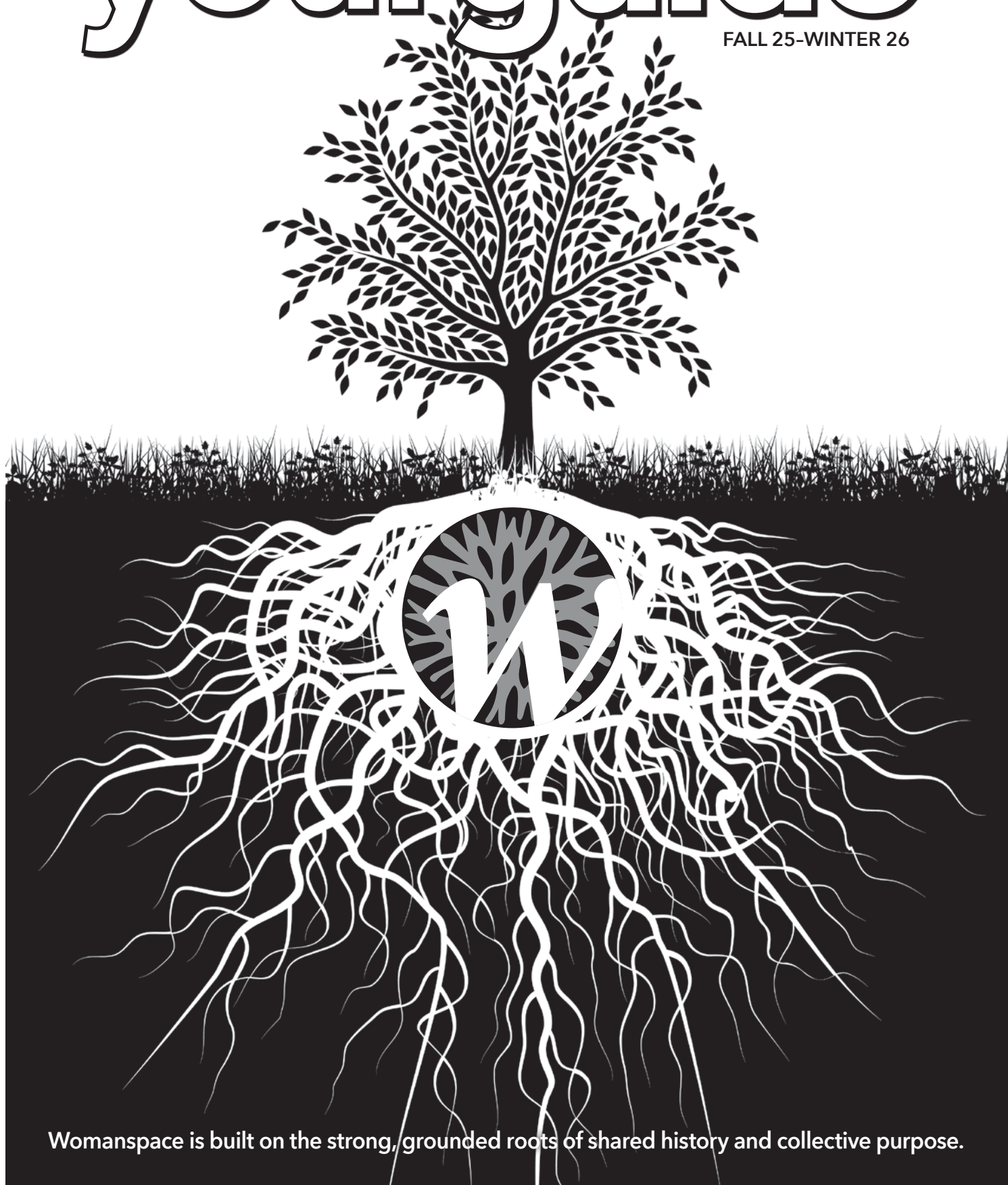


WOMANSPACE

yourguide™

FALL 25-WINTER 26



Womanspace is built on the strong, grounded roots of shared history and collective purpose.



womanspace

CELEBRATE THE ARTS

SATURDAY, NOVEMBER 8, 2025

5:30-8:30 | Mauh-Nah-Tee-See Club

Enjoy a vibrant art raffle and auction featuring works from over 30 generous artists in our Womanspace community, hors d'oeuvres, cash bar, and emcee Whitney Martin.

Join us for our final 50th anniversary fundraiser, where we celebrate connection, empowerment, creativity, and transformation through the arts. We look forward to celebrating with you!



Reservations \$75/person | womanspace-rockford.org | 815.877.0118

Thank you to our sponsors!
[As of August 8, 2025]



there's something about merry

Holiday Artisan Market

December 5-7, 2025

Fri. 1-8p; Sat. & Sun. 10a-4p

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

Sponsored by

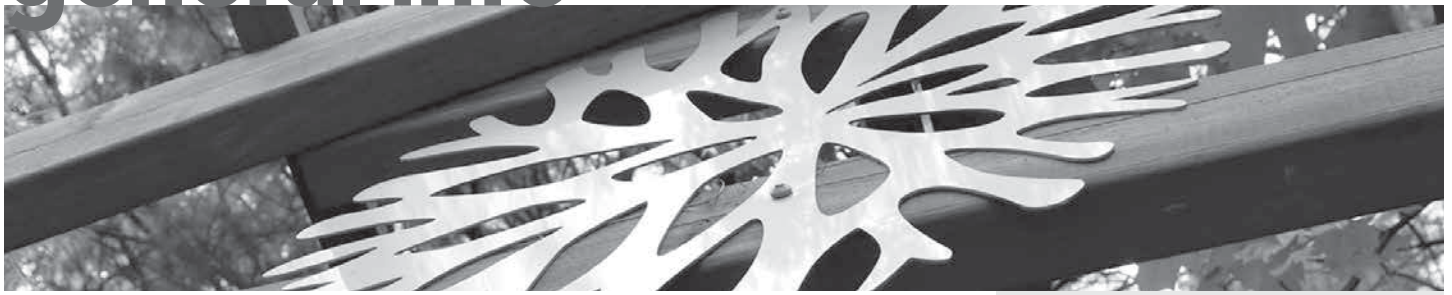


David M. Boccignone, ChFC*

{ 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.

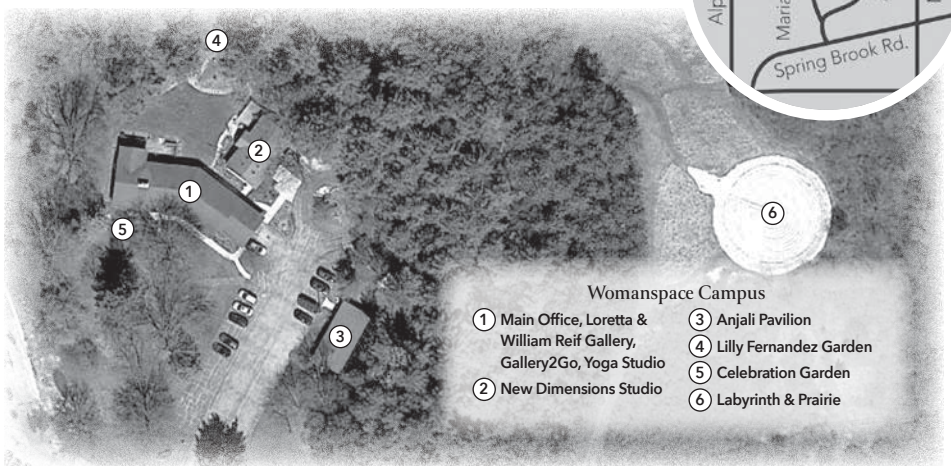
Womanspace believes every person is a spiritual being, having within her the potential for health, self-reliance, creativity, wisdom and responsible caring. By enhancing her potential, she enriches her own life, the life of her family, and the lives of others. Through the strong, healthy, self-development 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 Yoga Studio 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

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

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Cover: A reflection invitation. What grounds you? How do/can you draw strength from your roots? Grab a journal or a friend to reflect.

from the executive director



Dear Friends,

This fall marks a turning point for Womanspace. For fifty years, our founders and foremothers tended this community with love, vision, and courage. Their steady hands shaped a place where creativity, connection, and transformation could take root and flourish. This September marks the first time that our direction no longer comes straight from the founders' spirit. As I now step into the role as Executive Director, I do so with gratitude for their legacy and with deep commitment to carrying it forward.

Our theme for this season is finding our roots in reflection. Reflection is more than looking back; it is the grounding that allows us to move forward with purpose. When we pause to notice what nourishes us, what brings us joy, and what strengthens our bonds, we gain the clarity needed to grow in meaningful directions.

Womanspace has always been a place where reflection and growth walk hand in hand. In our art studios, our meditation garden and yoga studio, and our labyrinth, we return again and again to the simple, powerful practice of grounding ourselves – in our values, in each other and sharing connection, and in the possibilities ahead.

This transition in leadership is not just about passing the torch from one generation to the next. It is about weaving together the wisdom of those who laid a powerful groundwork of energy, ideas, and hopes of those who are here now. It is about creating a space where every voice matters, where intergenerational wisdom is honored, and where we can dream a better future together.

As we shift into a six-month program calendar, I encourage you to stay connected with us through our email newsletter and social media. New opportunities, pop-up programs, and collaborations will continue to emerge, reflecting the vibrant, responsive spirit of our times.

I invite you to join us this season in slowing down, listening deeply, and reconnecting with the values that hold us steady. May we ground ourselves in reflection, not to remain still, but to root more deeply – so that our growth, when it comes, is intentional, joyful, and strong.

With gratitude and hope,

A handwritten signature in black ink, appearing to read "Nicole Landreth".

