

WOMANSPACE  
**yourguide**<sup>TM</sup>  
MAY-AUGUST 2025



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



# Bloom Fest



## Spring Artisan Market

**Saturday, May 10, 2025**  
**10:00a-4:00p**

- Locally-Made Goods
  - Plant Sales
- Kids' Crafts & Activities
- Food Trucks

Sponsored by

SAVANT  WEALTH MANAGEMENT  
EST 1986

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CREDIT UNION  
 You can rely on us!

**KWC**  
 Kelly Williams Company  
 KW's All Kellie's Market

**Walmart**  
 sparkgood.

# 50th Anniversary Glitzy Garage Sale



50th Anniversary  
 1975 • womanspace • 2025

**Friday & Saturday, June 6-7, 9:00a-5:00p**  
**Sunday, June 8, 9:00a-1:00p**



Back by popular demand...this mega-sale includes an air-conditioned boutique featuring jewelry, designer clothing, artwork and art supplies. Clothing items for men, women, and children can be found in the spacious Anjali Pavilion. And, much more is available at rock-

bottom prices in other tents and garage!

Sponsored by



### Drop-off Donations May 26-June 2

(no sooner; no later; restrictions apply)

#### ONLY ACCEPTING: (CLEAN & USABLE)

- Books, Videogames, DVDs, Records
- Working small appliances, everyday dishes, glasses, pots & pans
- Art supplies, artwork, frames, craft supplies, seasonal items (NO TREES),
- Purses, belts, scarves, hats, socks, shoes, boots, jewelry
- Clothing for men, women, children & infants (ON HANGERS)
- Pack-n-Plays, highchairs, baby items (NO CAR SEATS or MATTRESSES)
- Toys, games, puzzles, bikes
- Outdoor furniture, grills, tools, hardware in decent condition
- Sporting goods, SMALL fitness equipment, clean pet items
- Live plants, garden tools & decor



**PLEASE VISIT OUR  
 WEB SITE FOR  
 DONATION DETAILS.**

If in doubt about an item, call us at 815-877-0118 or email a picture to [info@womanspace-rockford.org](mailto:info@womanspace-rockford.org).



**VOLUNTEERS NEEDED!** Do you love to work garage sales? There are many tasks we need help with including set-up, sorting, pricing, and making lunches for volunteers. Use your Smartphone's camera to scan the QR code to the left or visit [womanspace-rockford.org/event-6093002](http://womanspace-rockford.org/event-6093002) to view the days, times and tasks available and then sign-up or call us at 815-877-0118 with the time slots you want to fill.

# general info



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

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

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

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

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

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



## Table of Contents

BloomFest & Glitzy. . . . .	2
General Information. . . . .	3
Notes From the Directors . . .	4-5
Volunteerism & Positions. . . .	6-7
Upcoming Events. . . . .	7
Lunch & Learns . . . . .	8
Supper & Film. . . . .	9
Book Groups. . . . .	10-11
An Evening w/ Frida Kahlo . . .	12
Community . . . . .	12-13
Mind & Body . . . . .	14-15
Art & Soul. . . . .	16-17
Movement . . . . .	18
Galleries, Shows, Studio . . . .	19
Beat the Heat Online Auction. . .	20
Painting . . . . .	20-21
Mixed Media . . . . .	22-23
Faire Fae Midsummer Tea. . . .	23
Clayworks . . . . .	24-25
Paw-palooza . . . . .	25
Classes for Kids. . . . .	26
Membership Form . . . . .	27
Registration Form & Policies. . .	28
Labyrinth . . . . .	29
One Enchanted Evening . . . . .	29

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

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**Cover:** This is another "Color the Cover Yourself" issue! Keep it and colored pencils or markers nearby so you have something to do with your hands! Perfect for self-meditation!

# from the executive director



On my bedroom door, for many years, I have had a beautiful art banner with a quote from the Dalai Lama that reads: "In the end, what matters most is how well did you live, how well did you love, how well did you learn to let go?" Those words are a wonderful invitation to reflection, and I have often meditated on them over the years. They are particularly meaningful now.

Womanspace has been my heart and home, my "child" and challenge for most of my adult life. It was a distinct joy to bring Womanspace into being along with Dorothy Bock, and for the two of us to work together as Co-Directors for almost 40 years. When Dorothy retired in 2015 and then died in 2018, I continued to serve Womanspace as sole Executive Director for the last 10 years. In September 2024, I began working with and mentoring the very gifted Nicole Landreth as Co-Director. This coming August 31, 2025, I will bring my lengthy "directorship" to a close as I retire and to put into practice those words of the Dalai Lama that have become so much a part of my life – particularly the phrase "how well did you learn to let go."

It's been the privilege of my lifetime to be part of so many of your lives during this half century! We have built and nurtured

precious friendships, shared wonderful experiences, made important decisions and set up life-changing programs. The personal confidences you have entrusted to me, the travels we have done together, the projects we've initiated, the roots we've put down – these will all continue as cherished memories that continue to make life rich and full. God-willing, I hope to continue as part of the amazing Womanspace volunteer force!

And now, more than anything, I want to see the Womanspace community continue to grow and flourish under Nicole's leadership. She is also blessed to have a wonderful staff and board to support her in this time of transition. I trust the large Womanspace family will grow even stronger under Nicole's guidance, her engaging personality, and her dynamic presence!

Together, we continue to connect, empower, create and transform our lives and our community – each one of us, each day, in our individual lives and in the life we share with one another. Together, we are Womanspace.

A handwritten signature in black ink that reads "Elaine Hirschberger, SSSF". The signature is fluid and cursive.

## Cheers to 50 years!

### Congratulations, Elaine!

*The Womanspace Board of Directors*



# from the co-director



Summer calls us into the fullness of the present moment – a season of warmth, growth, and possibility. It's a time to deepen our roots and stretch toward a future shaped by creativity, connection, and collective purpose. In the long days and bright light, we again remember who we are – beneath the noise, beyond the demands of our lives. At Womanspace, we believe that kind of remembering matters. In times like these, when compassion, equity, and empowerment are under pressure, the work of healing and community is not a luxury – it's essential.

Many of us are living in a state of restless paralysis – aware of the urgent need for change, but unsure of how or where to begin. That tension between urgency and inertia, between caring deeply and feeling stuck, is real and can feel overwhelming. But meaningful action and change doesn't begin in institutions; it begins within ourselves. In what philosopher Julia Kristeva calls psychic revolt, we undertake our inner work. Before we can rise together, we must first return to ourselves. The process of personal reflection, emotional reckoning, and reimagining is not a retreat from the world; it's a necessary foundation for showing up with clarity, resilience, and purpose. At Womanspace, we hold space for that inner work every day.

The practices we offer – creative expression, spiritual grounding, embodied movement, and compassionate dialogue – are not escapes from the world, but pathways into it with renewed clarity and courage. When we rediscover our own voice, when we gather in joy and vulnerability, when we make beauty together, we remember what we're capable of. And in a culture that often thrives on disconnection and despair, joy itself becomes a powerful affirmation of hope.

This summer's programs are invitations into that kind of meaningful presence. Join us for yoga and movement classes that help you come home to your body; writing workshops that shape experience into insight; gatherings that root us in the seasons and in shared humanity; and a plethora of art classes that nourish curiosity and creativity. We invite you to explore and find empowerment and resilience through the Art & Soul series that will culminate in a community showcase celebrating the powerful work born in shared space. We're especially excited to launch Stand-Up, Speak Out, a new outdoor comedy night series on the Anjali Pavilion – an open mic-style event where laughter, storytelling, and spontaneity remind us that joy connects us, even (and especially) in hard times.

Womanspace is one of those precious "third places" for many of us – spaces outside of home and work where people can gather, create, and grow. Let's protect and nurture them, together.

As we continue celebrating our 50th anniversary, we look forward to seeing you at BloomFest, the Glitzy Garage Sale Revival, the One Enchanted Evening garden party, and special event collaborations with two community groups – La Onda and She Hive 815. May this be a season of reconnection—where you rediscover your inner resources and your power to shape the world – one breath, one gathering at a time.

In Community,

*"Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach."*

– Clarissa Pinkola Estés

## Board of Directors

Marsha Hosfeld, *President*

Catherine Forslund, *Vice President*

Katrina Olson, *Secretary*

Audrey Falzone

Laura Gorton

Tina Hallberg

Cristi Hopp Kniess

Barbara McDonald

Sallyann Roberts

Patty Stadelman

Usha Sundaram

Elaine Hirschenberger, *SSSF, Ex Officio*

## Staff

Elaine Hirschenberger, *SSSF,*

*Executive Director*

Nicole Landreth, *Co-Director*

Pat Lai, *Designer/Office Manager*

Cherie Heck, *Bookkeeping Assistant*

Liz Hiemstra, *Marketing & Development*

Melody Pearson, *Volunteer Coordinator*

## Land Acknowledgement

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

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

# volunteerism



## A Win-Win-Win Endeavor

There are various organizations that celebrate volunteers in the United States and globally, but mostly they focus on April each year. Womanspace is proud to participate in honoring our volunteers and deeply grateful for all they do.

