>23</p> <p>9:00-12:00 Int. WT Pottery 4 1:00-2:30 Kids' Art Club: Landscapes 1:00-3:00 Christmas Trees 2</p>
<p>24</p>	<p>25</p> <p>1:00-4:00 Wild Women Clay 1</p> <p>6:00-8:00 Manic Monday 3 6:00-9:00 S&F: Ticket to Paradise</p>	<p>26</p> <p>8:30-9:30 Meditation 4 10:00-12:00 Toes in Water 3 10:00-1:00 Basic Handbuild 1</p> <p>1:00-5:00 Open Clay Studio 2:00 Development Committee</p> <p>6:00-8:00 BWT Pottery 4</p>	<p>27 SAM Artists' Drop-Off 12:00-5:00</p> <p>9:30-1:00 Whimsical HB 2</p> <p>1:30-4:30 Basic Handbuild 1</p> <p>5:00-9:00 Open Clay Studio</p>	<p>28 Thanksgiving Day Offices closed</p>	<p>29 Offices closed</p> <p>10:00 Adapt. Yoga Recording 5</p> <p>1:00-4:00 Open Clay Studio</p>	<p>30 SAM Set-up</p>

<p>1 SAM Set-up Quilt Show closes</p>	<p>2 SAM Set-up SAM Artists' Drop-Off 3:00-7:00 1:00-4:00 Wild Women Clay 2 6:00-8:00 Manic Monday 4</p>	<p>3 SAM Set-up 10:00-1:00 Basic Handbuild 2 1:00-5:00 Open Clay Studio 2:00 Development Committee 6:00-8:00 BWT Pottery 5</p>	<p>4 SAM Set-up 10:00-11:00 Adaptive Yoga 1 10:00-12:00 Member Birthday 1:30-4:30 Basic Handbuild 2 5:00-9:00 Open Clay Studio 5:30-7:00 Practicar Español 1</p>	<p>5 SAM Set-up 9:30-12:00 BWT Pottery 3 10:00-11:00 Hatha Yoga 1 1:00-5:00 Open Clay Studio SAM Holiday Art Sale 4:00-7:00 6:00-8:30 Handbuilt Pottery 3</p>	<p>6 Offices closed 10:00 Adapt. Yoga Recording 1 12:00-4:00 Open Clay Studio SAM Holiday Art Sale 1:00-7:00</p>	<p>7 SAM Holiday Art Sale 10:00-4:00</p>
<p>8 SAM Holiday Art Sale 1:00-4:00</p>	<p>9 11:15 Executive Committee 1:00-4:00 Wild Women Clay 3 1:00 Membership Committee 6:00-8:00 Bad Girl Book Club 6:00-8:00 Manic Monday 5</p>	<p>10 SAM Artist Pick-up 2:00-8:00 8:30-9:30 Meditation 1 10:00-12:00 Toes in Water 4 10:00-1:00 Basic Handbuild 3 1:00-5:00 Open Clay Studio 2:00 Development Committee</p>	<p>11 SAM Artist Pick-up 10:00-6:00 9:30-1:00 Whimsical HB 3 10:00-11:00 Adaptive Yoga 2 1:30-4:30 Basic Handbuild 3 5:00-9:00 Open Clay Studio 6:00-7:30 Writing Group 1</p>	<p>12 9:30-12:00 BWT Pottery 4 10:00-12:00 Splashdown 4 10:00-11:00 Hatha Yoga 2 1:00-5:00 Open Clay Studio 3:30-5:00 Finance Committee 6:00-8:00 Cooking Cajun 6:00-8:30 Handbuilt Pottery 4</p>	<p>13 Offices closed 10:00 Adapt. Yoga Recording 2 11:00-2:00 Painting w/ Laura 3 12:00-4:00 Open Clay Studio</p>	<p>14</p>
<p>15</p>	<p>16 11:00-2:00 L&F: The Holdovers 1:00-4:00 Wild Women Clay 4 6:00-8:00 Manic Monday 6 6:30-9:00 Seekers</p>	<p>17 8:30-9:30 Meditation 2 10:00-12:00 Toes in Water 5 10:00-1:00 Basic Handbuild 4 1:00-5:00 Open Clay Studio</p>	<p>18 9:30-1:00 Whimsical HB 4 10:00-11:00 Adaptive Yoga 3 1:30-4:30 Basic Handbuild 4 5:00-9:00 Open Clay Studio 5:30-7:00 Practicar Español 2 6:00-7:30 Writing Group 2</p>	<p>19 10:00-12:00 Splashdown 5 9:30-12:00 BWT Pottery 5 10:00-11:00 Hatha Yoga 3 1:00-5:00 Open Clay Studio</p>	<p>20 Offices closed 10:00 Adapt. Yoga Recording 3 11:00-2:00 Painting w/ Laura 4 12:00-4:00 Open Clay Studio</p>	<p>21</p>
<p>22</p>	<p>23 Offices closed</p>	<p>24 Christmas Eve Offices closed</p>	<p>25 Christmas Day Offices closed</p>	<p>26 Offices closed 6:00-8:30 Handbuilt Pottery 5</p>	<p>27 Offices closed 10:00 Adapt. Yoga Recording 4</p>	<p>28</p>
<p>29</p>	<p>30 Offices closed</p>	<p>31 New Year's Eve Offices closed</p>				

bad girl book club



Scan this QR code with your phone's camera for more info.