Nicole Landreth
Executive Director

*"Don't forget to
have a good time"*

– Ani DiFranco

Board of Directors

Catherine Forslund, *President*

Katrina Olson, *Secretary*

Marsha Hosfeld, *Treasurer*

Audrey Falzone

Laura Gorton

Tina Hallberg

Mary Jo Hare

Cristi Hopp Kniess

Barbara McDonald

Sallyann Roberts

Usha Sundaram

Nicole Landreth, *Ex Officio*

Staff

Nicole Landreth, *Executive Director*

Pat Lai, *Designer/Office Manager*

Cherie Heck, *Bookkeeper*

Melody Pearson, *Volunteer Coordinator*

Alondra Lavariega, *Program Coordinator*

Denise Colin, *Marketing Coordinator*

Elaine Hirschenberger, *Director Emerita*

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



A New Year Begins! Womanspace's program and fiscal year begins on September 1st of each calendar year. At the time I am writing this article, the year's volunteer statistics are not completed, but what we have so far is exciting. The number of volunteers and the hours worked are thrilling because they show the extent to which YOU support this organization. It is a pleasure to announce that as of mid-July 2025, we have documentation that at least 92 individuals gave Womanspace at least 1900 hours! If you think your volunteer hours may not have been captured on paper, please contact me as soon as possible.



A New Perspective This month I had a very interesting conversation with a new, potential volunteer. She was surprised to hear how many committees exist at Womanspace. I had never thought about this myself and found the answer interesting. The staff at Womanspace is dedicated and hardworking but no one is paid for a 40 hour week. So, how does Womanspace accomplish all that it does? Because of our committee structure! We have the Board of Directors, a dozen committees, and several other working teams to support our mission. These are all volunteer positions. They are also the best ways to meet other members, help us move forward, and find personal rewards.

Please review the committees listed below and talk to me about a nice place for you in our unique structure. It takes our village to be who we are!

Call Melody Pearson, Volunteer Coordinator at 815-877-0118 x211 or email her at melody@womanspace-rockford.org.

A New Endeavor

We would like to form a Womanspace Volunteer Advisory Committee. Volunteers are a huge part of the success and growth of Womanspace, and a committee dedicated to volunteer needs would expand these benefits. The committee and staff will determine the exact tasks and responsibilities for this group, but initially we see several areas that could be addressed. These include:

- Greeting and connecting in a timely manner with members interested in volunteering
- Providing information about volunteer opportunities at major Womanspace events
- Attending New Member Brunches to pursue volunteer opportunities
- Assist the Volunteer Coordinator with writing volunteer handbook(s), policies and job descriptions
- Create new ways to bring volunteering to our members and community friends.

The Womanspace staff is excited to develop this committee. Please let Melody know if you would like to talk more about it.

Committee Chairwomen

BloomFest Committee

Audrey Falzone,
audreyfalz99@gmail.com

Celebrate the Arts Committee

Kay Strand, Kstrand4@aol.com

Facilities Committee

Pat Lai, pat@womanspace-rockford.org

Gallery Committee

Cherie Heck,
cherie@womanspace-rockford.org

Grounds Committee

Anne Godin, agodin7733@aol.com

Glitzy Garage Sale

Need two co-chairs. Contact
nicole@womanspace-rockford.org

Membership Committee

Katrina Olson, kmolson257@gmail.com

Online Auction Committee

Katrina Olson, kmolson257@gmail.com

Restyle the Runway Committee

Barbara McDonald,
bkmcdonald1953@gmail.com
Katrina Olson, kmolson257@gmail.com

Scholarship Committee

Kristin Kofoed, krisilizie@mac.com

Social Outreach Committee

Kay Strand, Kstrand4@aol.com

Something About Merry Committee

Cherie Heck,
cherie@womanspace-rockford.org
Elaine Hirschenberger,
elaine@womanspace-rockford.org

Volunteer Advisory Committee

Melody Pearson,
melody@womanspace-rockford.org

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.

Introducing our new Executive Director!



Congratulations, Nicole!

The Womanspace Board of Directors

supper & film

Registration required. NO WALK-INS.



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

All are welcome! We will watch these films in the Reif Gallery while sharing a delicious dinner (prepared by volunteers) and then have a discussion of the film, characters, and artistry.

The Heat SF26-1

FBI Special Agent Sarah Ashburn is a methodical investigator with a reputation for excellence – and arrogance. In contrast, foul-mouthed, hot-tempered detective Shannon Mullins goes with her gut instincts and street smarts. Sparks fly when these polar opposites have to work together to capture a drug lord, but in the process, they become the last thing anyone expected – buddies. 2013 | R | 1 hr. 57 min.



Monday | Sep 22 | 6:00-9:00p

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

Conclave SF26-2

Cardinal Lawrence (Ralph Fiennes) is tasked with running this covert process after the unexpected death of the beloved Pope. Once the Catholic Church's most powerful leaders have gathered from around the world and are locked together in the Vatican halls, Lawrence uncovers a trail of deep secrets left in the dead Pope's wake--secrets which could shake the foundations of the Church. 2024 | PG | 2 hr.



Monday | Oct 27 | 6:00-9:00p

\$20 (Members \$15) | Reg. by 10/25

The Fabulous Four SF26-3

Lifelong friends travel to Key West, FL, to be bridesmaids in a college girlfriend's surprise wedding. Over the course of one outrageous trip, sisterhoods are rekindled, the past resurfaces, and there are enough sparks, sex and romance to change all of their lives in unexpected ways. 2024 | R | 1 hr. 38 min.



Monday | Nov 24 | 6:00-9:00p

\$20 (Members \$15) | Reg. by 11/22

Lunch: A Sudden Case of Christmas SF26-4

An American couple bring their 10-year-old daughter to her grandfather's hotel in Italy to tell her that they are separating. Hoping to bring them back together, she asks to celebrate one last Christmas together, even though it's August. 2024 | G | 1 hr. 31 min.

Monday | Dec 15 | 11:00-2:00p

\$20 (Members \$15) | Reg. by 12/13



Anora SF26-5

A young stripper from Brooklyn meets and impulsively marries the son of a Russian oligarch. Once the news reaches Russia, her fairy tale is threatened as his parents set out for New York to get the marriage annulled. 2024 | R | 2 hr. 19 min.

Monday | Jan 26 | 6:00-9:00p

\$20 (Members \$15) | Reg. by 1/24



BlacKkKlansman SF26-6

In this story inspired by true events, Ron Stallworth, an African-American Colorado police officer, successfully infiltrates the local branch of the Ku Klux Klan with the help of a white Jewish colleague. 2018 | R | 2 hr. 15 min.

Monday | Feb 23 | 6:00-9:00p

\$20 (Members \$15) | Reg. by 2/21



bad girl book club



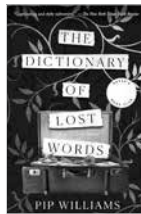
Scan this QR code with your phone's camera for more info.

Join this evening women's book club in the Loretta & William 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.*

The Dictionary of Lost Words

by Pip Williams BG26-1

A story of Esme, a young girl who grows up amidst the compilation of the Oxford English Dictionary in the early 20th century. She notices that many words related to women's experiences are discarded or overlooked, and she begins to collect these "lost words," eventually creating her own alternative dictionary. The novel explores themes of language, gender, and the power of words, set against the backdrop of the women's suffrage movement and World War I.



Monday | Sep 8 | 6:00-8:00p | Reg. by 9/6
Sliding Scale \$5-\$20 | Andrea Azar

God of the Woods by Liz Moore BG26-2

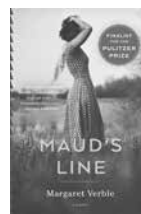
A multi-generational mystery set in the Adirondacks, centered around the disappearance of Barbara Van Laar from her family's summer camp in 1975. This incident mirrors the earlier disappearance of her brother, Bear, decades prior, prompting a deep dive into the secrets and dysfunction of the wealthy Van Laar family and the surrounding community. The novel explores themes of family, loss, and the power dynamics between privilege and those who serve it.



Monday | Oct 13 | 6:00-8:00p | Reg. by 10/11
Sliding Scale \$5-\$20 | Andrea Azar

Maud's Line by Margaret Verble BG26-3

Maud's days are filled with hard work and simple pleasures but often marked by violence and tragedy – a fact that she accepts with determined practicality. Her prospects for a better life are slim, but when a newcomer with good looks – and books – rides down her section line, she takes notice.



Monday | Nov 10 | 6:00-8:00p | Reg. by 11/8
Sliding Scale \$5-\$20 | Andrea Azar

The Tell by Amy Griffin BG26-4

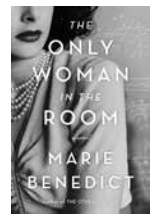
A memoir recounting the author's journey of confronting childhood sexual abuse and the subsequent path to healing and truth-telling. Griffin, initially a high-achieving individual suppressing trauma, undergoes psychedelic-assisted therapy where repressed memories surface. The book details her struggle to reconcile with the past, the impact on her relationships, and the societal pressures that contributed to the silence surrounding abuse. Ultimately, "The Tell" explores the power of vulnerability, the courage to face one's truth, and the transformative potential of sharing one's story.



Monday | Dec 8 | 6:00-8:00p | Reg. by 12/6
Sliding Scale \$5-\$20 | Andrea Azar

The Only Woman in the Room by Marie Benedict BG26-5

A powerful novel based on the incredible true story of the glamour icon and scientist, Hedy Lamarr, whose groundbreaking invention revolutionized modern communication during turbulent times.



Monday | Jan 12 | 6:00-8:00p | Reg. by 1/10
Sliding Scale \$5-\$20 | Andrea Azar

Heroine by Mindy McGinnis BG26-6

A captivating and powerful exploration of the opioid crisis—the deadliest drug epidemic in American history—through the eyes of a college-bound softball star. Edgar Award-winning author Mindy McGinnis delivers a visceral and necessary novel about addiction, family, friendship, and hope.



Monday | Feb 9 | 6:00-8:00p | Reg. by 2/7
Sliding Scale \$5-\$20 | Andrea Azar

bookwoman



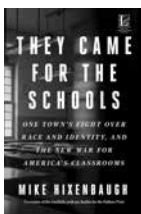
Scan this QR code with your phone's camera for more info.

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

They Came for the Schools

by **Mike Hixenbaugh** BW26-1

They Came for the Schools recounts current conservative initiatives to push Christian nationalism into US public schools, following Southlake, a suburb of Fort Worth. This book follows the rapid takeover of the school district and the consequences to parents and schools.