Volunteering is a win-win-win endeavor. Obviously, the organization receives support, the volunteer has a sense of purpose, and those served by the organization receive more service. There are not many actions that are so positive for everyone.

Research shows that volunteers benefit in at least six ways from sharing themselves:

- Volunteers tend to live longer per the Longitudinal Study on Aging.
- Mayo Clinic research showed that volunteers tend to be happier.
- Volunteering lowers the risks of cardiovascular issues.
- Swedish research found that volunteering one hour a week showed a lower risk of dementia.
- In this age of isolation and loneliness, volunteering boosts overall feelings of connectedness.
- Volunteers express a greater sense of purpose.



To ALL of our volunteers, Womanspace’s staff and participants say, THANK YOU!

Call Melody Pearson, Volunteer Coordinator at 815-877-0118 x212 or email her at [melody@womanspace-rockford.org](mailto:melody@womanspace-rockford.org). She will sit down with you to work on a great match for you and us.

## Committee Chairpersons

### BloomFest Committee

Audrey Falzone,  
[audreyfalz99@gmail.com](mailto:audreyfalz99@gmail.com)

### Social Media Team

Audrey Falzone,  
[audreyfalz99@gmail.com](mailto:audreyfalz99@gmail.com)

### Facilities Committee

Pat Lai, [pat@womanspace-rockford.org](mailto:pat@womanspace-rockford.org)

### Gallery Committee

Cherie Heck,  
[cherie@womanspace-rockford.org](mailto:cherie@womanspace-rockford.org)

### Grounds Committee

Anne Godin, [agodin7733@aol.com](mailto:agodin7733@aol.com)

### Marketing Committee

Liz Hiemstra,  
[liz@womanspace-rockford.org](mailto:liz@womanspace-rockford.org)

### Membership Committee

Katrina Olson, [kmolson257@gmail.com](mailto:kmolson257@gmail.com)

### Online Auction Committee

Chairperson needed! Contact:  
[nicole@womanspace-rockford.org](mailto:nicole@womanspace-rockford.org)

### Restyle the Runway Committee

Barbara McDonald, [kirkydo@aol.com](mailto:kirkydo@aol.com)  
Katrina Olson, [kmolson257@gmail.com](mailto:kmolson257@gmail.com)

### Scholarship Committee

Kristin Kofoed, [krisilizie@mac.com](mailto:krisilizie@mac.com)

### Social Outreach Committee –

Kay Strand, [Kstrand4@aol.com](mailto:Kstrand4@aol.com)

## The 2025 Volunteer of the Year is...Cristi Hopp Kniess!

Cristi came to Womanspace many years ago when she was asked to teach a class on fresco painting. She says that when she drove on the campus, "It was magic!" She then signed up to take Dee Santorini’s ceramics class and from there she knew this was her place to be. As Cristi says, "Womanspace is where I need to be."

Cristi has served as a volunteer in many capacities. She has served on the Board of Directors, worked hard for several different events, and put in hours on the core group designing and building the Rockford Women’s Suffrage Plaza Sculpture. If you are not sure who Cristi is, she is the elf at Something About Merry Holiday Artisan Market, the bubble blowing fairy at BloomFest, and the beaming smile at Womanspace anytime she is here.

Some of the words Cristi uses to describe her relationship with Womansapce are: safe, welcoming, loving, respectful, opportunities, and camaraderie. She says, with great joy in her voice, "They really hook you in!" She also comments that the opportunities from volunteering have been remarkable and had her reach out to people and places she would not have reached otherwise.

"Once you are at Womanspace, you want to be there. I really, really mean it." – Cristi



# open positions



## Will YOU Help Shape the Next Chapter of Womanspace?

Womanspace is in a season of transformation—across our board, committees, and staff—and you might be just the person we need! We’re currently seeking passionate, community-minded, talented individuals to join us. We have openings on our **board** of directors, on **committees**, and in **staff** roles.

A great place to start is by joining a committee. Our committees keep Womanspace focused, relevant, vibrant and forward-moving. Being on a committee can help you develop your leadership skills, social connections, and sense of personal fulfillment. Plus, serving on a committee with others is fun!

We are also currently looking for people with certain specific skills to serve on our board. If you bring an understanding of technology, finance, fundraising, human resources, marketing, law, strategic planning, or a deep connection to Womanspace’s institutional memory – and if you would like to be considered for a board position, please let us know.

## CURRENT OPENINGS

### Staff

- Program Coordinator
- Youth Intern in Arts & Media

### Board

- Treasurer and other positions

### Committee

- Online Auction Chairperson
- Something About Merry Holiday Artisan Sale

Keep in touch with us to see what positions open up next. Womanspace is growing and changing. Let’s grow together!

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



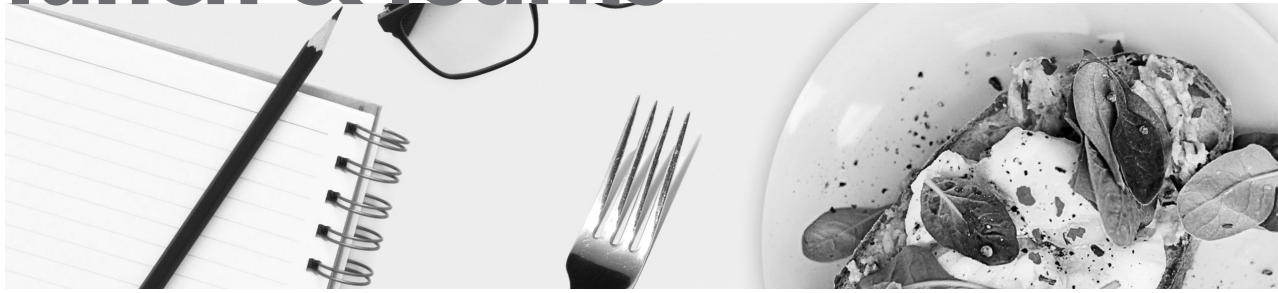
**SAVE THE DATE**  
**November 8, 2025**  
 at The Mauh-Nah-Tee-See Club

A special event honoring the creativity, connection, and empowerment that define our community. Celebrate the Arts will bring together local artists and community members in a night of inspiration and impact.

**SAVE THE DATE**  
**HONORING OUR FOREMOTHERS**  
**SEPTEMBER 21, 2025**  
 Rockford Women’s Suffrage Plaza & the YMCA Log Lodge

Remembrance, reflection and celebration of Womanspace’s “guiding lights” including people who have influenced you through Womanspace.

# lunch & learns



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

Bring your lunch and bring a friend. All Lunch & Learns are held in the Loretta & William Reif Gallery.

## **NAMI: Mental Health Support in Our Community** LL25-21

Join Danielle Angileri, Executive Director of NAMI Northern Illinois, as she shares the vital work that NAMI (National Alliance on Mental Illness) does to support individuals and families affected by mental health conditions. Learn about their programs, advocacy efforts, and how they're making a difference in our community. Whether you're seeking resources, looking to get involved, or simply want to understand more about mental health, this is a great opportunity to connect, learn and start the conversation!

**Tuesday | May 13 | 12:00-1:00p**

\$10 | Reg. by 5/11 | Danielle Angileri

## **Faithful Friends:**

### **Deathcare Options for our Pets** LL25-22

Our relationships with our pets are so important and special. They are there by our side, providing comfort and unconditional love. Did you know when a pet dies and crosses over the rainbow bridge, there are multiple options available? Learn about the different types of cremation that are available, the benefits of using a pet funeral home rather than your local veterinarian, see some of the personalized keepsakes you can order and more.

**Tuesday | May 20 | 12:00-1:00p**

\$10 | Reg. by 5/18

Deb Rose & Kristen McNames

## **Celebrate Light with Laughter** LL25-23

Solstice: What a perfect time to explore the healing power of laughter to maximize the joyful light within us. We know that laughter really is the best medicine, as it reduces stress and provides numerous benefits for our well-being. Join us as we explore the healing power of humor and how playfulness and laughter can nourish renewal and growth. Come laugh and learn with Mary Kay Morrison, the author of *Legacy of Laughter: The Playbook*.

**Saturday | June 21 | 12:00-1:00p**

\$10 | Reg. by 6/19 | Mary Kay Morrison

## **Roots & Reflections with the Ethnic Heritage Museum** LL25-24

Join us for a two-part community partnership that brings history to life!

**Part 1 (June 28):** Director of the Hispanic Gallery at the Ethnic Heritage Museum, Monica Terronez, will join us in the Reif Gallery to share the mission and story of this unique South Side institution. Learn how the museum celebrates Rockford's diverse cultural roots and why this work is vital to our collective future.

**Part 2 (July 19):** Take a field trip with us to the Ethnic Heritage Museum Park to explore exhibits, uncover personal or family connections, and experience the heart of Rockford's south side – where history, culture, and community-building intersect. \$5 of your registration fee will be donated directly to the Ethnic Heritage Museum

**Saturday | June 28 | 12:00-1:00p** | Reif Gallery

**Saturday | July 19 | 1:00-2:00p** | Ethnic Heritage Museum

\$15 | Reg. by 6/26 | Monica Terronez

**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**



## **Give Us Your Feedback!**

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

# supper & film

Registration required. NO WALK-INS.