Join this evening women's book club in the Reif Gallery! And no, you don't have to be a "bad girl" to join the group. This group focuses on books with female authors and unique female protagonists. In depth and honest opinions are encouraged. You don't even have to finish the book to join in. *Registration required.*

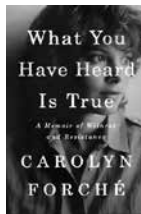
What You Have Heard Is True

by Carolyn Forché BG24-1

Carolyn Forché is twenty-seven when the mysterious stranger appears on her doorstep. The relative of a friend, he is a charming polymath with a mind as seemingly disordered as it is brilliant. She's heard rumors from her friend about who he might be: a lone wolf, a communist, a CIA operative, a sharpshooter, a revolutionary, a small coffee farmer, but according to her, no one seemed to know for certain. He has driven from El Salvador to invite Forché to visit and learn about his country. Captivated for reasons she doesn't fully understand, she accepts and becomes enmeshed in something beyond her comprehension. This is the powerful story of a poet's experience in a country on the verge of war, and a journey toward social conscience in a perilous time. – *Goodreads*

Monday | Sep 9 | 6:00-8:00p

Sliding Scale \$5-\$20 | Reg. by 9/7



How the García Girls Lost Their Accents

by Julia Alvarez BG24-2

Uprooted from their family home in the Dominican Republic, the four García sisters arrive in New York City in 1960 to find a life far different from the genteel existence of maids, manicures, and extended family they left behind. What they have lost – and what they find – is revealed in the fifteen interconnected stories that make up this exquisite novel. – *Goodreads*

Monday | Oct 14 | 6:00-8:00p

Sliding Scale \$5-\$20 | Reg. by 10/12



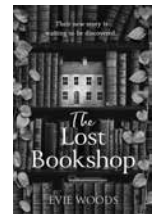
The Lost Bookshop

by Evie Woods BG24-3

For too long, Opaline, Martha and Henry have been the side characters in their own lives. But, when a vanishing bookshop casts its spell, these three unsuspecting strangers will discover that their own stories are every bit as extraordinary as the ones found in the pages of their beloved books. By unlocking the secrets of the shelves, they find themselves transported to a world of wonder where nothing is as it seems.

Monday | Nov 11 | 6:00-8:00p

Sliding Scale \$5-\$20 | Reg. by 11/9



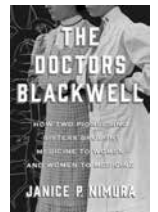
The Doctors Blackwell

by Janice P. Nimura BG24-4

Elizabeth Blackwell became the first woman in America to receive an M.D. She was soon joined in her iconic achievement by her younger sister, Emily, who was actually the more brilliant physician. Together, the Blackwells founded the New York Infirmary for Indigent Women and Children, the first hospital staffed entirely by women. Both sisters were tenacious and visionary, but their convictions did not always align with the emergence of women's rights—or with each other. – *Goodreads*

Monday | Dec 9 | 6:00-8:00p

Sliding Scale \$5-\$20 | Reg. by 12/7



art studios & galleries



New Dimensions Studio

The heart and home of Womanspace arts education! The studios provide a bright, beautiful space for women and men of all ages and abilities to explore their creativity.

The Upper Studio offers plenty of space for our many art programs. Throughout the year, we offer classes in a variety of media including oil, acrylic, watercolor, drawing, pastels, sculpture, mixed media, and more!

The Clay Studio is in the lower level of New Dimensions Studio. It is a fully-functioning, brightly lit pottery studio. We offer a number of clay classes. Find one that intrigues you on the following pages and plan to "come clay with us!" A stair lift is now available!

Gallery2Go

This is a unique gift shop with ever-changing displays of one-of-a-kind art and gifts that you will love, most created by our members! Gallery2Go features art, jewelry, books, cards, textiles and more. Open to the public Monday–Thursday, 10:00a–5:00p, as well as on weekends and evenings when programs are scheduled.



Upcoming Art Shows in the Loretta & William Reif Gallery

Our premier art gallery and meeting space in our main building is named in honor of Loretta & Bill Reif, major Womanspace friends and benefactors.

STAR STUDENT & TEACHER SHOW Aug. 16–Oct. 8

Closing Reception Oct. 4, 5:00–9:00p and Oct. 5, 4:00–8:00p

Womanspace students and teachers will show their work made between Summer 2023 through Summer 2024. See what styles and creations have emerged from New Dimensions Studio this past year! **This year it will be part of the Fall ArtScene!**

30 YEARS OF QUILTING – 1994–2024 SHOW - Oct. 11– Dec. 1

Opening Reception Oct. 11, 5:30–7:00p

This one-woman show features 30 years of Colleen Blanchard's best work. These vibrant quilts turn traditional quilts into modern art. Don't miss this!

THERE'S SOMETHING ABOUT MERRY HOLIDAY ARTISAN MARKET - Dec. 5–8

Support the ARTS while shopping LOCAL! Find UNIQUE, HANDCRAFTED items created by 40+ local artists in all kind of mediums. **Something About Merry** takes place in both our main building and the upper level of New Dimensions Studio. *Artists who are interested in participating can send a photo of their artwork to: info@womanspace-rockford.org.*

Open Clay Studio

Womanspace offers FEE-BASED open studio times for its students to continue work on their projects. These open studio times are SEPARATE from class time.

To qualify to use open studio, you MUST have completed 2 beginning clay courses or be an intermediate pottery student.

Open Studio Policy

- For current & past Womanspace pottery students ONLY.
- For limited space & safety reasons, you MUST register via **SignUpGenius.com** for specific days and times.
- Please sign-up for the whole time you will be there and leave by your scheduled time.
- Only 6 people (+ studio monitor) are allowed in the clay studio.
- No knives are to be used on the canvas tables.
- You must clean up ALL the areas and equipment you use.



Open Studio Fees

There are three ways to pay for open studio time:



- Online
- Cash (write your name & amount on envelope provided).
- Venmo

For all payments, indicate on the sign-in sheet in the studio the amount paid and what the payment was for.

STUDIO FEE: \$5.00/HR.

CLAY FEE: \$1.50/LB (wet weight; includes glazes & firing)

draw & paint



Scan this QR code with your phone's camera for more info.

Toes in the Water

Ages 18+. Beg.-Int. This class is for those first timers wanting to experience watercolor or someone who wants to expand beginning skills. Have fun exploring the enchantment of water and paint in their irresistible dance. As with all painting, a little drawing experience is helpful. We will discuss preparing paper to paint, brushes and their technique, some color theory – but mostly we will jump in the water, and do it! Some basic supplies are furnished. Upon registration a supply list required for the class will be emailed to you.