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

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

The Prayer Box by **Lisa Wingate** BW26-2

This novel tells the story of Tandi Jo Reese, a young mother seeking refuge on Hatteras Island, and Lola Anne Poole, a deceased woman who left behind a legacy of 81 prayer boxes. Tandi discovers these boxes while cleaning out Lola's house and finds them filled with letters detailing Lola's life, hopes, fears, and faith. Through reading Lola's letters, Tandi discovers a shared humanity and finds guidance to overcome her own struggles and transform her life.

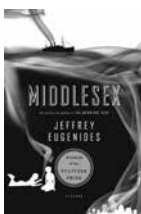


Wednesday | Oct 8 | 10:00-11:30a

Sliding Scale \$5-\$20 | Reg. by 10/6 | Reif Gallery

Middlesex by **Jeffrey Eugenides** BW26-3

A multigenerational saga that follows the Stephanides family, Greek immigrants to America, as they navigate the 20th century. The story centers on Calliope, who discovers she is intersex, and her journey to understand her unique identity and the family secret that led to it. The novel explores themes of identity, gender, family, and the American Dream.



Wednesday | Nov 12 | 10:00-11:30a

Sliding Scale \$5-\$20 | Reg. by 11/10 | Reif Gallery

Before We Were Yours by **Lisa Wingate** BW26-4

The story of the Foss family, who live on a Mississippi River shanty boat in 1939, and are torn apart when their children are taken and placed in a Tennessee Children's Home Society orphanage. The novel intertwines their story with that of Avery Stafford, a modern-day woman who begins to uncover secrets about her own family history and its connection to the orphanage scandal. The book is inspired by the real-life Tennessee Children's Home Society, where children were kidnapped and illegally adopted out by Georgia Tann.



Wednesday | Jan 14 | 10:00-11:30a

Sliding Scale \$5-\$20 | Reg. by 1/12 | Reif Gallery

James: A Novel by **Percival Everett** BW25-5

A retelling of Mark Twain's "Adventures of Huckleberry Finn", told from the perspective of Jim (referred to as James in the novel), an enslaved man. The story follows James's escape down the Mississippi River with Huckleberry Finn, as they both flee difficult circumstances. Everett's novel reimagines the classic tale, offering a powerful perspective on the realities of slavery, freedom, and the complexities of human relationships, with a focus on James's agency and intelligence.



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

Sliding Scale \$5-\$20 | Reg. by 2/9 | Reif Gallery



Give Us Your Feedback!

Scan the code and fill out the form online OR just give us a call!

open doors

A new series of low-cost, participant-driven, community-building program ideas in the spirit of scalability, minimal facilitator fees, and high mission-buy in from participants.

Coffee & Connection (Parent Edition) OD26-2

While your young artist creates (see pg. 29), enjoy a warm cup of coffee or tea and light snacks in the company of other parents. Each week offers a relaxed space to recharge, with optional conversation prompts around parenting, creativity, and self-care. Locations vary – check in at drop-off to find your gathering spot. Free for members.

Thurs. & Sat. | Times coincides with Youth Programs
\$5 Non-Members (FREE Members) | Location varies

Silent Book Club OD26-2

Bring your own book and enjoy quiet reading time in a friendly, shared space. Perfect for introverts and bookworms who want the company of others without the pressure to chat. No assigned titles, no discussion – just the pleasure of reading together. Free for members.

Wed. | Sep 17-Feb 25 (no 11/5; no Dec) | **11:00a-2:00p**
\$5 Non-Members (FREE Members) | Yoga Studio

Creative Co-Work Café OD26-1

Bring your laptop, sketchbook, knitting, or whatever project you've been procrastinating on. Work alongside others for a boost of accountability and a sprinkle of creativity. Enjoy complimentary coffee and treats. Free for members.

Mondays | Sep 15-Feb 23 (no Dec) | **11:00a-2:00p**
\$5 Non-Members (FREE Members) | ND Upper Studio

Gratitude & Goal Circle

Reflect on what you're grateful for and set meaningful intentions for the month ahead in a supportive group setting. Leave feeling grounded, focused, and ready for what's next. Free for members.

OD26-3 | **Wednesday | Sep 24 | 6:00-7:00p**
OD26-4 | **Saturday | Dec 13 | 12:00-1:00p**
\$5 Non-Members (FREE Members) | Reif Gallery

Presentation Party & Potluck OD26-5

Share a short, 5-8 minute slide presentation on something you love while enjoying a potluck meal with others. Discover new passions, swap stories, and connect with curious minds over good food. Registration is required for this program so we can set a presentation schedule. Please let us know what potluck dish you intend to bring! Free for members.

Saturday | Jan 24 | 5:00-8:00p
\$5 Non-Members (FREE Members) | Reif Gallery



HONORING OUR FOREMOTHERS: *Remembrance, Reflection and Celebration*

SUNDAY, SEPTEMBER 21, 1:00-3:00p

at the YMCA Log Lodge, 200 Y Blvd, Rockford

Come and join this special celebration where we will name and honor many women who have influenced and helped build the Womanspace community during its first 50 years. Think of those Womanspace women (living or deceased) who have impacted your life in a positive way and please

come ready to speak their names aloud. Program begins at 1:00p in the YMCA Log Lodge. Weather permitting, we will walk in procession out to the Rockford Women's Suffrage Plaza for a short, quiet reflection time, and then return to the lodge for refreshments.



RSVP APPRECIATED BY 9/16

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 and chat about life en español. **Registration is required for this group.**

2nd & 4th Saturdays | 10:00-11:30a

CG26L-1 | **Sep 13, 27**

CG26L-2 | **Oct 11, 25**

CG26L-3 | **Nov 8, 22**

CG26L-4 | **Dec 13**

CG26L-5 | **Jan 10, 24**

CG26L-6 | **Feb 14, 28**

Sliding Scale \$5-\$20

Sylvia Candelaria Landreth

Reif Gallery

MUST register at least two days before each session.

WTF: Women Talking Freely

Perimenopause is a rollercoaster – hot flashes, brainfog, mood swings, sleepless nights, and everything in between. This community group is a space to vent, commiserate, and connect with others who get it. No judgment, no shame – just real talk, shared experiences, and the reassurance that you're not alone. Join us for a potluck-style small bites brunch (bring something to share if you'd like!) Coffee and tea will be provided. Each gathering will be a mix of open conversations and practical tips to help us navigate perimenopause with more ease – and a little humor. Come as you are, bring a friend, and let's vent, laugh, and figure this out together!

3rd Sundays | 1:00-2:30p

CG26Y-1 | **Sep 21**

CG26Y-2 | **Oct 19**

CG26Y-3 | **Nov 16**

CG26Y-4 | **Dec 21**

CG26Y-5 | **Jan 18**

CG26Y-6 | **Feb 15**

Sliding Scale \$5-\$20

Rhiannon Yandell | Reif Gallery

MUST register at least two days before each session.

Spiritual Conversations

Spiritual Conversations is a welcoming community group for open-hearted, open-minded exploration of life's big questions. Rooted in interfaith curiosity and mutual respect, this group offers space for thoughtful dialogue, reflective listening, and shared discovery across spiritual traditions and personal paths. Together, we'll explore topics like trusting a spiritual resource, soul-nourishing practices, moments of doubt, and personal "aha"s along the way. All are welcome – but proselytizing, dogmatism, and political agendas are not!

4th Sundays | 1:00-2:30p

CG26G-1 | **Oct 26**

CG26G-2 | **Nov 23**

CG26G-3 | **Dec 21**

CG26G-4 | **Jan 25**

CG26G-5 | **Feb 22**

Sliding Scale \$5-\$20

Deacon Laura Gorton | Reif Gallery

MUST register at least two days before each session.

Gallery Games: BUNCO!



Looking for a fun, easygoing way to connect with friends—or make some new ones? Join us for BUNCO in the Gallery! This fast-paced, easy-to-learn dice game is all about laughter, luck, and a little friendly competition. No experience? No problem! We'll teach

you everything you need to know. Bring a friend for a playful afternoon out, or come solo and roll right into a welcoming group of fun-loving women. Whether you're a Bunco pro or a first-timer, you're in for a great time. So grab your lucky dice, embrace the social vibes, and let's get rolling!

Sunday | 1:00-4:00p

GG26-1 | **Nov 9** | Reg. by 11/7

GG26-2 | **Jan 18** | Reg. by 1/16

\$10 | Martha Schapals | Reif Gallery

MUST register at least two days before each session.

MINIMUM OF 8 PEOPLE REQUIRED.

community

Info Session: Support Groups with Katy Love

As we move into Autumn, Womanspace is excited to announce support groups starting in the New Year! Katy Love will share her background as a Licensed Marriage and Family Therapist and her intentions for these groups. Whether through conversation or exploration with art, support groups will focus on creating a context for meaningful connection, authentic expression and empowerment. Attendees are encouraged to share their own questions, suggestions and excitement.

SG26-7 | **Thursday | Sep 25 | 6:00-7:00p** | \$5 | Katy Love | Reif Gallery

Emergent Support Group

Join us for a support group that focuses on creating meaningful connections, engaging challenges in a creative way, and finding empowerment to be the most authentic versions of ourselves. This group will have a semi-structured format to allow participants the space to build confidence and clarity. Discussion topics will emerge organically to suit the needs of the group, topics may include: stress management, communication, self-esteem, community, self-awareness, spirituality, and any other topic that emerges.

Mondays | 6:00-7:00p

SG26-8 | **Jan 12-26** (3 wk)

Sliding Scale \$5-\$20/ea. | Reg. by 1/10

Katy Love | ND Upper Studio

Art Therapy Support Group

Get your creative energy flowing in this experiential support group! Using various art mediums, we will explore our inner worlds, seek empowerment, and attune to what matters most. No art experience needed – just a willingness to create. This group offers a supportive, accepting environment where the creative process is honored and shared. Together, we will connect and hold space for each other on a journey to become our most authentic selves.

Mondays | 6:00-7:00p

SG26-9 | **Feb 2-23** (4 wk)

Sliding Scale \$5-\$20/ea. | Reg. by 1/31

Katy Love | ND Upper Studio

Autoimmune Disease Support Group

This group's mission is to help those with an autoimmune disease to connect with one another and to share what has helped them adapt to certain challenges. Friends and family of those with an autoimmune disease are also welcome to attend.