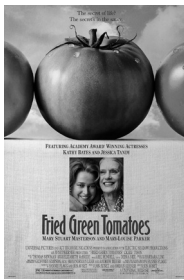


Scan this QR code with your phone's camera for more info.

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. In this 50th anniversary year, we are including occasional throwbacks.

## **Fried Green Tomatoes** SF25-21

Evelyn Couch is having trouble in her marriage, and no one seems to take her seriously. While visiting relatives at a nursing home, she meets Ninny Threadgoode, an outgoing old woman, who tells her the story of Idgie Threadgoode, a young woman in 1920s Alabama. Through Idgie's inspiring life, Evelyn learns to be more assertive and builds a lasting friendship of her own with Ninny.



1991 | PG-13 | 2 hr. 10 min.

**Throwback Monday 1990s | May 26 | 6:00-9:00p**

\$20 (Members \$15) | Reg. by 5/24

## **Everything, Everywhere, All at Once** SF25-22

With her laundromat teetering on the brink of failure and her marriage on the rocks, overworked Evelyn Wang struggles to cope with everything, including a tattered relationship with her judgmental father and daughter. And, as if facing a gloomy midlife crisis wasn't enough, Evelyn must brace herself up for an unpleasant meeting with an impersonal IRS auditor. As the stern agent loses patience, an inexplicable multiverse rift becomes an eye-opening exploration of parallel realities. Can weary Evelyn fathom the irrepressible force of possibilities and prevent an evil entity from destroying the thin, countless layers of the unseen world?.



**Monday | June 23 | 6:00-9:00p**

\$20 (Members \$15) | Reg. by 6/21

## **The Hours** SF25-23

The story of how the novel "Mrs. Dalloway" affects three generations of women, all of whom, in one way or another, have had to deal with suicide in their lives. All share the feeling that they have been living their lives for someone else. Although they are separated by a span of nearly 80 years, they find themselves weathering similar crises. Starring Julianne Moore, Meryl Streep and Nicole Kidman in an Oscar-winning performance as famed author Virginia Woolf.



2002 | PG-13 | 1 hr. 50 min.

**Throwback Monday 2000s | July 28 | 6:00-9:00p**

\$20 (Members \$15) | Reg. by 7/26

## **Inside Out 2** SF25-24

Teenager Riley's mind headquarters is undergoing a sudden demolition to make room for something entirely unexpected: new Emotions. Joy, Sadness, Anger, Fear and Disgust, who've long been running a successful operation by all accounts, aren't sure how to feel when Anxiety shows up. And it looks like she's not alone.



2024 | PG | 1 hr. 36 min.

**Monday | Aug 25 | 6:00-9:00p**

\$20 (Members \$15) | Reg. by 8/23



**Cherry Valley  
Wood Care**  
Womanspace Service Provider

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

815-544-9615 | [cherryvalleywoodcare.com](http://cherryvalleywoodcare.com)

# 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.*

## ***Daisy Jones and The Six***

by Taylor Jenkins Reid BG25-21

Daisy is a girl coming of age in L.A. in the late 60s, dreaming of singing rock 'n' roll. By the time she's 20, her voice is getting noticed, and she has the kind of heedless beauty that makes people do crazy things.

Also getting noticed is The Six, a band led by the brooding Billy Dunne. On the eve of their first tour, with the pressure of impending fatherhood and fame, Billy goes a little wild on the road.

Daisy and Billy cross paths when a producer realizes that the key to supercharged success is to put the two together. What happens next will become the stuff of legend. That legend is chronicled in this unforgettable novel, written as an oral history of one of the biggest bands of the seventies. – *Goodreads.com*

**Monday | May 12 | 6:00-8:00p** | Reg. by 5/10  
Sliding Scale \$5-\$20 | Andrea Asazar

## ***Condoleezza Rice: A Memoir of My Extraordinary, Ordinary Family and Me***

by Condoleezza Rice BG25-22

Condoleezza Rice's life began in Birmingham, Alabama in the 1950s, a place and time where black people lived in a segregated parallel universe away from their white neighbors. She grew up during the violent and shocking 1960s, when bloodshed became a part of daily life in the South. Rice's portrait of her parents, John and Angelena, highlights their ambitions and frustrations and shows how much they sacrificed to give their beloved only child the best chance for success. Rice also discusses the challenges of being a precocious child who was passionate about music, ice skating, history, and current affairs. Her memoir reveals with vivid clarity how her early experiences sowed the seeds of her political beliefs and helped her become a vibrant, successful woman. – *Goodreads.com*

**Monday | June 9 | 6:00-8:00p** | Reg. by 6/7  
Sliding Scale \$5-\$20 | Andrea Asazar



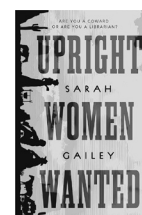
## ***Upright Women Wanted***

by Sarah Gailey BG25-23

Esther is a stowaway. She's hidden herself away in the Librarian's book wagon in an attempt to escape the marriage her father has arranged for her—a marriage to the man who was previously engaged to her best friend. Her best friend who she was in love with. Her best friend who was just executed for possession of resistance propaganda. The future American Southwest is full of bandits, fascists, and queer librarian spies on horseback trying to do the right thing. They'll bring the fight to you.

In *Upright Women Wanted*, award-winning author Sarah Gailey reinvents the pulp Western with an explicitly antifascist, near-future story of queer identity. – *Goodreads.com*

**Monday | July 14 | 6:00-8:00p** | Reg. by 7/12  
Sliding Scale \$5-\$20 | Andrea Asazar



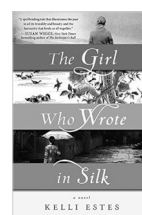
## ***The Girl Who Wrote in Silk***

by Kelli Estes BG25-24

While exploring her aunt's island estate, Inara Erickson is captivated by an elaborately stitched piece of fabric hidden in the house. The truth behind the silk sleeve dated back to 1886, when Mei Lien, the lone survivor of a cruel purge of the Chinese in Seattle found refuge on Orcas Island and shared her tragic experience by embroidering it.

As Inara peels back layer upon layer of the centuries of secrets the sleeve holds, her life becomes interwoven with that of Mei Lien. Through the stories Mei Lien tells in silk, Inara uncovers a tragic truth that will shake her family to its core—and force her to make an impossible choice. Should she bring shame to her family and risk everything by telling the truth, or tell no one and dishonor Mei Lien's memory? – *Goodreads.com*

**Monday | Aug 11 | 6:00-8:00p** | Reg. by 8/9  
Sliding Scale \$5-\$20 | Andrea Asazar



# 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.

## ***Becoming Madam Secretary***

by **Stephanie Dray** BW25-21

Frances Perkins arrives in New York City at the turn of the century, armed with her trusty parasol and an unyielding determination to make a difference.

Frances throws herself into the social scene in Greenwich Village, befriending an eclectic group of politicians, artists, and activists. But, when Frances meets a young lawyer named Franklin Delano Roosevelt at a tea dance, sparks fly in all the wrong directions. She thinks he's a rich, arrogant dilettante who gets by on a handsome face and a famous name. He thinks she's a priggish bluestocking and insufferable dogooder. Neither knows it yet, but they will form a historic partnership that will carry them both to the White House.

**Wednesday | May 14 | 10:00-11:30a**

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



## ***Three Girls from Bronzeville: A Uniquely American Memoir...***

by **Dawn Turner** BW25-22

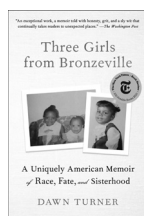
They were three Black girls. Dawn, tall and studious; her headstrong younger sister, Kim, and her prom-queen pretty best friend, Debra.

They bonded as they roamed the concrete landscape of Bronzeville, a historic neighborhood on Chicago's South Side. When Fate intervenes, they are sent careening in wildly different directions. There's heartbreak, loss, displacement, and even murder.

This memoir chronicles Dawn's attempt to find answers. It's a celebration of sisterhood, a testimony to the unique struggles of Black women, and a tour-de-force about the complex interplay of race, class, and opportunity, and how those forces shape our lives and our capacity for resilience and redemption.

**Wednesday | June 11 | 10:00-11:30a**

Sliding Scale \$5-\$20 | Reg. by 6/9 | Reif Gallery



## ***By Her Own Design:***

### ***A Novel of Ann Lowe, Fashion Designer to the Social Register***

by **Piper Huguley** BW25-23

The incredible, true, untold story of Ann Lowe, Jackie Kennedy's wedding dress designer, a Black woman who made some of the most famous dresses of all time, only to be forgotten by history.

Raised in Jim Crow Alabama, Ann learned the art of sewing from her mother and her grandmother, a former slave, who are the most talented seamstresses in the state. After Ann elopes, her dreams of becoming a celebrated designer seem to be put on hold. But then a wealthy Tampa socialite sees Ann's talent and offers her an amazing opportunity – the chance to sew and design clothing for Florida's society elite. Ann escapes her abusive husband and embarks on the adventure of a lifetime.

**Wednesday | July 9 | 10:00-11:30a**

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



## ***The Women*** by **Kristin Hannah** BW25-24

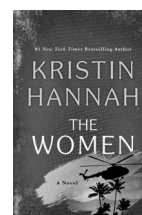
Women can be heroes. In 1965, the world is changing, and Frances "Frankie" McGrath dares to imagine a different future for herself. When her brother ships out to serve in Vietnam, she joins the Army Nurse Corps and follows his path.