Tuesdays | 10:00a-12:00p

WC24A-1 | **Oct 1-29** (5 wk)

WC24A-3 | **Nov 12-Dec 17** (5 wk)

\$115 (Members \$100)

Reg. by 2 days before each session

Sue Abare | ND Upper Studio

Splashdown!

Ages 18+. Intermediate-Advanced. In this five-week class, we will continue to practice our skill building toward simplicity, spontaneity and success. We will discuss value, wetness, color and composition. Do you know what NOT to paint? Ideas abound! Lots of thinking goes on as we continue learning. **Bring your own supplies.**

Thursdays | 10:00a-12:00p

WC24A-2 | **Oct 3-31** (5 wk)

WC24A-4 | **Nov 7-Dec 19** (5 wk)

\$115 (Members \$100)

Reg. by 2 days before each session

Sue Abare | ND Upper Studio

Very Beginning

Watercolor WC24B-1

Ages 18+ This class will take you through all of the beginning techniques of doing watercolors. For example, the content will cover color theory, specific use of brushes, using water in your composition, too much water or too little water, layering of color for depth, the use of lights and darks for definition.

All supplies will be furnished.

Saturday | Oct 5 | 9:00a-3:30p

\$90 (Members \$75) | Reg. by 10/3

Cindy Bear | ND Upper Studio

Winter Snow Scene

Watercolor WC24B-2

Ages 18+. How do you paint snow that looks white? This class will provide you with all of the secrets to achieve a winter wonderland watercolor picture for your collection. The class will cover concepts of the use of light, dark contrast, creation of shadows and more. **Bring your own watercolor supplies. 140 lb. watercolor paper will be provided.**

Saturday | Oct 26 | 9:00a-3:00p

\$90 (Members \$75) | Reg. by 10/24

Cindy Bear | ND Upper Studio

Special Watercolor

& Ink Technique WC24C-1

Start with a black and white photo. Use gouache as a resist...for the white areas in photo. Use a brush to put ink over the whole painting and dry. Wash off gouache and let dry. Then it's time to paint in watercolor! The watercolor will add additional color and character to your work, or you can tint lightly or leave as is for a more aged/vintage look. **Please visit our web site for suggested art supplies to bring.**

Sat & Sun | Oct 19 & 20 | 1:00-3:00p

\$70 (Members \$60) | Reg. by 10/27

Rita Carpenter | ND Upper Studio

Grape Leaves:

Beyond the Basics WC24C-2

This class is for anyone wanting to learn more about watercolor painting. We will cover basic design and composition. We will use many basic watercolor techniques. We should be able to complete a 11 x 15" watercolor painting. **Please visit our web site for suggested art supplies to bring.**

Tue & Thu | Oct 29 & 31 | 1:00-3:00p

\$60 (Members \$50) | Reg. by 10/27

Rita Carpenter | ND Upper Studio



Become a Womanspace Member!

- Save on classes
- Connect with others
- Stay up-to-date

Membership starts at \$50

draw & paint

Painting Studio

Ages 18+ All Levels. Keep moving forward in your painting skills with this guided open studio class for watercolor and acrylic painters! Individual instruction based on your creative goals is provided. Bring your own reference imagery and ideas, or peruse a collection of art samples for inspiration! Some previous painting experience is beneficial, but not necessary. Absolute beginners should be prepared to work on painting exercises before moving on to individual work. Since instruction is individual, there will be plenty of independent work time. **Cost includes a \$20 supply fee. This includes paper, brushes, canvases and professional grade paints, but feel free to bring your favorites!**

Fridays | 11:00a-1:00p (*11:00a-2:00p)

PG24J-1 | **Sep 6-Oct 4** (5 wk)

PG24J-2 | **Oct 11-Nov 8** (5 wk)

PG24G-1 | ***Nov 15-Dec 20** (4 wk; extended time)

\$135 (Members \$120) | Register early; class fills fast

Jaymee Fedor, *Laura Gomel | ND Upper Studio

Intuitive Painting with Meditation PG24Y-1

What intention are you bringing into your creative process? Is there something blocking your expression? This intuitive painting class will begin with a guided meditation focused on calming the mind to create the stillness and clarity that allows you to access your creative inspiration, giving it the space it needs to float to the top. The meditation will be followed by some guidance on the process of allowing each layer of paint to inform what comes next during your intuitive painting experience. Explore & express your voice, and play with paint. Intuitive painting is about letting go of fear or expectations to allow your painting to evolve based on your heart callings, visions, and play. That includes the happy accidents and the messes! **All supplies provided.**

Sunday | Nov 10 | 1:00-4:00p

\$60 (Members \$50) | Reg. by 7/11

Rhiannon Yandell | ND Upper Studio

Watercolor & Ink: Greeting Cards

Learn basic watercolor painting techniques to paint your very own greeting card. You will plan, draw, paint and ink your artwork using your own inspiration or source material provided. It will be a relaxing, fun class designed to explore your inner artist. **Fee includes all supplies.**

Saturday | 1:00-3:00p

WC24M-1 | **Sep 28** (Autumn Themed) | Reg. by 9/26

WC24M-2 | **Nov 2** (Holiday Themed) | Reg. by 10/31

\$45 (Members \$40) | Maggie Magnuson | ND Upper Studio

kids' art club

Monthly Studio Art Club for Kids, ages 6+.

Each session of our Studio Art Club gives students a unique opportunity to delve into the world of creativity and self-expression through various art projects. Students will refine their technical skills, learn to manipulate color and composition, and develop a personal artistic style. We will also engage in group critiques and discussions, fostering a supportive and collaborative learning environment.



Scan this QR code with your phone's camera for more info.