3rd Wednesdays | 6:00-7:30p

SG26-1 | **Sep 17**

SG26-2 | **Oct 15**

SG26-3 | **Nov 19**

SG26-4 | **Dec 17**

SG26-5 | **Jan 21**

SG26-6 | **Feb 18**

Sliding Scale \$5-\$20

Jillian Peppers | Reif Gallery

MUST register at least two days before each session.

seasonal celebrations

Autumn Equinox Gathering

Come join us to connect with nature as we celebrate the fall equinox, a time of balance between daylight and the darkness. We will play with this sacred transition with poetry, introspective harvesting and journaling, and building a natural altar. Also included will be an Autumn embodiment and a special surprise at the labyrinth.

Monday | 5:30-7:30p

RT26-1 | **Sep 22** | Reg. by 9/20

Sliding Scale \$5-\$20

Christyn Rittenhouse

Reif Gallery & WSP Labyrinth

Winter Solstice Gathering

On the longest night of the year, we join in ceremony long practiced by our ancestors—honoring the stillness, the darkness, and the promise of light's return. It is the time of remembering who we are in our deepest heart as we welcome the return of the sun. Together we will reflect, share, and reconnect with the rhythms of the earth and the warmth of community.

Sunday | 6:30-8:00p

RT26-2 | **Dec 21** | Reg. by 12/19

Sliding Scale \$5-\$20

Sallyann Roberts | Reif Gallery



Looking for a Space for Your Group?

Ask about renting a space inside or out. Contact us at: info@womanspace-rockford.org



mind & body

There is no reduction in fees if you are unable to attend all scheduled classes in a series.



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, recharge and re-focus without the commute!

Tuesdays | 8:30-9:30a

MD26-1 | **Sep 9-30** (4 wk) | Reg. by 9/7

MD26-2 | **Oct 7-28** (4 wk; recordings 21, 28) | Reg. by 10/5

MD26-3 | **Nov 4-25** (4 wk) | Reg. by 11/2

MD26-4 | **Dec 2-23** (4 wk; recordings 16, 23) | Reg. by 11/30

MD26-5 | **Jan 6-27** (4 wk) | Reg. by 1/4

MD26-6 | **Feb 3-24** (4 wk) | Reg. by 2/1

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

Shiraz Tata, Ph.D. | Zoom

Spiritual Poetry with Music:

East, West, Native origins MB26-2

We will discover great spiritual poets from around the world, ancient and contemporary, and create sound and find meaning interactively. The voice and music help poetry breathe, freeing it from a lifeless page into a presence, even catching fire. We will take home phrases that stir us, and encourage all to write a phrase from the soul between sessions. *All registration fees go to support Womanspace.*

Wednesdays | Nov 5, 12, 19 | 6:00-7:30p | Reg. by 11/3

\$35 (Member \$30) | Jim Roberts | Reif Gallery

Gongtopia MB26B-1

It's unlike anything you have ever experienced before. Imagine floating in an ocean of sound, where you can let go of all your stress and worries. 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 chair or yoga mat/blanket and wear comfy clothing.**

Friday | Sep 12 | 6:30-8:00p | Reg. by 9/10

\$35 (Member \$30) Walk-in Fee: \$40

Michael Bettine | Anjali Pavilion

Goddess Empowerment Photo Shoot MB26-3

Embrace your radiant, authentic self in this intimate photo shoot – limited to just 4 participants. Begin with a natural, beauty-enhancing hairstyle and light-natural makeup, then enjoy a guided photo shoot session featuring indoor portraits, outdoor group shots on Womanspace's stunning grounds, and golden-hour images near sunset. Participants receive raw and enhanced digital photos with full print rights. If interest is high, this special session will return in spring!

Saturday | Nov 15 | 12:30-4:30p | Reg. by 11/13

\$250 (Member \$200) | ND Upper Studio

Hair: Amanda Aures

Photography: Stefi Jade

Makeup: TBA

Dance While the Fire Burns:

Art, Story & Community with Deborah Lucas MB26B-1

Join Deborah Lucas for a powerful evening of story, art, and reflection inspired by her memoir *Dance While the Fire Burns* and her exhibition in the Celebration Gallery at Emmanuel Lutheran. The book closes with the loss of her brother to AIDS in 1995, a moment that brought her to Womanspace in search of healing and connection. Through clay, horses, and community, she discovered strength, belonging, and the courage to keep creating. In this program, Deborah will weave together readings from her memoir, stories behind her paintings and sculptures, and reflections on the role of community in shaping her life as an artist and woman. Together, we will witness how creativity, spirituality, and support can transform grief into resilience and loneliness into home. **Thursday | Oct 2 | 5:30-7:00p** | Reg. by 9/30 | \$10 | Deborah Ann Lucas | ND Upper Studio



mind & body

There is no reduction in fees if you are unable to attend all scheduled classes in a series.



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

Chakra Club

For those who would like further their exploration in chakras, and for those who are new to them, this monthly Chakra Club is for you. 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. Harp sound frequency has been added at the beginning and ending of each class to support a heart centered space for your enhanced experience. 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).

3rd Saturdays | 10:00-11:30a

CH26-1 | **Sep 20** | Reg. by 9/18
CH26-2 | **Oct 18** | Reg. by 10/16
CH26-3 | **Nov 15** | Reg. by 11/13
CH26-4 | **Dec 20** | Reg. by 12/18
CH26-5 | **Jan 17** | Reg. by 1/15
CH26-6 | **Feb 21** | Reg. by 2/19
\$15 (Member \$10)

Kathy Moehling & Lisa Leum | Reif Gallery

The Expanded Chakras: Exploring Chakras 8-12

When people think about chakras, if they already know something about them, they usually think of chakras 1-7. Cyndi Dale has taken this awareness to another level. She describes in detail how chakras can influence our lives including our past, present, and future; our soul (including patterns and archetypes); how we can see grounding to the earth from a new perspective; and how to change negative into positive energy. She also explores a secondary system of chakras that together connects or "entrains" to the heart. In addition, she includes information about the back sides of the first seven chakras. Explore using chakra energy with the Basic 7 as well as the expanded and fascinating levels of chakras 8-12.

Saturday | 10:00a-1:00p

CH26-7 | **Oct 4** | Reg. by 10/2
\$50 (Member \$40)
Kathy Moehling & Lisa Leum
Reif Gallery

Tarot Workshop

Learn the history of Tarot, including symbolism of the cards, the methods used, different spreads and how to read Tarot for yourself and others. Tap into your natural intuition and take it to the next level. Grab a friend and sign up! This class will be a lot of fun!

Saturday & Sunday | 9:00a-1:00p

TA26-1 | **Feb 7 & 8** | Reg. by 2/5
\$135 (Member \$110)
Melissa Paluzzi | Reif Gallery

Tarot Party

Prerequisite: Must have taken one of the previous Tarot Workshops or have experience with Tarot. Warm up your shuffling fingers and your intuition and have some fun! Bring a deck of cards (the cards we used in class, a new deck, an old deck, whichever deck as long as it's Tarot), a relaxed, fun and adventurous attitude, and an appetizer or something sweet to share – it's Friday, after all!

Friday | 6:30-8:30p

TA26-2 | **Feb 20** | Reg. by 2/18
\$25 (Member \$20)
Melissa Paluzzi | Reif Gallery

WOMANSPACE "ONE ENCHANTED EVENING" SPONSOR

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CHAKRA COACHING
Explore physical health & wellness, emotions & creativity, inner strength & self confidence, self-care, communication & self-knowledge, intuition & insight, spiritual issues & meaning
Kathy Moehling, RN, MS, Holistic & Chakra Coach
815-633-5553 (landline) 815-494-9524 (texts)
www.energyconnectionholistichealth.com
Individual & Group Coaching
Womanspace & Riverside Blvd offices

mind & body

There is no reduction in fees if you are unable to attend all scheduled classes in a series.

Emotional Liberation MB26R-1

Inspired by the book *The Four Agreements*, this four week course puts an updated spin on what it really takes to change old habits and make new practices real in your life for the purpose of emotional liberation.

Week 1: Assessing the quality of your word

Week 2: From resentments to resilience

Week 3: Expectations, assumptions, and predictions

Week 4: The intention of doing your best

Wednesday | Oct 8-29 (4 wk) | **6:00-8:00p** | Reg. by 10/6
\$120 (Member \$100) | Christyn Rittenhouse | Reif Gallery

Clutter Coaching 101 MB26R-2

Imagine being surrounded only with the things you love. Imagine having a dinner party and knowing exactly where your favorite serving platters and vases are stored. Imagine opening your closet to see a wardrobe that is filled only with the clothes that fit you well and are the most flattering and comfortable. Imagine coming home to a calm, peaceful, welcoming space. How might this all change your attitude or even your life? Join us in a structured and organic discussion on how to declutter. Build confidence and learn to trust your decision making process. Find momentum and inspiration to make this a new reality in your life. Learn useful tips, strategies, and the do's and don'ts of decluttering. Until we meet, think about these questions: What motivates you to consider decluttering? What do you hope to gain by decluttering? What thoughts come up frequently when you think about your possessions and decluttering?

Saturday | Oct 18 | 2:00-4:00p | Reg. by 10/16
\$35 (Member \$30) | Christyn Rittenhouse | Reif Gallery

ayurveda

Balancing Hormones with Ayurvedic Herbs MB26-1

Ayurveda offers natural solutions for balancing hormones, which can help alleviate symptoms associated with menstrual cycles, menopause, and Polycystic Ovary Syndrome (PCOS). Herbs can be used to regulate hormone levels, promote reproductive health, and reduce stress. These herbs work by nourishing the body's tissues and improving the functioning of the endocrine system.

Saturday | Oct 18 | 12:00-1:30p | Reg. by 10/16
\$25 (Member \$20) | Swati Jadhav | Reif Gallery

Dragon Training

Tame your inner critics and ignite the wisdom within. Based on Positive Intelligence by New York Times bestselling author and TED Talk presenter Shirzad Chamine, this workshop explores how to spot, manage, and reduce the impact of the 10 universal "saboteurs." Learn to access your five Sage powers to cultivate clarity, empowerment, and positive emotion. **For best results, take the free Saboteur Assessment beforehand at positiveintelligence.com** (click the "Saboteur" tab).