In war, she meets and becomes one of the lucky, the brave, the broken, and the lost. But war is just the beginning for Frankie and her veteran friends. The real battle lies in coming home to a changed and divided America, to angry protesters, and to a country that wants to forget Vietnam.

This is the story of one woman gone to war, but it shines a light on all women who put themselves in harm's way and whose sacrifice and commitment to their country has too often been forgotten. – *Goodreads.com*

**Wednesday | Aug 13 | 10:00-11:30a**

Sliding Scale \$5-\$20 | Reg. by 8/11 | Reif Gallery



# community

## Stand Up & Speak Out: Comedy Open Mic

Laughter brings us together, and we're here for it. Join us under the pavilion this summer for Stand Up & Speak Out, a comedy open mic where voices are heard, stories are shared, and connections are made – one punchline at a time. Whether you're a seasoned comic or testing the waters, the mic is yours. Come discover (or become!) the next local favorite and be part of Stateline's growing comedy scene.

**2nd & 4th Thursdays | 8:00-10:00p**

CM25-21 | **May 8, 22** | Reg. by 5/6  
CM25-22 | **June 12, 26\*** | Reg. by 6/10  
CM25-23 | **July 10, 24** | Reg. by 7/8  
CM25-24 | **Aug 14, 28** | Reg. by 8/12  
Sliding Scale \$5-\$20

Jadey | Anjali Pavilion

*\*June 26 will be indoors in the  
Loretta & William Reif Gallery*

## ¡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**

CG25L-21 | **May 24** | Reg. by 5/22  
CG25L-22 | **June 14, 28** | Reg. by 6/12  
CG25L-23 | **July 12, 26** | Reg. by 7/10  
CG25L-24 | **Aug 9, 23** | Reg. by 8/7  
Sliding Scale \$5-\$20  
Sylvia Landreth | Reif Gallery

## WTF: Women Talking Freely

Perimenopause is a rollercoaster – hot flashes, brain fog, 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**

CG25Y-21 | **June 15** | Reg. by 6/13  
CG25Y-22 | **July 20** | Reg. by 7/18  
CG25Y-23 | **Aug 17** | Reg. by 8/15  
Sliding Scale \$5-\$20  
Rhiannon Yandell | Reif Gallery



**La Onda<sup>NFP</sup>** presents

An Evening with  
**Frida Kahlo**

**Friday, July 25, 2025**  
**6:00pm-9:00pm**  
**Anjali Pavilion, Womanspace**

Join us for the final celebration of La Onda's month-long Frida Fest! Come out to mingle and chat with an evening of drinks, music, & heavy hors d'oeuvres!

A speaker will also enlighten us with a fresh perspective of Frida Kahlo!



Sponsored by  womanspace

This event is a fundraiser for La Onda NFP.  
[www.somoslaonda.org](http://www.somoslaonda.org)

# community



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

## Summer Solstice Gathering RT25-21

Celebrate the Summer Solstice in community. With the sun at its fullest and brightest, gather with us in the summer light to witness where you're at within the sun's annual cycle. We will meet at the labyrinth and invite you to close out the evening around the fire to continue celebrating the longest day of the year in community. **Bring a beverage of your choice.**

**Friday | June 20 | 6:30-8:30p**

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

Register by 6/18

Kim Plumb | WSP Labyrinth

## 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—proselytizing, dogmatism, and political agendas are not.

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

CG25G-21 | **June 22** | Reg. by 6/20

CG25G-22 | **July 27** | Reg. by 7/25

CG25G-23 | **Aug 24** | Reg. by 8/22

Sliding Scale \$5-\$20

Laura Gorton | Reif Gallery

## Conversations that Matter: Giving Grace & Forgiveness

What does it really mean to give grace – or to forgive? And how do we extend that same compassion to ourselves? In this 90-minute guided conversation, we'll explore the power and complexity of grace and forgiveness—what they really mean, what they ask of us, and how they can help us heal and move forward. We'll begin with a short teaching to spark reflection, then open the space for meaningful dialogue where we'll share our thoughts, stories, and insights.

**Thursday | 5:30-7:00p**

CG25C-21 | **June 26** | Reg. by 6/24

\$15 (Member \$10)

Denise Colin | Reif Gallery

## Games in the Gallery: 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**

GG25-21 | **July 13** | Reg. by 7/11

GG25-22 | **Aug 10** | Reg. by 8/8

\$10 | Martha Schapals | Reif Gallery

## Conversations that Matter: Seeing Opportunity in Challenges

Some of life's hardest moments also hold the greatest potential for growth. But in the thick of pain, stress, or uncertainty, that's often hard to see. In this 90-minute guided discussion, we'll explore how challenges – while never easy – can become catalysts for insight, resilience, and transformation. After a short teaching to set the stage, we'll move into open-hearted discussion about how we uncover and embrace the opportunities within life's challenges – and how they can lead us to become stronger, wiser, and more whole.

**Thursday | 5:30-7:00p**

CG25C-22 | **Aug 21** | Reg. by 8/19

\$15 (Member \$10)

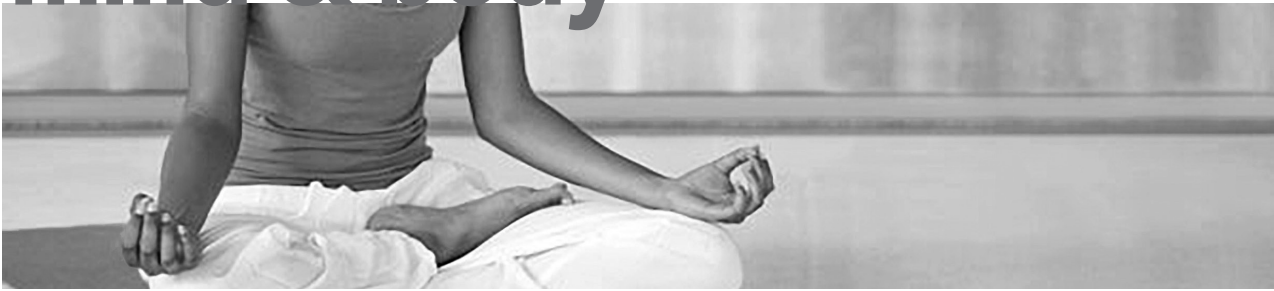
Denise Colin | Reif Gallery



## Looking for a Space for Your Group?

Ask about renting a space inside or out. Contact us at: [info@womanspace-rockford.org](mailto:info@womanspace-rockford.org)

# mind & body



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

## Meditation: A Wellness Practice

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

**Tuesdays | 8:30-9:30a**

MD25-21 | **May 6-27** (4 wk) | Reg. by 5/4

MD25-22 | **June 3-24** (4 wk) | Reg. by 6/1

MD25-23 | **July 1-29** (5 wk) | Reg. by 6/29

4-week Fee: \$50 (Member \$40) Single Class Fee: \$15

5-week Fee: \$60 (Member \$50) Single Class Fee: \$15

Shiraz Tata, Ph.D. | Zoom

## Songs to the Divine: Mystical Poetry From East, West & Indigenous MB25-21

In this three-week series, you will discover poetry that moves the soul, beyond theology, from a primal language that brings us together. We will speak it, carry its words onto music, interact with it, bring our voices to it, find ways to express its beauty and truth, and take it home with you. Try writing lines yourself between the three sessions. *All registration fees go to support Womanspace.*

**Wednesdays | May 14-28 | 6:00-7:30p** | Reg. by 5/12

\$25 (Member \$20) | Jim Roberts | Reif Gallery

## NAMI In Our Own Voice: Changing the Conversation on Mental Health MB25-22

Join us at Womanspace for NAMI In Our Own Voice, a powerful 90-minute presentation that breaks down stigma and fosters understanding of mental health. Hear personal stories from individuals with lived experience, ask questions, and gain insight into the challenges and resilience of those living with mental health conditions. This interactive session offers hope, education, and resources to support a more compassionate community. All are welcome!

**Thursday | May 22 | 6:00-7:30p** | Reg. by 5/20

\$20 (Member \$15) | Danielle Angileri | Reif Gallery

## Ayurveda & Women's Health: A Holistic Approach to Hormones, Digestion & Vitality MB25-23

Discover how Ayurveda – the ancient science of life – offers time-tested tools to support women's health across every stage of life. This presentation will explore how Ayurvedic herbs, nutrition, and lifestyle practices can help balance hormones, ease menstrual and menopausal symptoms, improve digestion, and reduce stress. Learn how tuning into your dosha and embracing simple daily rituals can restore balance, promote vitality, and deepen your connection to your body's natural rhythms.

**Saturday | July 12 | 1:00-3:00p** | Reg. by 7/10

\$35 (Member \$30) | Swati Mhaske | Reif Gallery



## Memorials at Womanspace (Gardens and Beyond)

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

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

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

# mind & body

## Living Full

Living full means feeling like your life is truly yours – not just a routine you go through, but an experience you're present for. It's about waking up to what matters, connecting more deeply with yourself and others, and finding a sense of meaning that runs deeper than just checking boxes. Whether you're feeling stuck, disconnected, or simply know there's more to life than what you're currently living, this series is designed to help you shift perspective, spark insight, and explore new tools for lasting fulfillment.