Emotions JM24-1

Children will be assigned an emotion at random, and be prompted to create a visual portrayal of that feeling on their own canvas. Mixed media will be available for the group to pursue their creativity as they envision it. Whether it be abstract, or a facial expression, the child will develop a better understanding of their feelings by giving them a physical form. Creativity will be challenged while providing deeper comprehension and release of their artistic self.

Saturday | Sep 21 | 1:00-2:30p

\$35 (Family Members \$25; see pg. 23) | Reg. by 9/19

Peighton Fei | ND Upper Studio

Halloween Hangout JM24-2

Who doesn't love spooky season? During this session, we'll have some fun and decorate our canvases with the theme of the upcoming holiday. Will you make a jack-o-lantern, a portrait of your Halloween costume, maybe a landscape of a haunted mansion? The possibilities are as open as your creative mind, though the group will be guided with tips and tricks to advance your artistic skills.

Saturday | Oct 12 | 1:00-2:30p

\$35 (Family Members \$25; see pg. 23) | Reg. by 10/10

Peighton Fei | ND Upper Studio

Landscapes JM24-3

Imagine your favorite scenery in your mind, and bring it to your canvas! Immerse yourself into your imagination and see where our art studio takes you. Painting scenes from your mind, instead of using a reference, challenges your creative mind and skills to bring your wonder to fruition. Children will be guided through artistic vocabulary in terms of dimension building, but encouraged to design their one of a kind landscape.

Saturday | Nov 23 | 1:00-2:30p

\$35 (Family Members \$25; see pg. 23) | Reg. by 11/21

Peighton Fei | ND Upper Studio

mixed media



Scan this QR code with your phone's camera for more info.

Fall Hanging Basket

Basket and Bows for your fallscape! Dress up your favorite tree branch to enhance the rust, red, and gold colors of the fall scape. You will go home with a large basket with your favorite fall decorations for your enjoyment. Your neighbors will want one in their yard, too. Register yourself and your best friend and have a delightful afternoon. **No prior experience is needed. Fee includes some supplies: basket, liner, styrofoam, top guard, hardware, and fabric wrap. Each student will supply: flowers, fall foliage, and specialty fillers that will bring personality to the basket.**

Sunday | 2:00-4:30p

MX24K-1 | **Sep 15** | Reg. by 9/13

Wednesday | 6:00-8:30p

MX24K-2 | **Sep 25** | Reg. by 9/23

\$85 (Members \$70)

Cristi Hopp-Kniess | ND Upper Studio

Beaded Goddess

Are you a bead fanatic? Get your creative juices flowing and use up some of your collection by making a beautiful beaded goddess. Using wire, seed beads, fun beads and charms, create your goddess. Bring those favorite trinkets, charms and beads you have been wanting to use or hop on over to the local craft store for inspiration! **Wire and an assortment of faces will be provided. No previous experience necessary.**

Fridays | 6:00-9:00p

MX24H-1 | **Nov 8 & 15** (2 wk)

Register by 11/6

Wednesdays | 10:00a-1:00p

MX24H-2 | **Nov 13 & 20** (2 wk)

Register by 11/11

\$85 (Members \$75)

Cherie Heck | ND Upper Studio

Winter Hanging Basket

Basket and Bows for your winter scape! Dress up your favorite tree branch to enhance the bare winter scape during the holiday season. You will go home with a large basket with greens, berries, bows and other assorted holiday decorations for your enjoyment. Your neighbors will want one in their yard, too. Register yourself and your best friend and have a delightful afternoon. **No prior experience is needed. Fee includes some supplies: basket, liner, styrofoam, top guard, hardware, fabric wrap. Each student will supply filler for the basket: greens, berries, assorted holiday decorations that make your basket have a unique personality.**

Sunday | 2:00-4:30p

MX24K-3 | **Nov 17** | Reg. by 11/15

\$85 (Members \$70)

Cristi Hopp-Kniess | ND Upper Studio

Smartphone Photography PH24-1

This class is designed for you to dive into and improve your photography skills on your smartphone. Point and shoot cameras are also acceptable. We will discuss lighting and gain perspective in how to improve our photography, and discuss camera settings. This is a great class for someone trying to get better candid, take pictures of nature or do product photography for themselves. Get up early and take advantage of the early morning lighting! **Students must bring a device they wish to learn on. Please contact us directly if you have a DSLR camera.**

Saturdays | Oct 19 & Nov 2 | 7:00-10:00a

\$65 (Members \$50) | Register by 10/17

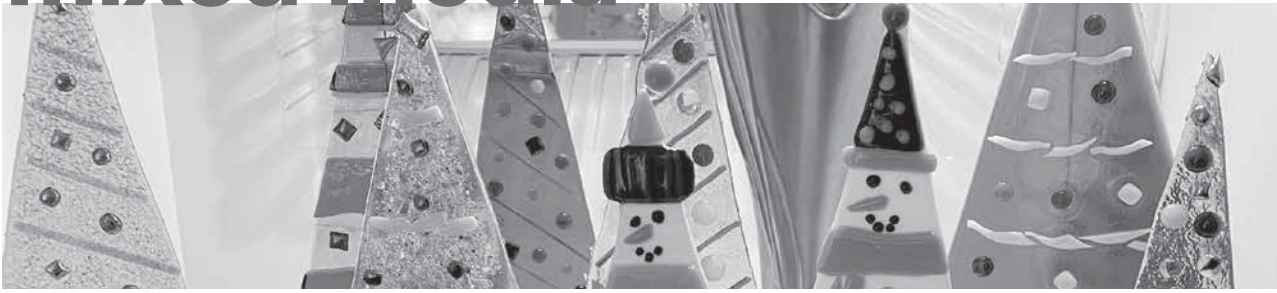
Stefi Kruger | ND Upper Studio

Taken Any Classes?



Let us know how we're doing!

mixed media



Scan this QR code with your phone's camera for more info.