MB26R-3 | Sunday | Nov 16 | 1:00-3:00p
MB26R-5 | Thursday | Feb 19 | 6:00-8:00p
\$35 (Member \$30) | Reg. at least 2 days before each session
Christyn Rittenhouse | ND Upper Studio & Reif Gallery

Soul Dive

A six week exploration of your inner life. Connect and discover your inner leader, values, and your core nature. Reveal the things that block you from what you want most in your life and how to manage the inner critic. Learn how to decode past decisions and access a practical guide to making better, more resonant decisions going forward. Uncover what self-love really is and how to practice it by leaning into self acceptance, self authority, worthiness and belonging.

Saturdays | 2:00-4:00p
MB26R-4 | Jan 17-Feb 28 (6 wk; no 2/14) | Reg. by 1/15
\$150 (Member \$125) | Christyn Rittenhouse | Reif Gallery

Christyn Rittenhouse is certified co-active life coach CACC, ACC. Visit her at smoothlivingcoach.com.



Ayurvedic Self-Care: Rituals for Vata Season MB26-4

In Ayurveda, Winter is a part of Vata Season. Including seasonal spices, herbs, foods, and lifestyle rituals can offer the comforts of warmth, nourishment, and healing during these cold and airy months. Based on the timeless wisdom of Ayurveda, this informative and interactive workshop will introduce us to the foundational principles of Ayurveda, personal dosha, daily rituals, and routines to help you find balance and align with seasonal rhythms specific to the Vata Season.

Saturday | Jan 17 | 1:00-3:00p | Reg. by 1/15
\$30 (Member \$25) | Miranda Grisales-Buell | ND Upper Studio

mind & body



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

Reiki for Self Care

Reiki is an ancient hands-on healing practice that encourages self-growth. Learning to live on the Earth while being connected to the Universe is one of the goals of being a spirit in a human body. Come learn the history of Usui Reiki, how to get centered and grounded. We will practice feeling energy and using that energy for an area of our body that is hurting as well as learning a few of the positions for Reiki that help center and calm ourselves. Please wear comfortable, loose fitting clothing, with no jewelry or perfumes.

Thursdays | 6:00-7:30p

RK26-1 | **Oct 9** | | Reg. by 10/7

RK26-5 | **Jan 29** | Reg. by 1/27

\$30 (Member \$25) | Debby Gaines Rose | Reif Gallery

Reiki Share & Potluck RK26-2

Reiki Shares are times when Reiki practitioners, people who are interested in Reiki, and those who would like to receive Reiki come together in a common space. This evening is a chance for like minded people to come together to share energy, food, and some conversation. Maybe you have heard about Reiki but have never had a session, or you have gone through Reiki training and want a chance to practice and get to know like-minded people! You are welcome to come and receive Reiki, give Reiki, or both! If you would like to participate in the meal and conversation, please come at 6pm and bring a dish to pass. We will provide the plates, silverware, and glasses. The Reiki share will begin at 7pm and end around 9pm. If you have a Reiki table, please bring it!

Friday | Nov 14 | 6:00-9:00p | Reg. by 11/12

Sliding Scale \$5-\$20 | Debby Gaines Rose | Yoga Studio



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 an engraved paver in the Celebration Garden or Peace Circle.

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

Reiki I RK26-3

Reiki (ray-key) is a Japanese word meaning "Universal Life Force Energy" and describes the energy found in all of life. An ancient form of hands-on energy healing, Reiki is a skill obtained through an attunement (opening) to bring the power of Universal Life Force Energy through the human chakra system. The energy then is used to balance the body or an object by bringing it into harmony with the universe once again. Learn the hand positions for self-healing and for the healing treatments of others. We will talk about the seven major chakras and the history of the Usui System of Natural Healing. You will receive your first attunement. We will also have time to practice feeling energy and giving Reiki to each other. Please wear comfortable, loose fitting clothing, with no jewelry or perfumes. Bring a sack lunch.

Saturday | Nov 15 | 9:00a-4:00p | Reg. by 11/13

\$145 (Member \$120) | Debby Gaines Rose | Yoga Studio

Reiki II RK26-4

[Must have completed Reiki I. You can sign up for Reiki I and II in the same weekend!] Learn symbols and mantras to focus and deepen the healing treatment of the Reiki energy. We will talk about the sacredness of the Reiki symbols. Begin to learn ways to send Reiki through time and distance, allowing healing in the past to improve the present. We will have time to practice feeling energy by giving Reiki to each other. **Please wear comfortable, loose fitting clothing, with no jewelry or perfumes. Bring a sack lunch.**

Sunday | Nov 16 | 9:00a-4:00p | Reg. by 11/14

\$145 (Member \$120) | Debby Gaines Rose | Yoga Studio

movement

There is no reduction in fees if you are unable to attend all scheduled classes in a series.



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

Belly Dancing

Beginner-Intermediate. No previous dance experience required; great for all fitness levels – even those with physical limitations. Belly dancing is incredibly empowering. Women and men of every size and ability level will have fun while building confidence, strength and grace. In this 4-week beginner course, you will learn the Egyptian roots of belly dance and then experiment with modern tribal and fusion styles. Short combinations and choreography will be incorporated into technique and drills making it a great workout for your muscles and your mind.

Suggested equipment: close-fitting attire that allows full range of motion (for you and the instructor to see your body positions), a scarf or shawl to tie around your hips (to see your hip movements in the mirror). Hip scarves are available for purchase on Amazon and other online vendors.

Saturdays | 9:30-11:30a

DN26F-1 | **Jan 31-Feb 21** (4-wk) | Register by 1/29

Wednesdays | 6:00-8:00p

DN26F-2 | **Feb 4-25** (4-wk) | Register by 2/2

\$90 (Member \$80) | Freya | Yoga Studio



LOOKING FOR THE CALENDARS?

Sorry, this issue does not have the calendars.

You can download them from our web site:

womanspace-rockford.org/YourGuide

WHAT BUGS YOU?
The Bug Lady Pest Control
815-289-7947
Chris Mei
Owner & Pest Control Specialist
7421 N. Alpine Rd., Loves Park, IL 61111
40+ Years Experience • Kid & Pet Friendly
Service Provider for Womanspace

50+ Dance & Balance

Support strength, coordination and confidence in daily life by rediscovering the joy of movement! This fun dance class blends the grace and fun of dance with balance-building exercises and helps increase muscle tone and bone density while also decreasing the likelihood of falls.

Tuesdays | 9:30-10:30a

DN26A-1 | **Sep 9-Oct 28** (8 wk) | Reg. by 9/7

DN26A-2 | **Nov 4-Dec 9** (6 wk) | Reg. by 11/2

DN26A-3 | **Jan 13-Mar 3** (8 wk) | Reg. by 1/11

6-week Fee: \$130 (Members \$120)

8-week Fee: \$170 (Members \$160)

Miss Aubrey | Yoga Studio

Adult Jazz-Tap Combo

No previous dance experience required; great for all fitness levels. This jazz/tap combo dance class is a great way to have fun and work out at the same time. This introductory class focuses on fun easy-to-do steps that make you feel like a pro in no time. In this beginning class, both stationary and traveling steps will be taught, using elementary jazz steps and across the floor combinations. **Equipment needed:** Tap shoes which can easily be found on Amazon, and a small 2ft x 2ft piece of plywood for the optimal tap sound.

Thursdays | 6:15-7:15p

DJ26A-2 | **Sep 11-Oct 30** (8 wk) | Reg. by 9/9

DJ26A-4 | **Nov 6-Dec 18** (6 wk; no 12/4) | Reg. by 11/4

DJ26A-6 | **Jan 8-Feb 26** (8 wk) | Reg. by 1/6

6-week Fee: \$110 (Members \$100)

8-week Fee: \$170 (Members \$160)

Miss Aubrey | Yoga Studio

MORE DANCE CLASSES:

Mommy & Me: Together in Motion

For caregivers and their toddlers (Ages 1-3).

See page 29.

movement



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

Dress comfortably, bring a yoga mat and desired props.

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.

Wednesdays | 10:00-11:00a

- YT26-1 | **Sep 3-24** (4 wk)
- YT26-2 | **Oct 1-29** (4 wk; no 10/22)
- YT26-3 | **Nov 5-26** (4 wk)
- YT26-4 | **Dec 3-17** (3 wk)
- YT26-5 | **Jan 7-28** (4 wk)
- YT26-6 | **Feb 4-25** (4 wk)

Register by 2 days before each session

3-Week Fee: \$60 (Members \$45)
4-Week Fee: \$80 (Members \$60)
Amanda Stivers | Zoom Only

Friday Recordings | 10:00a

- YT26F-1 | **Sep 5-26** (4 wk)
- YT26F-2 | **Oct 3-31** (5 wk)
- YT26F-3 | **Nov 7-28** (4 wk)
- YT26F-4 | **Dec 5-19** (3 wk)
- YT26F-5 | **Jan 9-30** (4 wk)
- YT26F-6 | **Feb 6-27** (4 wk)

3-Week Fee: \$20 (Members \$15)
4-Week Fee: \$25 (Members \$20)
5-Week Fee: \$30 (Members \$25)
Reg. by 2 days before for each session

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.

Thursdays | 10:00-11:00a

- YG26-1 | **Sep 4-25** (4 wk)
- YG26-2 | **Oct 2-30** (4 wk; no 10/23)
- YG26-3 | **Nov 6-20** (3 wk)
- YG26-4 | **Dec 4-18** (3 wk)
- YG26-5 | **Jan 8-29** (4 wk)
- YG26-6 | **Feb 5-26** (4 wk)

Reg. 2 days before | Single class: \$15
3-Week Fee: \$40 (Members \$30)
4-Week Fee: \$50 (Members \$40)
Amanda Stivers | Yoga Studio

Unwind at 6: Yoga to Relax & Reset

All levels. This yoga class is perfect for unwinding from your day. Through mindful breathing, gentle stretches, and a mix of Vinyasa and Yin poses, release stress, reset your mind and body; leave feeling relaxed, and refreshed.

Tuesdays | 6:00-7:00p

- YU26-1 | **Sep 9-30** (4 wk)
- YU26-2 | **Oct 7-28** (4 wk)
- YU26-3 | **Nov 4-25** (4 wk)
- YU26-4 | **Dec 2-16** (3 wk)
- YU26-5 | **Jan 6-27** (4 wk)
- YU26-6 | **Feb 3-24** (4 wk)

Reg. 2 days before | Single class: \$15
3-Week Fee: \$40 (Members \$30)
4-Week Fee: \$50 (Members \$40)
Kyra Nakamatsu | Yoga Studio

members

Members Forum: Where Are We? Where Do We Want to Go?