Join us for one session or the full series – each two-hour workshop blends teaching, discussion, and practical exercises in a welcoming, supportive space.

- Mondays | 6:00-8:00p** | Denise Colin | ND Upper Studio  
MB25-24a | **Pt 1: Being True to Yourself | July 14** | Reg. by 7/12  
Build a foundation of self-awareness, self-love, and authenticity.
- MB25-24b | **Pt 2: Connecting with Others | July 28** | Reg. by 7/26  
Cultivate genuine, meaningful relationships rooted in grace, presence, and love.
- MB25-24c | **Pt 3: Seeking Fulfillment | Aug 11** | Reg. by 8/9  
Explore what it means to live more purposefully, guided by your higher power.

**All three classes: \$75 (Member \$65) Individual Class: \$25**



**Congratulations on 50 years**  
**of CONNECTING, EMPOWERING,**  
**CREATING and TRANSFORMING**  
**our world—one woman at a time!**



## Yoga in the Garden YS25-21

Make room in your body and mind for the birdsong, sunshine and smell of blooming flowers. Embrace the sun, stretch your arms up and plant your feet into the ground like roots during this 60-minute, all levels vinyasa yoga class. **Bring a bottle of water. No mats required. If the summer sunshine is not on our side, we'll practice under the Pavilion with mats.**

**Sunday | June 22 | 1:00-2:00p** | Reg. by 6/20  
\$25 (Member \$20) | Rhiannon Yandell | Pavilion & Back Lawn

## Gongtopia MB25-25

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, yoga mat/blanket and wear comfy clothing.**

**Friday | July 18 | 6:30-8:00p** | Reg. by 7/16  
\$35 (Member \$30) Walk-in Fee: \$40  
Michael Bettine | Anjali Pavilion

## Inner Compass:

### Intuitive Eating & Movement MB25-26

Your body holds wisdom – are you ready to listen? In this two-hour workshop, we'll explore how to reconnect with your inner compass through the principles of intuitive eating and joyful movement. You'll learn to tune into your body's cues, release the pressure of diet and exercise rules, and rediscover what it feels like to eat and move from a place of self-trust and care.

At the heart of this experience is the belief that your body already knows what to do. The challenge isn't learning more – it's learning to trust what's already within. Through open conversation, guided reflection, and gentle, accessible movement, we'll create space to rebuild that trust and return to a more compassionate, connected relationship with your body.

**Sunday | Aug 3 | 1:00-3:00p** | Reg. by 8/1  
\$30 (Member \$25) | Rhiannon Yandell | Yoga Studio

# art & soul



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

## Reiki Resilience Workshop

Reiki isn't just about aligning with inner peace. Reiki can also help us tap into our own power and intuition. These skills can prove invaluable when faced with challenges, transitions and the unknown. During this session we will practice feeling energy, learn how to ground and center ourselves, and take time to connect to our third eye and solar plexus. **No experience is necessary. Wear comfortable clothing and no perfumes.**

**Thursday | June 12 | Reg. by 6/10**  
AS25-21 | **1:30-3:00p** | Yoga Studio  
AS25-22 | **6:00-7:30p** | Reif Gallery  
\$30 (Member \$25) | Deb Rose

## Journaling in Nature AS25-23

Come join Deb for a time of creativity and self-care. In our hectic world, we often feel too busy to set aside time to create and relax, looking at it as a luxury. Yet, when we are rested and take care of ourselves, we have more energy and inner strength. During this workshop, Deb will lead you in journaling prompts to help you connect with the cycles of nature, engage your senses, and allow your creative spirit time to wander. **Dress for the weather. We will be spending time outdoors both in the Anjali Pavilion and on the lovely grounds of Womanspace. You may like to bring a camping chair and a blanket, too.**

**Friday | June 13 | 1:00-4:00p** | Reg. by 6/11  
\$50 (Member \$45) | Deb Rose | Anjali Pavilion & Grounds

## Intuitive Painting & Meditation AS25-24

Celebrate the warmth and freedom of summer with a relaxing and playful intuitive painting experience! We'll begin with a guided meditation to open the flow of creativity, then explore the process of layering paint and letting go of expectations. This is a space for self-expression, personal reflection, and creative joy. Come as you are and let your art evolve naturally. **All supplies provided.**

**Sunday | July 13 | 1:00-4:00p** | Reg. by 7/11  
\$55 (Member \$50) | Rhiannon Yandell | ND Upper Studio

## Automatic Writing AS25-26

Channeling the higher you. Changing times can call us to stay in clear contact with our higher self and wisdom. Automatic writing is a tool to help us receive insights that seem well beyond our busy brains. This is an easy practice that gets more powerful as you use it. We'll cover history of the practice, common steps used, and how to prepare yourself. We will complete several writing practices. **Please bring a journal and your favorite pen.**

**Wednesday | July 23 | 6:00-8:00p** | Reg. by 7/21  
\$35 (Member \$30) | Suni Moon | Anjali Pavilion



## The Gardens & Grounds need YOU!

If you like to spend time outside "playing in the dirt," PLEASE consider being part of our "Adopt-a-Space" opportunity. **We could use your help.** We have many small spaces that need occasional maintenance including weeding, trimming, caring, etc.

Volunteers can be individuals, pairs, families, or groups that work on their adopted space any time and on their own schedule, perhaps weekly or just as needed once you get to know your space.

**For info or to volunteer, contact Anne at [agodin7733@aol.com](mailto:agodin7733@aol.com)**

# art & soul

## Finding Empowerment & Resilience in Writing

Deb Rose has her M.F.A. in Writing and Consciousness, which means writing for social change. One of the best ways to shift people's views and thinking is for people to share their experiences. Historically, the books that were published were written by people in power. With self-publishing, hybrid publishing and social media, that dynamic has been changing. Sharing our stories, allowing readers to connect with people of all walks of life helps our world become a more rounded, compassionate place to live in.

Deb will lead us in writing prompts for storytelling and reflection that help bring the themes of our writing forward. Join us for three consecutive weeks or pick and choose which classes you take. **No experience is necessary. Bring a journal and writing utensil or laptop.**

**Thursdays | 6:00-8:00p**

### Writing for Resilience

AS25-25a | **July 17** | Reg. by 7/15

### The Empowered Path

AS25-25b | **July 24** | Reg. by 7/22

### Womanspace: My Personal Journey

AS25-25c | **July 31** | Reg. by 7/29

Full Series: \$90 (Member \$80) Single class: \$35  
Deb Rose | ND Upper Studio

## Your Art and Soul is in your Chart AS25-27

Unlock the power of astrology to guide your creative and personal growth! Explore how the elements in your natal chart and current astrological movements can align you with your artistic purpose, personal evolution, and deeper connections with others. Ready to discover your cosmic path? **Personal astrology readings discussing these topics within your chart can be scheduled to follow the workshop for an additional price of \$25 for a 20 minute reading (payment should be given directly to instructor at the time of the reading).**

**Saturday | August 2 | 2:00-3:30p** | Reg. by 7/31  
\$35 (Member \$30) | Kim Plumb | ND Upper Studio

## Mandalas & Mantras: Finding Focus, Flow & Resilience AS25-28

Discover the meditative power of art and words in this uplifting workshop where creativity meets mindfulness. We'll begin with a grounding meditation, focus our intentions into a personal mantra, and carry that energy into our mandala art. This experience invites calm, reflection, and connection to your inner strength – part of our ongoing exploration of empowerment and resilience through the arts. **No art experience needed – just come as you are. Bring a symbol or image you may want to include in your design. All supplies provided, including canvas, alcohol inks, acrylic markers, and tools.**

**Friday | Aug 8 | 6:00-9:00p** | Reg. by 8/6  
\$55 (Member \$50) | Nicole Landreth | ND Upper Studio



## Art & Soul Showcase: Finding Empowerment & Resilience through the Arts Friday, August 22, 6:00-9:00p

Hosted by Deb Rose in the Anjali Pavilion at Womanspace

In the spirit of celebrating and honoring Dorothy & Elaine, and 50 years of Womanspace programming and community connection, this evening is designed to showcase the creativity, expression, and transformation that has grown from our shared journey. Through learning new skills, discovering inspiration, and finding encouragement, we'll celebrate the decades of art and personal growth made possible through Womanspace. Whether through a painting, pottery, poetry, dance, or memoir – we invite you to share the art you've created, the inspiration you've found, or simply come to witness the beauty of our community's talent and spirit. Let's celebrate where we've been – and help shape what's next.

AS25-29 | \$20 | Reg. by 8/20

# movement

Dress comfortably, bring a yoga mat and desired props.

## SoulFlow: Ecstatic Dance & Movement

Move freely, breathe deeply, and reconnect with yourself in SoulFlow, a gentle yet expressive ecstatic dance experience. With no choreography, this practice invites you to release tension and embrace joyful movement. Begin with grounding meditation, flow into organic dance, and end with relaxation, leaving you refreshed and present.