Fused Glass: Dichroic Jewelry MX24S-1

Create your own custom jewelry! Students will design their own pendants using a selection of dichroic glass. Dichroic glass was developed for NASA by fusing a reflective metal coating onto glass. We will fuse that glass into beautiful works of art, which will then be mounted in jewelry fittings suitable for gift giving or wearing. Dichro glass is unpredictable and fun to work with – always with beautiful, sparkly results! Your completed necklaces will be available for pickup one week after class, to allow time for kiln firing.

Tuesday | Sep 24 | 6:00-8:00p
\$65 (Members \$55) | Reg. by 9/22
Pat Sullivan | ND Upper Studio

Fused Glass: Spooky Lanterns MX24S-2

Ages 8+ with adult or ages 12+. Just in time for Halloween! Participants will decorate lanterns with glass glue (no kiln firing necessary) and pre-fired glass elements (spooky cats and bats!), and take home their very own Halloween lantern. **Lanterns, fused glass decorations, and battery operated candle included in cost of class.**

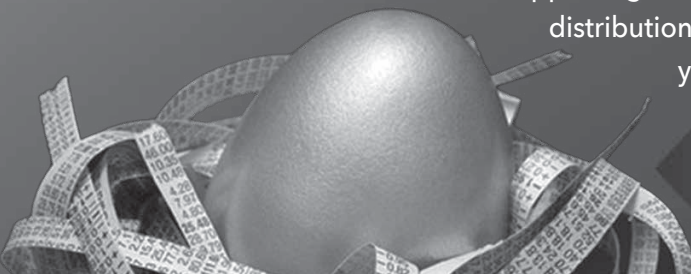
Tuesday | Oct 22 | 6:00-8:00p
\$80 (Members \$75) | Reg. by 10/20
Pat Sullivan | ND Upper Studio

Fused Glass: Free Standing Holiday Trees MX24S-3

How can a glass tree be free-standing? By melting the glass in a kiln until it “slumps” in an L-shape, so when cool, it can stand on its own. We will decorate pre-cut glass Christmas tree shapes with frit (ground glass), pre-cut shapes, and glass dots. Then those trees will be fired in a kiln to 1450 degrees and fired again to slump into the L-shape. Your completed trees will be available for pickup at Womanspace 10-12 days after class, to allow for firing time. It's always a thrill to see the different and beautiful creations when they come out of the kiln!

Tuesday | Nov 12 | 6:00-8:00p
\$70 (Members \$65) | Reg. by 11/10
Pat Sullivan | ND Upper Studio

DONATE TO WOMANSPACE THROUGH YOUR IRA



If you are an IRA owner, age 70 ½ or older, you can take advantage of a provision in the tax code that allows you to make a direct transfer to a qualified charity in any amount up to \$100,000 without having to pay income taxes on the distribution. This is an important advantage for a charitably minded IRA owner who doesn't need his or her required minimum distribution (RMD) for living expenses. Although you cannot claim the qualified distribution as a charitable tax deduction, you enjoy three appealing advantages: You satisfy the removal of the required minimum distribution from your IRA, you pay no income taxes on the amount and you help support the programs and mission of Womanspace.

If you are interested in helping Womanspace in this way, please request a check from your IRA made payable directly to WOMANSPACE, INC. Thank you!

clayworks



Beginning Wheel Thrown Pottery

Ages 16+. Beginner. You will learn essential wheel-throwing techniques from centering to trimming. Bowls and mugs will be the first forms we practice throwing on the wheel. This class will give the student with little or no experience the opportunity to learn and develop a basic set of wheel-throwing skills. After taking this class, the student will take with them a small collection of functional pottery, as well as the skills needed to create more advanced pieces in the future. (*See below for supplies.)

TUESDAY EVE | 6:00-8:00p | Lynette Porter
WT24P-2 | **Sep 24-Oct 29** (6 wk) | Reg. by 9/22
WT24P-3 | **Nov 5-Dec 10** (6 wk) | Reg. by 11/3

THURSDAYS AM | 9:30a-12:00p | Margo Olson
WT24M-1 | **Oct 10-Nov 7** (5 wk) | Reg. by 10/8
WT24M-2 | **Nov 14-Dec 19** (5 wk) | Reg. by 11/12

\$165 (Members \$150) | ND Clay Studio

Manic Monday: Inter. Wheel Thrown Pottery

Ages 16+. [Prerequisite: beginner throwing skills mastered or instructor approval.] This course is an excellent opportunity to work alongside peers who are serious about improving their form, throwing larger pieces and incorporating other methods into your pieces. Each class is tailored to the individual's throwing needs. Instructor will assist in troubleshooting and take time to work with each person individually. Excellent peer support and inspiration is encouraged to enhance everyone's experience. **Bring a list of pottery goals with you or we can work on that together.** (*See below for supplies.)

Mondays EVE | 6:00-8:00p
IN24N-1 | **Sep 30-Nov 4** (6 wk) | Reg. by 9/28
IN24N-2 | **Nov 11-Dec 16** (6 wk) | Reg. by 11/9
\$165 (Members \$150) | Anya Nelson | ND Clay Studio

**Wear clothes you don't mind getting dirty and leave your rings, watches and bracelets at home. Bring apron, hand towel and your own pottery tools. Unless otherwise stated, fees includes up to 25 lbs. of clay, glazes & firing. Class sizes limited.*

Pottery Sampler WT24P-1

Ages 16+. Beginner. Designed for you to experience the process of throwing clay, this class is strictly an intro to the process. Experience wedging, throwing, and pulling, and go home with a small token of your experience. If, after this experience, you want more, sign up for beginning wheel thrown pottery. **Supplies provided. Bring apron and hand towel.**

Friday EVEs | Sep 13 & 27 | 6:00-8:00p | Reg. by 9/13
\$45 (Members \$40) | Lynette Porter | ND Clay Studio



Scan this QR code with your phone's camera for more info.

Adv. Intermediate Wheel Thrown Pottery

Ages 16+. [Prerequisite: beginner throwing skills consistently mastered or instructor approval]. This 4-week course will allow you to take your skills further and learn to throw with larger amounts of clay and create more intricate forms such as bottles, plates, and lidded vessels. Students are welcome to suggest forms they're interested in creating and demonstrations will be given based on interest. Students are also free to work on their own personal projects and receive assistance from the instructor as needed. (*See below for supplies.)