Our members are the heart of Womanspace, and your input is essential as we look to the future. At this forum, we'll gather in a "town hall" style conversation to reflect on where we are, share ideas, and imagine what's next. Your feedback will help guide the programs, volunteer opportunities, and community experiences we create together. Not yet a member? You're warmly invited to attend, see what membership is all about, and add your voice to the conversation. **See Member info at right.**

Saturday | Oct 25 | 12:00-1:30p
in the Loretta & William Reif Gallery

Table for Eight: Fun, Food & Friendship is BACK!

As you may know, Womanspace has a fascinating collection of people, but sometimes our encounters are brief and limited. Several years ago we introduced **Table for Eight**. It is an opportunity for adult members, individually or as a couple, to gather at least four times a year to get to know other members. These groups of eight will expand your circle of friends and increase your connections with one another. Participants must be Womanspace members, or a couple that includes a member. Some of the past groups have been together for over 10 years! Let's get acquainted with your Womanspace family – we need connection more than ever! Watch for details coming soon.



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 _____

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.

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

* Family include Partners or Parent(s) + Child(ren) under 18.
Grand Family includes Grandparent(s) + Grandchild(ren) under 18.

[†] We recognize that some are able & inclined to pay a higher member fee, and we appreciate your support.

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) Food Marketing Social Outreach
- Office Work (Reception desk) Grounds (Maint./Garden) Other _____

MEMBERS RECEIVE:

- discounted prices on most programs
- early registration for all classes
- opportunity to sell handcrafted items in Gallery2Go
- use of our library
- discounted rates on facility rentals; rent a studio locker
- space for business card display
- invitation to new member brunch
- a social group to connect with, share talents, and develop or demonstrate leadership skills

PAYMENT METHOD (4% 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 4% 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 4% 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.

**Womanspace supports a healthy working environment.
If you are not feeling well, please stay home. Thank you!**

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.

BOCK & BERGER: THE FOUNDERS' RETROSPECTIVE – Aug. 29-Oct. 12

Opening Reception Aug. 29, 5:30-7:30p.

Come experience this exhibit featuring 50 years of artworks by Womanspace co-founders Dorothy Bock and Elaine Hirschenberger. You may even order prints of some of your favorites!

THERE'S SOMETHING ABOUT MERRY HOLIDAY ARTISAN MARKET - Dec. 5-7

Support the ARTS while shopping LOCAL! Find UNIQUE, HANDCRAFTED items created by 40+ local artists in all kind of mediums. This market takes place in both our main building and the upper level of New Dimensions Studio.

QUIRKY MIND: A ONE WOMAN SHOW – January 9-March 1, 2026

Opening Reception January 9, 5:30-7:00p

Dissect the mind of one quirky woman, Marsha Goodheart. Her amusing collages of animal humans and words can be spot on with meaning.

WOMEN OF POWER: QUEEN, GODDESS, HEROINE – March 6-April 26, 2026

Opening Reception March 6, 5:30-7:00p.

Who do you think of when you hear the word Women of Power? Do you envision a Goddess, a Queen, a Heroine or a strong woman who influenced your life? All will come together to create this powerful show in honor of Women's Herstory month!

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.



Open Studio Policy

- **You MUST be at least an intermediate pottery student OR have completed at least two beginning clay courses.**
- **Open studio cannot be used to make up any missed pottery classes.**
- You MUST be a current and/or past Womanspace pottery student.
- Because of limited space, 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:



venmo

- 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: \$2.00/LB (wet weight; includes glazes & firing)

clayworks

There is no reduction in fees if you are unable to attend all scheduled classes in a series. Open Studio cannot be used as a make-up for a missed class. See pp. 20-21.



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

Wear clothes you don't mind getting dirty. Leave your rings and jewelry at home. Bring apron, hand towel and your own pottery tools. Fees includes up to 25 lbs. of clay, glazes & firing. Class sizes limited. Register at least two days before each session.

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, most students 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 above for the supply list.)

THUR AM | Time Varies | Margo Olson

WT26A-1 | **Oct 2-30** (5 wk; **9:30a-12:00p**) | Reg. by 9/30
WT26A-2 | **Nov 20-Dec 18** (4 wk; no 11/27; **9:00a-12:00p**)
WT26A-3 | **Jan 8-Feb 12** (6 wk; **10:00a-12:00p**) | Reg. by 1/6
WT26A-4 | **Feb 19-Mar 26** (6 wk; **10:00a-12:00p**) | Reg. by 2/17
\$180 (Members \$150) | ND Clay Studio

Manic Monday: Inter. Wheel Thrown Pottery

Ages 16+. [Prerequisite: Recent experience with wheel throwing and creating basic forms is required to take this class 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 above for supplies.)

Mondays PM | 6:00-8:00p

IN26N-1 | **Oct 6-Nov 10** (6 wk) | Reg. by 10/4
IN26N-2 | **Nov 17-Dec 22** (6 wk) | Reg. by 11/15
IN26N-3 | **Jan 5-Feb 9** (6 wk) | Reg. by 1/3
IN26N-4 | **Feb 16-Mar 23** (6 wk) | Reg. by 2/14
\$180 (Members \$150) | Anya Nelson | ND Clay Studio

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 above for supplies.)

Saturdays AM | 9:00a-12:00p

IN26J-1 | **Sep 13-Oct 4** (4 wk) | Reg. by 9/11
IN26J-2 | **Oct 11-Nov 1** (4 wk) | Reg. by 10/9
IN26J-3 | **Nov 8-Dec 6** (4 wk; no 11/29) | Reg. by 11/6
IN26J-4 | **Jan 10-31** (4 wk) | Reg. by 1/8
IN26J-5 | **Feb 7-28** (4 wk) | Reg. by 2/5
\$180 (Members \$150) | Jennie Johnson Sic | 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. 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 intermediate to advanced clay worker and be able to work independently. There are lots of tools to play with, lots of colors to choose from and so many choices for you to enjoy. (See above for supplies.)

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

HB26B-1 | **Sep 17-Oct 8** (4 wk) | Reg. by 9/15
HB26B-2 | **Oct 15-Nov 5** (4 wk) | Reg. by 10/13
HB26B-3 | **Nov 12-Dec 3** (4 wk) | Reg. by 11/10
HB26B-4 | **Jan 7-28** (4 wk) | Reg. by 1/5
HB26B-5 | **Feb 4-25** (4 wk) | Reg. by 2/2
\$180 (Members \$150) | Independent Study | ND Clay Studio

clayworks

There is no reduction in fees if you are unable to attend all scheduled classes in a series. Open Studio cannot be used as a make-up for a missed class. See pp. 20-21.

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.

Basic Handbuilding

Ages 16+. **Reg.** 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 one of a kind pottery pieces. (Supplies above)

Tuesdays AM | 10:00a-12:00p

HB26A-1 | **Oct 14-Nov 18** (6 wk) | Reg. by 10/12

HB26A-2 | **Nov 25-Dec 23** (5 wk: 9:30a-12:00p) | Reg. by 11/23

HB26A-3 | **Jan 6-Feb 10** (6 wk) | Reg. by 1/4

HB26A-4 | **Feb 17-Mar 31** (6 wk; no 3/10) | Reg. by 2/15

Wednesdays PM | 2:30-4:30p

HB26N-1 | **Oct 15-Nov 19** (6 wk) | Reg. by 10/12

HB26N-2 | **Nov 26-Dec 17** (4 wk: 2:00-5:00p) | Reg. by 11/24

HB26N-3 | **Jan 7-Feb 11** (6 wk) | Reg. by 1/5

HB26N-4 | **Feb 18-Apr 1** (6 wk; no 3/11) | Reg. by 2/16

\$180 (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. (See above for supplies.)

Thursdays PM | 6:00-8:00p

HB26P-1 | **Sep 25-Nov 6** (6 wk; no 10/9) | Reg. by 9/23

HB26P-2 | **Nov 13-Dec 18** (5 wk; no 11/27; 6:00-8:30p)

HB26P-3 | **Jan 8-Feb 12** (6 wk) | Reg. by 1/6

HB26P-4 | **Feb 19-Apr 2** (6 wk; skip 3/26) | Reg. by 2/17

\$180 (Members \$150) | Lynette Porter | ND Clay Studio

PAW-PALOOZA: A FURRY FRIEND KEEPSAKE IN CLAY

SATURDAY, OCTOBER 4, 1-3 PM
ANJALI PAVILION

NEW
DATE!

Celebrate the love and companionship of your pet with a handmade clay keepsake, created with care by you and the help of our generous Clay Team volunteers! Press your pet's paw into a pre-formed clay slab, personalize it at our letter stamping station. The Clay Team will fire it, and in about two weeks it will be ready!

Don't wait until you have to say goodbye! Capture their imprint now and cherish it for years to come! It will also make a great holiday gift!

Small Print (4-5"): \$20

Large Print (6-8"): \$25

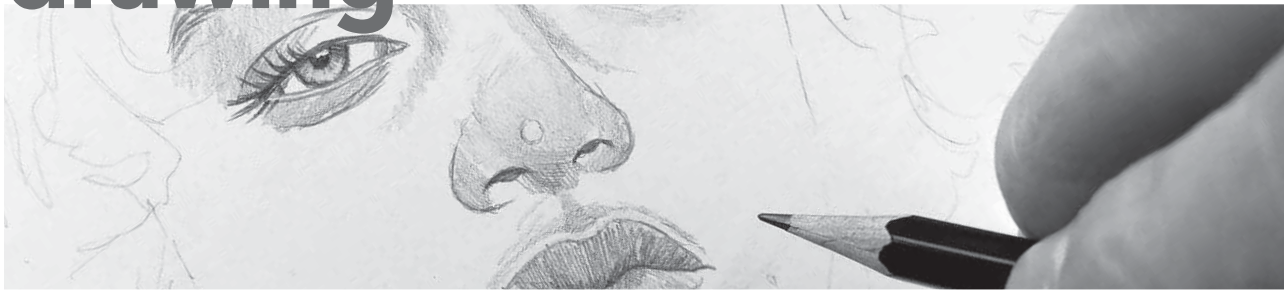
REGISTRATION REQUIRED BY OCT. 1

Cats **MUST** be in a carrier.
Dogs **MUST** be on a leash.
Please bring your own poo bags to clean up after them!