### May – Roots and Wings:

#### Connecting with Your Inner Strength

A journey of dance that invites you to root yourself in the earth, feel safe in your body and open yourself to the potential for transformation. Focus: resilience, stability, connection with nature. *Element: Earth and Air.*

### June – Reborn in Motion:

#### Healing through the Body and Music

A space to release emotional blockages and allow the body to express itself in its entirety, promoting self-healing. Focus: emotional healing, release, flow. *Element: Water.*

### July – Inner Flame: Power of Self-Love

An encounter to ignite passion for oneself, reconnect with the joy and pleasure of being, embracing authenticity. Focus: empowerment, confidence, creativity. *Element: Fire.*

### August – Sacred Union: Celebrating Connection with Ourselves & the Whole

A closing that honors the transformation experienced, integrating body, mind & spirit in a dance of self-love & community. Focus: integration, wholeness, connection with the universe. *Element: Ether.*

### Sundays | 3:00-4:30p

DA25-21 | **May 18\*** | Reg. by 5/16  
 DA25-22 | **June 15** | Reg. by 6/13  
 DA25-23 | **July 20** | Reg. by 7/18  
 DA25-24 | **Aug 17** | Reg. by 8/15

\$20 (Mem \$15) | Vanessa Villabona  
 Back Lawn (Yoga Studio weather alt)  
 \*May 18 the time will be 4:00-5:30p



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

## Adaptive Yoga

**All levels.** Adaptive Yoga is a particularly effective practice and can have therapeutic benefits for those recovering from, or living with injury, illness, or disease. This specialty yoga course blends chair yoga, restorative yoga (supported postures), gentle yoga, Pranayama (breath work), individualized attention, and guided meditation techniques combined in such a way that it is an excellent choice for those who need something gentle, yet effective.

Examples of chronic conditions that may benefit from this therapeutic approach: multiple sclerosis, chronic pain, fibromyalgia, arthritis, lupus, injury/surgery recovery, diabetes/neuropathy, those with limited mobility, and those just wanting a safe, gentle practice to support healthy aging.

### Wednesdays | 10:00-11:00a

YT25-21 | **May 7-28** (4 wk)  
 YT25-22 | **June 4-25** (4 wk)  
 YT25-23 | **July 9-30** (4 wk)  
 YT25-24 | **Aug 6-27** (4 wk)

Register by 2 days before each session

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

Amanda Stivers | Zoom Only

### Friday Recordings | 10:00a

YT25F-21 | **May 2-30** (5 wk)  
 YT25F-22 | **June 6-27** (4 wk)  
 YT25F-23 | **July 4-25** (4 wk)  
 YT25F-24 | **Aug 1-29** (5 wk)

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

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

Reg. by 2 days before for each session

*\*Due to Glitzy Garage Sale prep, conditions for some of these classes may be a bit noisier than usual.*

## 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.

### Wednesdays | 4:30-5:30p

YP25-21 | **May 7-28** (4 wk)  
 YP25-22 | **June 4-25** (4 wk)  
 YP25-23 | **July 9-30** (4 wk)  
 YP25-24 | **Aug 6-27** (4 wk)

### Thursdays | 10:00-11:00a

YG25-21 | **May 1-29\*** (5 wk)  
 YG25-22 | **June 5-26\*** (4 wk)  
 YG25-23 | **July 10-31** (4 wk)  
 YG25-24 | **Aug 7-28** (4 wk)

Reg. 2 days before | Single class: \$15

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

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

Amanda Stivers | Yoga Studio

## Unwind at 6:

### Yoga to Relax & Reset

**All levels.** This all-levels 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

YU25-21 | **May 6-27** (4 wk)  
 YU25-22 | **June 3-24** (4 wk)  
 YU25-23 | **July 1-29** (5 wk)  
 YU25-24 | **Aug 5-26** (4 wk)

Reg. 2 days before | Single class: \$15

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

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

Kyra Nakamatsu | Yoga Studio

<p><b>May 2025</b></p>	<p><b>4</b></p>	<p><b>5</b> Cinco de Mayo</p> <p>3:30 Grounds Committee</p> <p>6:00-8:00 Manic Monday Clay 5</p>	<p><b>6</b></p> <p>8:30-9:30 Meditation 1</p> <p>10:00-12:00 Basic Handbuild 4</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-7:00 Unwind at 6: Yoga 1</p> <p>6:00-8:00 BWT Pottery 5</p>	<p><b>7</b></p> <p>9:30-12:30 Whimsical HB 2</p> <p>10:00-11:00 Adaptive Yoga 1</p> <p>2:30-4:30 Basic Handbuild 4</p> <p>4:30-5:30 Hatha Yoga 1</p> <p>5:00-9:00 Open Clay Studio</p>	<p><b>8</b></p> <p>10:00-11:00 Hatha Yoga 2</p> <p>10:00-12:00 BWT Pottery 4</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 Handbuilt Pottery 4</p>	<p><b>1</b> Asian Pacific American Heritage Month</p> <p>10:00-11:00 Hatha Yoga 1</p> <p>10:00-12:00 Splashdown 5</p> <p>10:00-12:00 BWT Pottery 3</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 Handbuilt Pottery 4</p>	<p><b>2</b></p> <p>Offices closed</p> <p>9:00-3:00 Open Clay Studio</p> <p>10:00 Adapt. Yoga Recording 1</p> <p>11:00-1:00 Painting w/ Jaymee 5</p> <p><b>5:30-7:00</b></p> <p><b>You Are What You Art: Rktfd Art Guild Show opening</b></p> <p>6:00-9:00 Absolute BWT 6</p>	<p><b>3</b> World Labyrinth Day</p> <p>9:00-12:00 Int. WT Pottery 3</p>
<p><b>11</b> Mothers' Day</p> <p>11:00 Executive Committee</p> <p>1:00 Membership Committee</p> <p>1:00-4:00 Wild Women Clay 1</p> <p>6:00-8:00 Bad Girl Book Club</p> <p>6:00-8:00 Manic Monday Clay 6</p>	<p><b>12</b></p> <p>11:00 Executive Committee</p> <p>1:00 Membership Committee</p> <p>1:00-4:00 Wild Women Clay 1</p> <p>6:00-7:00 Unwind at 6: Yoga 2</p> <p>6:00-8:00 FG: Incense Holder</p> <p>6:00-8:00 BWT Pottery 6</p>	<p><b>13</b></p> <p>8:30-9:30 Meditation 2</p> <p>10:00-12:00 Watercolor Studio 1</p> <p>10:00-12:00 Basic Handbuild 5</p> <p>12:00-1:00 L&amp;L: NAMI</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-7:00 Unwind at 6: Yoga 2</p> <p>6:00-8:00 FG: Incense Holder</p> <p>6:00-8:00 BWT Pottery 6</p>	<p><b>14</b></p> <p>9:30-12:30 Whimsical HB 3</p> <p>10:00-11:00 Adaptive Yoga 2</p> <p>10:00-11:30 Bookwoman</p> <p>2:30-4:30 Basic Handbuild 5</p> <p>4:30-5:30 Hatha Yoga 2</p> <p>5:00-9:00 Open Clay Studio</p> <p>6:00-7:30 Song to the Divine 1</p>	<p><b>15</b></p> <p>10:00-11:00 Hatha Yoga 3</p> <p>10:00-12:00 Watercolor Studio 1</p> <p>10:00-12:00 BWT Pottery 5</p> <p>1:00-5:00 Open Clay Studio</p> <p>3:30 Finance Committee</p> <p>6:00-7:00 Kids' Ballet Magic</p> <p>6:00-8:00 Handbuilt Pottery 6</p>	<p><b>16</b></p> <p>Offices closed</p> <p>9:00-3:00 Open Clay Studio</p> <p>10:00 Adapt. Yoga Recording 3</p> <p>11:00-1:00 Painting w/ Jaymee 1</p> <p>6:00-9:00 Absolute BWT 7</p>	<p><b>17</b></p> <p>Offices closed</p> <p>9:00-3:00 Open Clay Studio</p> <p>10:00 Adapt. Yoga Recording 3</p> <p>11:00-1:00 Painting w/ Jaymee 1</p> <p>6:00-9:00 Absolute BWT 7</p>	<p><b>10</b></p> <p>Offices closed</p> <p>9:00-3:00 Open Clay Studio</p> <p>10:00 Adapt. Yoga Recording 2</p> <p>10:00-4:00 BloomFest</p>	
<p><b>18</b></p> <p>12:00-3:00 Nancy Benson Memorial</p> <p>4:00-5:30 SoulFlow</p>	<p><b>19</b></p> <p>1:00-4:00 Wild Women Clay 2</p> <p>6:00-8:00 Manic Monday 1</p> <p>6:30-9:00 Seekers</p>	<p><b>20</b></p> <p>8:30-9:30 Meditation 3</p> <p>10:00-12:00 Watercolor Studio 2</p> <p>10:00-12:00 Basic Handbuild 6</p> <p>12:00-1:00 L&amp;L: Faithful Friends</p> <p>1:00-5:00 Open Clay Studio</p> <p>5:30 Board Meeting</p> <p>6:00-7:00 Unwind at 6: Yoga 3</p> <p>6:00-8:00 BWT Pottery 1</p>	<p><b>21</b></p> <p>9:30-12:30 Whimsical HB 4</p> <p>10:00-11:00 Adaptive Yoga 3</p> <p>2:30-4:30 Basic Handbuild 6</p> <p>4:30-5:30 Hatha Yoga 3</p> <p>5:00-9:00 Open Clay Studio</p> <p>6:00-7:30 Song to the Divine 2</p>	<p><b>22</b></p> <p>10:00-11:00 Hatha Yoga 4</p> <p>10:00-12:00 Watercolor Studio 2</p> <p>10:00-12:00 BWT Pottery 6</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-7:30 NAMI in Our Own Voice</p> <p>6:00-8:00 Handbuilt Pottery 1</p> <p>8:00-10:00 Comedy Open Mic</p>	<p><b>23</b></p> <p>Offices closed</p> <p>10:00 Adapt. Yoga Recording 4</p> <p>11:00-1:00 Painting w/ Jaymee 2</p> <p>6:00-9:00 Absolute BWT 8</p>	<p><b>24</b></p> <p>Offices closed</p> <p>10:00 Adapt. Yoga Recording 4</p> <p>11:00-1:00 Painting w/ Jaymee 2</p> <p>2:00-4:00 Campus Closed for Private Rental</p>	<p><b>29</b> GGS Gross Sort</p> <p>10:00-11:00 Hatha Yoga 5</p> <p>10:00-12:00 BWT Pottery 1</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-7:30 NAMI in Our Own Voice</p> <p>6:00-8:00 Handbuilt Pottery 1</p> <p>8:00-10:00 Comedy Open Mic</p>	
<p><b>25</b></p> <p>12:00-4:15 GGS Set-up</p>	<p><b>26</b> Memorial Day Begin Accepting Glitzy Donations</p>	<p><b>27</b> GGS Gross Sort</p> <p>8:30-9:30 Meditation 4</p> <p>10:00-12:00 Basic Handbuild 1</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-7:00 Unwind at 6: Yoga 4</p> <p>6:00-8:00 BWT Pottery 2</p>	<p><b>28</b> GGS Gross Sort</p> <p>9:30-12:30 Whimsical HB 1</p> <p>10:00-11:00 Adaptive Yoga 4</p> <p>2:30-4:30 Basic Handbuild 1</p> <p>4:30-5:30 Hatha Yoga 4</p> <p>5:00-9:00 Open Clay Studio</p> <p>6:00-7:30 Song to the Divine 3</p>	<p><b>29</b> GGS Gross Sort</p> <p>10:00-11:00 Hatha Yoga 5</p> <p>10:00-12:00 BWT Pottery 1</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 Handbuilt Pottery 2</p>	<p><b>30</b> GGS Gross Sort</p> <p>Offices closed</p> <p>9:00-3:00 Open Clay Studio</p> <p>10:00 Adapt. Yoga Recording 5</p> <p>11:00-1:00 Painting w/ Jaymee 3</p>	<p><b>31</b> GGS Gross Sort</p> <p>9:00-12:00 Int. WT Pottery 1</p>	<p><b>3</b> World Labyrinth Day</p> <p>9:00-12:00 Int. WT Pottery 3</p>	