Saturdays AM | 9:00a-12:00p
IN24J-1 | **Sep 7-28** (4 wk) | Reg. by 9/5
IN24J-2 | **Oct 5-26** (4 wk) | Reg. by 10/3
IN24J-3 | **Nov 2-23** (4 wk) | Reg. by 10/31
\$165 (Members \$150) | Jennie Johnson Sic | ND Clay Studio

Wild Women Pottery

Ages 16+ Intermediate-Advanced [Prerequisite: Experience with wheel throwing and creating basic forms is required to take this class or instructor approval.] This is a fast paced workshop focusing on collaboration and independent study. Instruction in various techniques to explore or expand on will be presented. Implementation of the process will be determined by the student's own artistic interests. Students are encouraged to share their creative variations with the class. (*See below for supplies.)

Mondays PM | 1:00-4:00p
CW24-2 | **Sep 23-Oct 14** (4 wk) | Connie Pratt
CW24-3 | **Oct 28-Nov 18** (4 wk) | Kathy Rasmus
CW24-4 | **Nov 25-Dec 16** (4 wk) | Kathy Rasmus
Register 2 days before each session
\$165 (Members \$150) | ND Clay Studio

clayworks

Basic Handbuilding

Ages 16+. Beg. Join in this fun pottery class to learn the basics of hand building! Working with textures, stamps, decals, different glaze techniques, and more, Nancy will guide you through the process of creating your one of a kind pottery pieces. **Bring an apron, hand towel, and your own pottery tool kit.** Fees includes up to 25 lbs. of clay, glazes & firing.

TUESDAYS AM

HB24A-1 | **Oct 22-Nov 19** (5 wk) | **10:00a-12:30p**

HB24A-2 | **Nov 26-Dec 17** (4 wk) | **10:00a-1:00p**

WEDNESDAYS PM

HB24N-1 | **Oct 23-Nov 20** (5 wk) | **2:00-4:30p**

HB24N-2 | **Nov 27-Dec 18** (4 wk) | **1:30-4:30p**

Register by 2 days before each course

\$165 (Members \$150) | Nancy O'Neill | ND Clay Studio

Handbuilding Pottery

Ages 16+. Intermediate-Advanced. Advance your hand-building skills while having fun in this 6-week class. Explore many hand-building techniques to make mugs, plates, functional pieces and pieces students are interested in creating. Create your own texture and templates and explore many decorating and glazing options. **Bring an apron, hand towel, and your own pottery tool kit (available at local craft stores or online).** Fees includes up to 25 lbs. of clay, glazes & firing.

Thursdays EVE | 6:00-8:30p

HB24P-1 | **Oct 3-Nov 7** (5 wk; skip 10/31) | Reg. by 10/1

HB24P-2 | **Nov 14- Dec 19** (5 wk) | Reg. by 11/12

\$165 (Members \$150) | Lynette Porter | ND Clay Studio

Whimsical Pottery – Independent Study

Age 18+. Int.-Adv. Join this fun, independent clay study group and create something you are interested in. You can use forms, natural elements, and your imagination to build practical, unusual or whimsical forms. Your clay partners will be able to offer some guidance, but no specific instruction will be provided. You must be an advanced clay worker and be able to work independently. Due to popular demand for this independent work time, both upper and lower studio space will be used. **Bring an apron, hand towel, and your own pottery tool kit.** Fees includes up to 25 lbs. of clay, glazes and firing.

Wednesdays AM | 9:30a-12:30p

HB24B-1 | **Sep 25-Oct 16** (4 wk) | Reg. by 9/23

HB24B-2 | **Oct 23-Nov 13** (4 wk) | Reg. by 10/21

HB24B-3 | **Nov 20-Dec 18** (4 wk; skip 12/4) | Reg. by 11/18

\$165 (Members \$150) | Independent Study | ND Clay Studio

special projects

Gnomes & Santa SCW24-1

Ages 12+. Beginner. This handbuilding class is the ultimate Christmas pottery fun. At the end of this class every household will have a couple of unique gnomes and santas to add to their holiday decor. Each gnome and santa will be made and glazed to reflect your own interpretation of each of these holiday characters. **Bring an apron, hand towel, and your own pottery tool kit.** Fees includes up to 25 lbs. of clay, glazes & firing.

Sundays | Oct 6 & 27 (2 wk) | **1:00-3:00p** | Reg. by 10/4
\$65 (Members \$50) | Nancy O'Neill | ND Clay Studio

Christmas Bells SCW24-2

Ages 16+. Adv. Beginner [some throwing experience needed]. In this three-day workshop we will make bells for the holiday season! We will look to existing ceramic bells while also looking at vintage bells for inspiration. In the first class, we will throw the body of the form, the second class, we will trim and decorate, and the third class, we will glaze. Bring your ideas! Hanging bells or table bells. Expect to make 3-5! **Bring an apron, hand towel, and your own pottery tool kit.** Fees includes up to 25 lbs. of clay, glazes & firing.

Saturdays | Oct 12-26 (3 wk) | **1:00-4:00p** | Reg. by 10/4
\$80 (Members \$70) | Emily Rangel-Casio | ND Clay Studio

Christmas Candles SCW24-3

Ages 16+ Beg. +. We will form the clay into a desired shape then cut out a design to be used with a candle as a Christmas decoration. in the first class, we will make the form and glaze in the second. **Bring an apron, hand towel, and your own pottery tool kit.** Fees includes clay, glazes & firing.