Proceeds support Womanspace, ensuring we can continue offering creative and meaningful programs to our community.

drawing

There is no reduction in fees if you are unable to attend all scheduled classes in a series.



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

Zentangle Drawing

Ages 16+ Discover the relaxing art of Zentangles! This meditative drawing technique uses simple, structured patterns to create intricate and beautiful designs. Perfect for beginners and seasoned artists alike, this class focuses on mindfulness, creativity, and finding calm through the rhythmic process of drawing. Join Rebecca (who's been tangling for years) to learn the basics, explore new patterns, and create your own unique works of art – no artistic experience required! Drawing paper and a handout packed with examples will be provided by the instructor. **Please bring Micron pens (suggested #003 and #05) and drawing pencils (suggested HB and B3), and come ready to unwind and get inspired.**

Saturday | 9:00a-12:00p

DW26B-1 | **Oct 18**

\$55 (Members \$45) | Reg. by 10/16

Rebecca Bowman | ND Upper Studio

Tangled Up in Hand Decorated Ornaments

Ages 16+. Get into the festive spirit by creating your own hand-decorated ornaments! Using acrylic paints or colorful Sharpies, you'll transform plain glass or plastic ornaments into beautiful, one-of-a-kind keepsakes. Perfect for beginners and seasoned crafters alike, this class focuses on creativity, color, and personal expression. The instructor will guide you through simple techniques, provide inspiration, and help you bring your vision to life. All ornaments and decorating supplies are provided – just bring your imagination!

Thursday | 5:30-8:00p

DW26B-2 | **Nov 6**

\$45 (Members \$35) | Reg. by 11/4

Rebecca Bowman | ND Upper Studio

Intro to Self-Portraiture: Seeing yourself through Art

Explore the art of representation in this beginner class that invites you to look at our inner and outer self through self portraiture expression. We will cover the fundamentals of drawing anatomically correct faces. From there, we will experiment capturing identity beyond physical likeness through mood, symbolism, and storytelling. **Media used in this class will include pencil, colored pencil and pen. Please bring a folder or portfolio to contain and transport your work.**

Mondays | 6:00-8:00p

DW26Z-1 | **Jan 12-Feb 2** (4 wk)

\$100 (Members \$85) | Reg. by 1/10

Nicole Zurita | 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!

painting

There is no reduction in fees if you are unable to attend all scheduled classes in a series.



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

Toes in the Water: Sampler Series

Ages 18+. Beginner-friendly. This watercolor sampler invites you to explore new techniques, approaches, and styles. With rotating guest instructors offering single sessions and short series, each class brings a fresh opportunity for shared exploration. From brushwork to color play, every session offers a unique experience – perfect for first-timers or anyone looking to expand their skills while enjoying the creative flow of watercolor in a supportive community.

Tuesdays | 10:00a-12:00p

WC26-1 | **Oct 7-28** (4 wk) | Reg. by 10/5
WC26-2 | **Nov 4-25** (4 wk) | Reg. by 11/2
WC26-3 | **Dec 9-16** (2 wk) | Reg. by 12/7
WC26-4 | **Jan 13-27** (3 wk) | Reg. by 1/11
WC26-5 | **Feb 3-24** (4 wk) | Reg. by 2/1
2-week fee: \$55 (Members \$45)
3-week fee: \$80 (Members \$65)
4-week fee: \$100 (Members \$85)
Various Instructors | ND Upper Studio

Splashdown! Independent Study

Ages 18+. Intermediate-Advanced. This independent study offers watercolor artists the space to create, explore, and refine their skills within a supportive community. Participants work independently, bring their own supplies, and may occasionally invite special guests or share techniques with one another.

Thursdays | 10:00a-12:00p

WCi26-1 | **Oct 2-23** (4 wk) | Reg. by 9/30
WCi26-2 | **Oct 30-Nov 20** (4 wk) | Reg. by 10/28
WCi26-3 | **Dec 11-18** (2 wk) | Reg. by 12/9
WCi26-4 | **Jan 15-29** (3 wk) | Reg. by 1/13
WCi26-5 | **Feb 5-26** (4 wk) | Reg. by 2/3
2-week fee: \$50 (Members \$40)
3-week fee: \$75 (Members \$60)
4-week fee: \$100 (Members \$80)
Independent Study | ND Upper Studio

Painting Studio with Jaymee

Ages 16+. All levels. Want to keep moving forward with your painting skills? In this guided open studio, watercolor and acrylic artists receive highly individualized instruction tailored to their unique goals. Jaymee will provide individual instruction based on your creative goals. Some previous painting experience is beneficial, but not always necessary. Absolute beginners should be prepared to work on painting exercises before moving on to individual work. You'll have space for independent exploration, plus one-on-one support to help you develop your vision. **Bring your own references or draw inspiration from Jaymee's collection of samples.** Cost includes a \$20 supply fee. This covers paper, brushes, canvases and professional grade paints, but feel free to bring your favorites! Register EARLY! This class fills fast!

Fridays | 11:00a-1:00p

PG26J-1 | **Sep 26-Oct 24** (5 wk)
PG26J-2 | **Nov 7-Dec 19** (5 wk; no 11/28, 12/5)
PG26J-3 | **Jan 9-Feb 6** (5 wk)
PG26J-4 | **Feb 20-Mar 20** (5 wk)
\$145 (Members \$120) | Reg. by 2 days before each session
Jaymee Fedor | ND Upper Studio

Partner Portraits Paint & Sip

Ages 21+. Celebrate friendship this Galentine's Eve with an evening of creativity and connection! Join us for a fun night out, painting a friend or partner's portraits on 8x10" canvas panels. Whether you come with a friend or make a new one here, everyone is welcome in this fun, supportive space. Sip, chat, and create together as we honor friendship and self-expression. Registration is per person, so bring your vibrant self and get ready to paint!

PG26Z-1 | **Friday | Feb 13 | 6:00-8:00p** | Reg. by 2/11
\$35 (Members \$30) | Nicole Zurita | ND Upper Studio

fused glass



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

All fused glass pieces will be ready for pickup in about a week. Closed-toe shoes required; protective gear provided.

Mezuzah or Pocket Vase

Ages 8+ (with adult supervision). Choose your project: a striking fused glass mezuzah or a charming pocket vase! Design and decorate your glass front piece, which will be kiln-fired in stages to add details, shape, and structure. Mezuzahs will be finished with a gold or silver shin; vases with built-in hooks for hanging. Come create something beautiful and meaningful! (See above for pick-up).

MX26S-1 | **Tuesday | Sep 16 | 6:00-8:00p**

\$75 (Members \$60) | Reg. by 9/14

Pat Sullivan | ND Upper Studio

Christmas Trees & Ornaments

Ages 8+ (with adult supervision). Add to your collection, or start a new collection of beautiful fused glass trees or ornaments! In this class, you will start with a tree-shaped or round piece of blank glass, then go to town decorating with glass frit, stringers, and pre-fired shapes. **All components are provided and included in the cost of the class.** Each student will be able to make three trees, ornaments, or a combination thereof. For the trees, bases will be provided. The ornaments will have holes drilled for hanging. (See above for pick-up).

MX26S-2 | **Tuesday | Nov 11 | 6:00-8:00p**

\$75 (Members \$60) | Reg. by 11/9

Pat Sullivan | ND Upper Studio

Memo Board

Ages 8+ (with adult supervision). What? A memo board made of glass? Why not? In this class, you will decorate a blank piece of white glass (leaving room for your memos and notes), which will then be double-fired in a kiln – first to affix your fabulous decorations, and second to “slump” the glass in a v-shape so it will stand on its own. You will then have a fabulous, one-of-a-kind, dry-erase memo board for your kitchen or office, or wherever you need to remind yourself of how fantastic you are! **All components included.** (See above for pick-up).

MX26S-3 | **Tuesday | Jan 20 | 6:00-8:00p**

\$65 (Members \$55) | Reg. by 1/18

Pat Sullivan | ND Upper Studio

Nightlights

Ages 8+ (with adult supervision). Make your choice of a plug-in nightlight or a nightlight in a lighted stand. Either way, you will have a unique and special piece to keep or give away as a gift. Each nightlight will start out as a blank piece of 4”x 4” glass, and students will decorate with an assortment of glass frit (crushed glass), stringers (glass “noodles”), and pre-cut and pre-fired shapes. Each piece will then be fired in a kiln, mounted on a nightlight base. (See above for pick-up).

MX26S-4 | **Tuesday | Feb 17 | 6:00-8:00p**

\$65 (Members \$55) | Reg. by 2/15

Pat Sullivan | ND Upper Studio

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LOOM
HOME + GIFTS

Formerly Elora Home Interiors, we're now Loom – a curated home store offering warmth, style, and meaningful gifts. With artisan-made goods and thoughtfully chosen accents, we celebrate beauty, craftsmanship, and the creativity of our Rockford community. Whether you're styling your home or finding the perfect gift, Loom is here to help you weave beauty, meaning, and connection into the fabric of your everyday life.



You'll find us at 214 E. State Street in The Standard Building, right in the heart of downtown Rockford – and now at our newest location in downtown Beloit, WI at 444 E. Grand Ave. We'd love to welcome you in – come explore and find something special that feels like home.  @shoppeloom  www.shoppeloom.com

mixed media

There is no reduction in fees if you are unable to attend all scheduled classes in a series.



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

Emotions in Collages: Reinventing Ads through the Decades MX26Z-1

Dive into a world of visual storytelling in this expressive collage-making class where we explore emotions through the lens of consumer culture. Using advertisements clipped from magazines spanning from the 1950s to today, we will uncover how ideals, identities, and emotional cues have been packaged and sold across the decades – and recreate those narratives through creative reassembly. Each session, participants will be encouraged to focus on different emotional themes (joy, fear, desire, anxiety, etc.), guiding participants to cut and layer imagery to create personal, thought-provoking collages. **Bring a folder or portfolio to transport your work.**

MX26Z-1 | **Mondays | 6:00-8:00p |**

Oct 6-27 (4 wk)

\$100 (Members \$85) | Reg. by 10/4

Nicole Zurita | ND Upper Studio

Gnome for the Holidays

Add a little whimsy to your holiday décor with this fun and easy to make Gnome. Gather a few friends for a relaxing, fun class, no special skills required. All supplies provided, but feel free to bring any little accents you would like to add to your Gnome. One per person, but if you would like to make a 2nd there will be an extra charge paid to the instructor.