<p><b>1</b> Pride Month <b>June 2025</b></p>	<p><b>2</b> Last day for GGS Donations GGG Sort</p>	<p><b>3</b> GGS Sort</p>	<p><b>4</b> GGS Price</p>	<p><b>5</b> GGS Price</p>	<p><b>6</b> Offices closed 10:00 Adapt. Yoga Recording 1 9:00-5:00 Glitzy Garage Sale</p>	<p><b>7</b></p>
<p><b>8</b></p>	<p><b>9</b></p>	<p><b>10</b></p>	<p><b>11</b></p>	<p><b>12</b></p>	<p><b>13</b></p>	<p><b>14</b> Flag Day</p>
<p><b>15</b> Fathers' Day</p>	<p><b>16</b></p>	<p><b>17</b></p>	<p><b>18</b></p>	<p><b>19</b> Juneteenth</p>	<p><b>20</b></p>	<p><b>21</b> International Yoga Day</p>
<p><b>22</b> You Are What You Art: Rkfd Art Guild Show closes</p>	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>
<p><b>29</b></p>	<p><b>30</b></p>					

**1** 1:00-4:00 Wild Women Clay 3  
3:30 Grounds Committee  
6:00-8:00 Manic Monday 2

**2** 11:00 Executive Committee  
1:00 Membership Committee  
1:00-4:00 Wild Women Clay 4  
6:00-8:00 Bad Girl Book Club  
6:00-8:00 Manic Monday 3

**3** 8:30-9:30 Meditation 1  
10:00-12:00 Basic Handbuild 2  
1:00-5:00 Open Clay Studio  
6:00-7:00 Unwind at 6: Yoga 1  
6:00-8:00 BWT Pottery 3

**4** 9:30-12:30 Whimsical HB 2  
10:00-11:00 Adaptive Yoga 1  
2:30-4:30 Basic Handbuild 2  
4:30-5:30 Hatha Yoga 1  
5:00-9:00 Open Clay Studio

**5** 10:00-11:00 Hatha Yoga 1  
10:00-12:00 BWT Pottery 2  
1:00-5:00 Open Clay Studio  
6:00-8:00 Handbuilt Pottery 3

**6** 9:00-3:00 Open Clay Studio  
10:00 Adapt. Yoga Recording 2  
11:00-1:00 Painting w/ Jaymee 4  
1:00-4:00 Nature Journaling  
6:00-9:00 Community Studio

**7** 9:00-11:00 Generations Art  
9:00-12:00 Int. WT Pottery 2  
10:00-11:30 Practicar Español 1  
Delores Burkholder Memorial

**8** 9:00-1:00  
Glitzy Garage Sale

**9** 1:00-5:00 Open Clay Studio  
6:00-7:30 Reiki: Resilience  
6:00-8:00 Handbuilt Pottery 4  
8:00-10:00 Comedy Open Mic

**10** 8:30-9:30 Meditation 2  
10:00-12:00 Basic Handbuild 3  
1:00-5:00 Open Clay Studio  
6:00-7:00 Unwind at 6: Yoga 2  
6:00-8:00 BWT Pottery 4

**11** 9:30-12:30 Whimsical HB 3  
10:00-11:00 Adaptive Yoga 2  
10:00-11:30 Bookwoman  
2:30-4:30 Basic Handbuild 3  
4:30-5:30 Hatha Yoga 2  
5:00-9:00 Open Clay Studio

**12** 10:00-11:00 Hatha Yoga 2  
10:00-12:00 BWT Pottery 3  
1:30-3:00 Reiki Resilience  
1:00-5:00 Open Clay Studio  
3:30 Finance Committee

**13** 10:00-11:00 Hatha Yoga 3  
10:00-12:00 BWT Pottery 4  
1:00-5:00 Open Clay Studio  
6:00-7:00 Unwind at 6: Yoga 3  
6:00-8:00 BWT Pottery 5

**14** 9:00-12:00 Int. WT Pottery 3  
12:00-1:00 L&L: Celebrate Life w/ Laughter

**15** 1:00-2:30 Women Talking Freely  
3:00-4:30 SoulFlow

**16** 5:30 Board Meeting  
6:00-7:00 Unwind at 6: Yoga 3  
6:00-8:00 BWT Pottery 5

**17** 8:30-9:30 Meditation 3  
10:00-12:00 Basic Handbuild 4  
1:00-5:00 Open Clay Studio

**18** 9:30-12:30 Whimsical HB 4  
10:00-11:00 Adaptive Yoga 3  
2:30-4:30 Basic Handbuild 4

**19** 10:00-11:00 Hatha Yoga 3  
10:00-12:00 BWT Pottery 4  
1:00-5:00 Open Clay Studio

**20** 9:00-3:00 Open Clay Studio  
10:00 Adapt. Yoga Recording 3  
11:00-1:00 Painting w/ Jaymee 5

**21** 9:00-12:00 Int. WT Pottery 4  
12:00-1:00 L&L: Ethnic Heritage  
1:00-2:30 Kids Art Club: Nature Sun Prints

**22** 1:00-2:00 Yoga in the Garden  
1:00-2:30 Spiritual Conversations

**23** 6:00-8:00 Manic Monday 4  
6:30-9:00 Seekers

**24** 8:30-9:30 Meditation 4  
1:00-5:00 Open Clay Studio

**25** 9:30-12:30 Whimsical HB 1  
10:00-11:00 Adaptive Yoga 4

**26** 10:00-11:00 Hatha Yoga 4  
10:00-12:00 BWT Pottery 5  
1:00-5:00 Open Clay Studio

**27** 9:00-3:00 Open Clay Studio  
10:00 Adapt. Yoga Recording 4  
5:00-7:00  
Overflow Art Sale Opens

**28** 9:00-12:00 Int. WT Pottery 4  
10:00-11:30 Practicar Español 2  
12:00-1:00 L&L: Ethnic Heritage  
1:00-2:30 Kids Art Club: Nature Sun Prints