Sundays | Oct 20 & Nov 3 | **1:00-3:00p** | Reg. by 10/18
\$65 (Members \$50) | Sherry Klotz | ND Clay Studio

Christmas Trees SCW24-4

Ages 16+ Beginner+. Join this holiday tree making class to create 3-5 trees that will reflect your own holiday style. The trees will be made in the first class, and glazed in the second class. Texturing tools will be shared. No experience necessary. The instructor will bring examples of different trees and any necessary forms needed to make the examples. Bring your own ideas if you would like. **Bring an apron, hand towel, and your own pottery tool kit.** Fees includes up to 25 lbs. of clay, glazes & firing.

Saturdays | Nov 9 & 23 | **1:00-3:00p** | Reg. by 10/18
\$65 (Members \$50) | Alyssa Noonon | ND Clay Studio



womanspace
membership form

Fill out this form and mail it in with your contribution or register online at womanspace-rockford.org/member.

PRIMARY CONTACT INFORMATION New Renew Former Gift Membership Exp. Date _____

Name _____ Member# _____

Address _____ Birth Date _____

City, State, Zip _____

Home Phone _____ Cell Phone _____

E-mail _____

Place of Work _____

Job Title _____ Work Phone _____

Emergency Contact Name & Number _____

Additional names for Family/Grand Family memberships:

How did you hear about Womanspace? _____

SIGN-UP FOR THE E-NEWSLETTER? Yes, sign me up! No, thank you! I already receive it.

CHOOSE YOUR LEVEL TODAY! Membership begins with the month the fee is paid.

Individual	1-yr	2-yr	3-yr	Family & Grand Family	1-yr	2-yr	3-yr
Regular Individual (18+)	<input type="radio"/> \$50	<input type="radio"/> \$90	<input type="radio"/> \$120	Regular Family	<input type="radio"/> \$75	<input type="radio"/> \$140	<input type="radio"/> \$200
Sustaining [†] (18+)	<input type="radio"/> \$75	<input type="radio"/> \$150	<input type="radio"/> \$225	Sustaining [†]	<input type="radio"/> \$100	<input type="radio"/> \$200	<input type="radio"/> \$300

[†] If you opt for a sustaining membership, please know that we are grateful for your additional support that helps other women.

I AM INTERESTED IN HELPING WITH:

- Computer (Soc. Media/Data Entry) Events (Organize/Assist) Facility (Maint./Repair/Clean) Fundraise (Grants/Sponsorships)
 Gallery (Plan/Procure/Display) Grounds (Maint./Garden) Marketing Member Outreach
 Office Work (Reception/Mailings) Program Development Social Outreach Teaching
 Other _____

MEMBERS RECEIVE:

- discounted prices on most programs
- opportunity to submit handcrafted items to sell in Gallery2Go (subject to final approval by Gallery Committee)
- a social group to connect with, share talents, and develop or demonstrate leadership skills; birthday of the month social
- use of our library
- discounted rates on facility rentals; rent a studio locker
- space for business card display
- invitation to new member brunch and birthday month social

PAYMENT METHOD (3% credit card fee applies*)

Cash CHK # _____ MC* Visa* Dis* SQ*
 # _____
 Expiration: ____/____ CID: ____ (3 digits on card back)

OFFICE USE ONLY: FM WA

Date to _____ Notes _____



womanspace registration form

Fill out this form and mail it in with your payment or register online at womanspace-rockford.org. Please print clearly.

Name _____ Member # _____

Address, City, State, Zip _____

Phone _____ E-mail _____

Cash Check # _____ MC* Visa* Discover* Gift Certificate/Coupon (included with payment)
_____ Exp.: ____/____ CID: _____ (on card back)

COURSE #	NAME OF COURSE	START DATE	FEE
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Womanspace reserves the right to use photo images taken at all programs for promotional purposes. **TOTAL ENCLOSED \$ _____**

REGISTRATION & PAYMENT

- Courses are filled on a first-come first-paid basis.
- Register and pay early to help ensure minimum enrollment is met and you have a spot.
- **Payment must be made at the time you register or your registration may be cancelled.**
- **There is no reduction in fees if you are unable to attend all scheduled classes.** Partial attendance is not encouraged.

An online account is required for all registrations. You will be prompted to give your name and e-mail at your first registration. You will then receive an e-mail with an automatically generated password that you can change at any time.

- **Online** - Visit womanspace-rockford.org to register. We accept Visa, MasterCard and Discover payments* for programs and membership using AffiniPay®.
- **By Mail** - Payment must accompany registration form. Make checks payable to WOMANSPACE. There is a \$25 fee for returned checks. Mail the registration form to: **Womanspace, 3333 Maria Linden Dr., Rockford IL 61114.** Payment must be received by the registration deadline date.

***There is an additional 3% service fee for credit card payments.**

CANCELLATION & REFUND POLICY

Paid enrollment in a Womanspace class must be cancelled in order for the student to be eligible for a refund. A refund (minus a \$10 non-refundable deposit, minus the 3% service fee) will be granted according to the following:

- If you cancel up to 7 calendar days prior to a program or event, your payment, less the non-refundable deposit and service fee, will be refunded.
- If you cancel 4 days in advance, you may have your payment, less the non-refundable deposit, transferred to another program.
- **IN THE LAST 3 DAYS, THERE ARE NO REFUNDS.**
- Womanspace reserves the right to cancel a course due to insufficient enrollment by the registration deadline, in which case, full refunds will be made.

COVID-19 POLICIES

- Some class sizes will be limited.
- **IDPH & CDC guidelines about face masks will be observed.**
- If you are feeling any symptoms, please stay home.
- Further detailed Covid-19 information can be found at womanspace-rockford.org/policies

our labyrinth



Come discover the ancient practice of circling to the center. The Womanspace Labyrinth is a walking meditation path that is both therapeutic and energizing. A devoted team of volunteers, led by a core group of twelve women, broke ground on our prairie in 2000 and dedicated the Labyrinth on September 22, 2003.

Labyrinths have been in use for over 4000 years. Our eleven-circuit design is modeled after the labyrinth in the medieval Chartres Cathedral in France. It is the largest in Northern Illinois and is listed on the National Labyrinth Registry. The basic design is fundamental to nature as well as many cultures and religious traditions. This sacred space is our gift to the community and available to anyone seeking quiet and reflection.