Wednesday | Nov 5

MX26H-1 | **10:00a-12:00p**

MX26H-2 | **6:00-8:00p**

\$45 (Members \$35) | Reg. by 11/3

Cherie Heck | ND Upper Studio

After Dark Smartphone Photography: Sunset & Light Trails

This class is designed for you to dive into and improve your photography skills on your smartphone. We will discuss lighting and gain perspective in how to improve our photography, and explore new camera settings. In this class, we'll focus on capturing the special lighting at sunset. We will be exploring light trails, stars, and other dark night photography. **Student must bring smartphone and tripod. Dress for the weather as we will be taking pictures outdoors.**

PH26-1 | **Saturday | Feb 21 | 5:00-8:00p**

\$45 (Members \$35) | Reg. by 2/19

Stefi Kruger | ND Upper Studio

fiber arts



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

Beginner Machine Sewing Skills

Do you know how to sew? Have you not done it in a while? Forgot how to thread your machine? Adjust the tension? Bobbin ran out and can't remember how to do that? This class is perfect for first time sewers, sewers who need a refresher course or sewers who want to learn a new machine. We will cover proper machine settings, threading the machine, sewing with the machine and how to troubleshoot/repair machine problems. Plus, we will make a fun little project to take home with you! **Students MUST bring a sewing machine and its manual.**

Saturdays | 10:00a-1:00p

SW26-1 | **Oct 11** | Reg. by 10/9

SW26-2 | **Feb 7** | Reg. by 2/5

\$45 (Members \$35) | Stefi Kruger | ND Upper Studio

Beginner Sewing Project: Bag

Prerequisite: basic sewing machine knowledge. Do you want to work on a sewing project, but get lost in the instructions? This is the class for you! We will be making a cute heart shape tote bag. We will learn to follow a pattern step by step, and create a unique item to take home. **Must bring in your machine, manual and tool kit.**

A good basic tool kit to bring includes: sharp scissors, pins, thread, bobbin, needles for your machines that matches the fabric you're working with. **If you have any specific questions regarding supplies, please email us.**

SW26-3 | **Saturday | Jan 10 | 10:00a-1:00p** | Reg. by 1/8
\$50 (Members \$40) | Stefi Kruger | ND Upper Studio

Embroidered Bag Tag

Spend a relaxing morning creating an embroidered tag for your favorite bag! It's a fun easy project for the experienced or beginner needleworker. Bring a friend and escape for the morning to do something fun! All supplies included.

MX26H-3 | **Saturday | Jan 17 | 10:00a-12:00p** | Reg. by 1/15
\$35 (Members \$30) | Cherie Heck | ND Upper Studio

Dye It Black: Wardrobe Revival Party

Bring at least two garments – one made of natural fibers (cotton, linen, rayon, silk, or 50%+ blends for best dyeing results)–and give your wardrobe a spooky season makeover! We'll provide black dye baths and creative stations to reimagine and repurpose your clothes. Paint, embellish, and let the creative energy of your peers inspire fresh looks from what you already own. Perfect for costume ideas, fall layering, or reviving your style with a dark twist!

MX26A-1 | **Friday | Oct 24 | 6:00-9:00p** | Reg. by 10/22
\$25 (Members \$20) | Amanda Aures | ND Upper Studio

Felting Basics 101

This class is for beginners interested in getting started with needle felting. We will go over the materials, tools, and shaping techniques needed to make your own felted wool plush creations from start to finish. Follow along with a guided project and make your own felted plush to take home. **All materials will be provided.**

MX26A-2 | **Saturday | Oct 18 | 2:00-4:00p** | Reg. by 10/16
\$35 (Members \$30) | Amanda Aures | ND Upper Studio

Felting Project

Expand your basic felting knowledge and hone your skills with a guided project making adorable mini felted animals. This class will show beginner and intermediate level techniques to create your own little wool felt critters. Basic felting knowledge encouraged but not required! **All materials will be provided.**

MX26A-3 | **Saturday | Nov 22 | 10:00a-12:00p** | Reg. by 11/20
\$35 (Members \$30) | Amanda Aures | ND Upper Studio



ESTHER SCHENCK
 **Scholarship
for the Arts**

classes for kids

There is no reduction in fees if you are unable to attend all scheduled classes in a series.



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

Kids CREATE: Art Club for Kids

Ages 7+ (younger kids must have an adult companion).

Young artists are invited to explore creativity, self-expression, and connection with nature through fun, hands-on projects. Each session introduces a new art technique using colorful, seasonal, and often recycled materials. Projects are designed to be completed in one hour, with plenty of room for exploration and discovery.

Saturdays | 1:00-2:30p | Reg. 2 days before each session (Member fee listed is for Family Membership; see pg. 19)
Various Instructors | ND Upper Studio or Anjali Pavilion

JM26-1 | Sep 6 - Rainbow Mosaic Art \$30 (Members \$25)

This class will focus on sunlight. We will make rainbows out of buttons, beads, scrap fabric and cardboard. We will learn about how rainbows happen and the spectrum of light.

JM26-2 | Oct 4 - Monster Magnets \$40 (Members \$35)

[All ages with parental supervision.] Each student will make several magnets, consisting of a fused glass base and lots of glass decorations to choose from. **Closed-toe shoes required; safety glasses and gloves will be provided in class.**

JM26-3 | Oct 11 - Día de los Muertos Nichos \$30 (Mem. \$25)

Learn about the Día de los Muertos traditions and decorate your own mini nichos to honor loved ones.

JM26-4 | Nov 22 - Zentangles Drawing \$30 (Members \$25)

Discover the art of zentangles – beautiful, relaxing patterns that spark creativity and focus.

JM26-5 | Dec 13 - Winter Solstice Art \$30 (Members \$25)

Make birdseed ornaments and dried orange garlands while learning about how wildlife hibernates and survives the long winter. Outdoors, so dress accordingly.

JM26-6 | Jan 10 - Sock Animals \$30 (Members \$25)

This class will focus on shapes. We will each make a sock animal, either a bunny or an octopus. Activity includes hand sewing. We will learn about 3D shapes.

JM26-7 | Feb 7 - Love Tree \$30 (Members \$25)

We will be making a love tree, to include anyone in our life that we love. We will learn about all kinds of love and how it shapes our life.

Lights, Camera Confidence! Kids' Acting

Ages 6-12. Unleash your child's creativity with our Kids' Acting Class. Perfect for aspiring actors, or just kids wanting to explore something new, this class introduces children to the exciting world of acting and performance. Through fun games, improvisation and role-playing, students will explore character development and speaking in front of an audience. Whether your child dreams of the stage or just wants to increase their confidence, this class offers an engaging and fun introduction to acting!

Thursdays | 5:00-6:00p

JM26A-1 | **Sep 11-Oct 30** (8 wk) | Reg. by 9/9

JM26A-2 | **Nov 6-Dec 18** (6 wk; no 12/4) | Reg. by 11/4

JM26A-3 | **Jan 8-Feb 26** (8 wk) | Reg. by 1/6

6-Week Fee: \$60 (Family Members \$50; see pg. 19)

8-Week Fee: \$90 (Family Members \$80; see pg. 19)

Miss Aubrey | Yoga Studio

Mommy & Me: Together in Motion

Ages 1-3. A joyful and nurturing movement class where caregivers and their toddlers bond and build brain connections with music movement and play. Designed to build coordination and connection in a fun and supportive environment.

Tuesdays | 10:45-11:30a

DK26A-1 | **Sep 9-Oct 28** (8 wk) | Reg. by 9/7

DK26A-2 | **Nov 4-Dec 9** (6 wk) | Reg. by 11/2

DK26A-3 | **Jan 13-Mar 3** (8 wk) | Reg. by 1/11

6-week Fee: \$130 (Members \$120)

8-week Fee: \$170 (Members \$160)

Miss Aubrey | Yoga Studio

**NEED A PLACE TO HANG OUT
WHILE YOUR KID IS IN CLASS?**

**Womanspace's Open Doors:
Coffee & Connection**

For more info, see page 10

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SEP 25-FEB 26

Womanspace embraces diversity and strives to create an inclusive, welcoming community for all people. Our space is one of respect, connection, empowerment and kindness, where everyone is valued and encouraged to express their authentic selves.



For up-to-date programs, scan this code with your phone's camera to visit our web site.



Womanspace gratefully acknowledges support from the Illinois Arts Council.



Womanspace programs are partially supported by a grant from the Illinois Arts Council through federal funds provided by the National Endowment for the Arts.

Important Dates to Remember

- Sep 9 50+ Dance/Balance
- Sep 12 Gongtopia
- Sep 21 Honoring Our Foremothers @ the YMCA Log Lodge
- Sep 22 Autumn Equinox Gathering
- Oct 3-4 Rockford Fall ArtScene: Bock & Berger Retrospective Show
- Oct 2 *Dance While the Fire Burns: Art, Story & Community* with Deborah Lucas
- Oct 4 Paw-palooza: A Furry Friend Keepsake in Clay
- Oct 6 Emotions in Collages: Reinventing Ads through the Decades
- Oct 18 Clutter Coaching 101
- Oct 18 Zentangle Drawing
- Oct 25 Members Forum
- Nov 5 Gnome for the Holidays
- Nov 8 Celebrate the Arts @ Mauh-Nah-Tee-See Club
- Nov 15 Goddess Empowerment Photo shoot
- Dec 5-7 Something About Merry Holiday Artisan Sale
- Jan 9 "Quirky Mind" Marsha Goodheart's One Woman Art Show
- Jan 12 Drawing class: Intro to Self-Portraiture
- Jan 20 Fused Glass: Memo Board
- Jan 31 Belly Dancing
- Feb 13 Partner Portraits Paint & Sip

So many new and interesting programs throughout...just open & look!