Except for times when special events are scheduled, the Womanspace Labyrinth is open to visitors seven days a week during daylight hours. To reach the labyrinth, follow the ribbon hoops at the entrance to the woods on the right side of the circle drive. It is not a maze, so once you reach the center, you will have walked on every part of the path. There are no rules, but most prefer to walk to the rosette at the heart of the design, contemplate the experience, and then retrace each step as the path unwinds. Both inward and outward trips offer powerful life metaphors and insights.

If you want to reserve the labyrinth for a special event, please call Womanspace for more information.

50th Anniversary Events in 2025

Here is just a glance of what is planned for our 50th celebration next year:

Jan 26 Year of Womanspace Proclamation & Open House

May 17 Board Reunion Luncheon/Homecoming

June 6-7 The Glitzy Revival

June 27 Some Enchanted Evening Garden Party

Aug 22 Dorothy & Elaine Retrospective Art Show

Sep 21 Honoring the Foremothers

Nov 8 Reach for the Arts

Dec 4-7 Something About Merry Holiday Sale



Memorials at Womanspace (Gardens and Beyond)

Honor a living or deceased person by establishing a specially named fund or feature at Womanspace. Examples of memorials can include:

- planting a tree or a total area; donating a bench, boulder, arbor, swing, etc.
- funding a special program or scholarship in honor of an individual
- outfitting a room or special area (some with Naming Rights)
- purchasing needed equipment at the Center (request a list from Elaine)
- purchasing an engraved paver in the Celebration Garden (\$50.00).

Families and friends are welcome to discuss other ideas for memorials with staff.

Upcoming Art Vacations:

Southwest France

Sept 30-Oct 10, 2024

with artist Rita Carpenter and Stacy Lund Levy

Buenos Aires, Argentina

Feb 26-March 10, 2025

Travel Journaling with Rita Carpenter

Costa Del Sol, Spain

May 9-20, 2025

with artist Barbara Mathews

Costa Del Sol, Spain

Sept 16-27, 2025

Artist TBA



Come and create with Art on the Fly!

artonthefly.net

artonthefly2018@gmail.com



WOMANSPACE GALLERY SPONSOR



Take the guesswork out of your retirement plan

Discover how our proprietary *Confident Retirement*[®] approach can help answer questions you may have about your retirement, like: *When will I be able to retire? How do I make the most of the money I have? How can I leave a lasting legacy to my loved ones?*

Call me today and learn how you can get on track to retire with confidence.

Call me today at (815) 708.6112



David Boccignone, CFP[®], ChFC[®], MBA
Financial Advisor
An Ameriprise Platinum Financial Services[®] practice

6870 Rote Rd
Ste 102
Rockford, IL 61107

815-708-6112

david.m.boccignone@ampf.com

www.ameripriseadvisors.com/david.m.boccignone

Ameriprise Financial Services, Inc. Member FINRA and SIPC.
Confident Retirement is not a guarantee of future financial results.
© 2012 Ameriprise Financial, Inc. All rights reserved.

Gibbons electric Inc.

CAR CHARGERS • STAND-BY GENERATORS • UPGRADES

815-397-1711 • www.gibbonselectric.net



JOIN IN ON THE MOST EXCITING FAMILY SPORT AT ONE OF THE TOP RATED TRACKS IN BMX

RIGHT HERE IN ROCKFORD!

For a complete schedule of events please visit our website at www.rockfordbmx.com



Assisted Living & Alzheimer's Care

Schedule a tour today.

Highview
in the Woodlands

HighviewSeniorLiving.com | 815.624.6700

WE'RE IN THE LEADER MAKING BUSINESS.

WWW.ROCKFORD.EDU/ADMISSION/GRADUATE/MBA/

JANE ADDAMS, 1881

SINCE 1914
Fitzgerald
FUNERAL HOME
& CREMATORY LTD.

**Family Owned
& Operated**
www.fitzgeraldfh.com



Melinda Hagerman
Funeral Director



Zaih Engebretson
Funeral Director



Diana Clausen
Funeral Director



Delinda Grindle, LCSW
Director of
Soulprints Aftercare



Kris Kassmier
Advanced
Planning Consultant



womanspace

3333 Maria Linden Drive
Rockford, IL 61114-5481

CHANGE SERVICE REQUESTED

Non-Profit Organization
U.S. POSTAGE
PAID
Rockford, Illinois
Permit No. 380



yourguide

Sep-Dec 2024

Womanspace offers programs for everyone to enhance body, mind and spirit, with a focus in the creative arts, holistic health, interfaith exploration, and environmental stewardship.



For up-to-date programming
visit our website

Important Dates to Remember

- Sep 9 Put Down Your Boxing Gloves pg. 10
 - Sep 12 New Community Leadership Mingle pg. 5
 - Sep 13 Pottery Sampler pg. 21
 - Sep 14 Ecstatic Dance pg. 11
 - Sep 21 Autumn Equinox Gathering pg. 12
 - Oct 9 Cooking: Indian Fusion pg. 7
 - Oct 11 Art Opening: *30 Years of Quilting - 1994-2024* pg. 16
 - Oct 12 Special Clay Project: Christmas Bells pg. 22
 - Oct 19 Special Watercolor & Ink Technique pg. 17
 - Oct 22 El Dia de los Muertos Traditions pg. 8
 - Oct 25 Experience India pg. 2
 - Oct 27 BUNCO! pg. 10
 - Oct 29 Lunch & Learn: Hauntings, Gangsters & History pg. 8
 - Nov 12 Fused Glass: Free Standing Holiday Trees pg. 20
 - Nov 17 Winter Hanging Basket pg. 19
 - Dec 5-8 Something About Merry Holiday Artisan Sale pg. 2
 - Dec 20 Winter Solstice Gathering pg. 12
 - 2025 50th Anniversary Scheduled Events pg. 25
- So many new and interesting programs throughout...just open & look!