**29** 1:00-5:00  
She Hive 815  
"Faire of the Fae  
Midsummer Tea"

**30** 5:30-7:00 Converse: Giving Grace  
6:00-8:00 Handbuilt Pottery 6  
8:00-10:00 Comedy Open Mic

**31** 6:00-9:00  
One Enchanted Evening  
Garden Party

July 2025		S		M		T		W		T		F		S																																					
6		7	1:00-4:00 Wild Women Clay 3 3:30 Grounds Committee 6:00-8:00 Manic Monday 1	8	8:30-9:30 Meditation 2 10:00-12:00 Toes in Water 1 10:00-12:00 Basic Handbuild 6 1:00-5:00 Open Clay Studio	9	9:30-12:30 Whimsical HB 3 10:00-11:00 Adaptive Yoga 1 10:00-11:30 Bookwoman 2:30-4:30 Basic Handbuild 6 4:30-5:30 Hatha Yoga 1 5:00-9:00 Open Clay Studio	10	10:00-11:00 Hatha Yoga 1 10:00-12:00 Splashdown 1 10:00-12:00 BWT Pottery 1 1:00-5:00 Open Clay Studio 3:30 Finance Committee 6:00-8:00 Handbuilt Pottery 2 8:00-10:00 Comedy Open Mic	11	9:00-3:00 Open Clay Studio 10:00 Adapt. Yoga Recording 2 11:00-1:00 Painting w/ Jaymee 1 5:00-7:00 Overflow Art Sale Closing Reception	12	9:00-12:00 Int. WT Pottery 1 10:00-11:30 Practicar Español 1 10:00-1:00 Int. Machine Sewing 1:00-3:00 Ayurveda 2:00-4:00 Wine Wind Chimes	13	1:00-4:00 Games: BUNCO! 1:00-4:00 Intuitive Painting & Meditation	14	11:00 Executive Committee 1:00-4:00 Wild Women Clay 4 6:00-8:00 Living Full: Being True 6:00-8:00 Bad Girl Book Club 6:00-8:00 Manic Monday 2	15	8:30-9:30 Meditation 3 10:00-12:00 Toes in Water 2 10:00-12:00 Basic Handbuild 1 1:00-5:00 Open Clay Studio 5:30 Board Meeting 6:00-7:00 Unwind at 6: Yoga 3 6:00-8:00 BWT Pottery 3	16	9:30-12:30 Whimsical HB 4 10:00-11:00 Adaptive Yoga 2 2:30-4:30 Basic Handbuild 1 4:30-5:30 Hatha Yoga 2 5:00-9:00 Open Clay Studio	17	10:00-11:00 Hatha Yoga 2 10:00-12:00 Splashdown 2 10:00-12:00 BWT Pottery 2 1:00-5:00 Open Clay Studio 6:00-8:00 Resilience in Writing 1 6:00-8:00 Handbuilt Pottery 3	18	9:00-3:00 Open Clay Studio 10:00 Adapt. Yoga Recording 3 11:00-1:00 Painting w/ Jaymee 2 5:30-7:00 Star Student & Teacher show Opening Reception 6:30-8:00 Gongtopia	19	9:00-12:00 Int. WT Pottery 2 1:00-5:00 Watercolor & Ink 1:00-2:00 L&L: Ethnic Heritage Field Trip	20	1:00-2:30 Women Talking Freely 1:00-4:00 Tote-ally Inked 3:00-4:30 SoulFlow	21	6:00-8:00 Manic Monday 3 6:30-9:00 Seekers	22	8:30-9:30 Meditation 4 10:00-12:00 Toes in Water 3 10:00-12:00 Basic Handbuild 2 1:00-5:00 Open Clay Studio 6:00-7:00 Unwind at 6: Yoga 4 6:00-8:00 BWT Pottery 4	23	9:30-12:30 Whimsical HB 1 10:00-11:00 Adaptive Yoga 3 2:30-4:30 Basic Handbuild 2 4:30-5:30 Hatha Yoga 3 5:00-9:00 Open Clay Studio 6:00-8:00 Automatic Writing	24	10:00-11:00 Hatha Yoga 3 10:00-12:00 Splashdown 3 10:00-12:00 BWT Pottery 3 1:00-5:00 Open Clay Studio 6:00-8:00 Resilience in Writing 2 6:00-8:00 Handbuilt Pottery 4 8:00-10:00 Comedy Open Mic	25	9:00-3:00 Open Clay Studio 10:00 Adapt. Yoga Recording 4 11:00-1:00 Painting w/ Jaymee 3 6:00-9:00 La Onda "An Evening with Frida Kahlo"	26	9:00-12:00 Int. WT Pottery 3 10:00-11:30 Practicar Español 2 10:00-1:00 Fused Glass Mandala 1:00-2:30 Kids Art Club: Frida Self-Portraits 6:00-9:00 Community Studio	27	1:00-2:30 Spiritual Conversations	28	6:00-8:00 Living Full: Connecting 6:00-8:00 Manic Monday 4 6:00-9:00 S&F: The Hours 12:00p Beat the Heat Online Auction Begins	29	8:30-9:30 Meditation 5 10:00-12:00 Toes in Water 4 10:00-12:00 Basic Handbuild 3 1:00-5:00 Open Clay Studio	30	9:30-12:30 Whimsical HB 2 10:00-11:00 Adaptive Yoga 4 2:30-4:30 Basic Handbuild 3 4:30-5:30 Hatha Yoga 4 5:00-9:00 Open Clay Studio	31	10:00-11:00 Hatha Yoga 4 10:00-12:00 Splashdown 4 10:00-12:00 BWT Pottery 4 1:00-5:00 Open Clay Studio 6:00-8:00 Resilience in Writing 3 6:00-8:00 Handbuilt Pottery 5

# August 2025

<p><b>3</b></p> <p>1:00-3:00 Inner Compass: Intuitive Eating &amp; Movement</p>	<p><b>4</b></p> <p>1:00-4:00 Wild Women Clay 1 3:30 Grounds Committee</p> <p>6:00-8:00 Manic Monday 5</p>	<p><b>5</b></p> <p>10:00-12:00 Toes in Water 5 10:00-12:00 Basic Handbuild 4</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-7:00 Unwind at 6: Yoga 1 6:00-8:00 BWT Pottery 6</p>	<p><b>6</b></p> <p>9:30-12:30 Whimsical HB 3 10:00-11:00 Adaptive Yoga 1</p> <p>2:30-4:30 Basic Handbuild 4</p> <p>4:30-5:30 Hatha Yoga 1 5:00-9:00 Open Clay Studio</p>	<p><b>7</b></p> <p>10:00-11:00 Hatha Yoga 1 10:00-12:00 Splashdown 5 10:00-12:00 BWT Pottery 5</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 Handbuilt Pottery 6</p>	<p><b>8</b></p> <p>Offices closed 9:00-3:00 Open Clay Studio 10:00 Adapt. Yoga Recording 1 11:00-1:00 Painting w/ Jaymee 4</p>	<p><b>9</b></p> <p>Offices closed 9:00-12:00 Int. WT Pottery 1 10:00-11:30 Practicar Español 1 10:00-12:30 Watercolor Bookmark</p>
<p><b>10</b></p> <p>1:00-4:00 Games: BUNCO!</p>	<p><b>11</b></p> <p>11:00 Executive Committee 1:00 Membership Committee 1:00-4:00 Wild Women Clay 2</p> <p>6:00-8:00 Living Full: Fulfillment 6:00-8:00 Bad Girl Book Club 6:00-8:00 Manic Monday 6</p>	<p><b>12</b></p> <p>10:00-12:00 Basic Handbuild 5</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-7:00 Unwind at 6: Yoga 2 6:00-8:00 BWT Pottery 1</p>	<p><b>13</b></p> <p>9:30-12:30 Whimsical HB 4 10:00-11:00 Adaptive Yoga 2 10:00-11:30 Bookwoman</p> <p>2:30-4:30 Basic Handbuild 5</p> <p>4:30-5:30 Hatha Yoga 2 5:00-9:00 Open Clay Studio</p>	<p><b>14</b></p> <p>10:00-11:00 Hatha Yoga 2 10:00-12:00 BWT Pottery 6</p> <p>1:00-5:00 Open Clay Studio 3:30 Finance Committee</p> <p>6:00-8:00 Handbuilt Pottery 1 8:00-10:00 Comedy Open Mic</p>	<p><b>15</b></p> <p>Offices closed 9:00-3:00 Open Clay Studio 10:00 Adapt. Yoga Recording 3 11:00-1:00 Painting w/ Jaymee 1</p>	<p><b>16</b></p> <p>9:00-12:00 Int. WT Pottery 2</p>
<p><b>17</b></p> <p>Star Student &amp; Teacher show closes 1:00-2:30 Women Talking Freely 3:00-4:30 SoulFlow</p>	<p><b>18</b></p> <p>1:00-4:00 Wild Women Clay 3</p> <p>6:00-8:00 Manic Monday 1 6:30-9:00 Seekers</p>	<p><b>19</b></p> <p>10:00-12:00 Toes in Water 1 10:00-12:00 Basic Handbuild 6</p> <p>1:00-5:00 Open Clay Studio</p> <p>5:30 Board Meeting 6:00-7:00 Unwind at 6: Yoga 3 6:00-8:00 BWT Pottery 2</p>	<p><b>20</b></p> <p>9:30-12:30 Whimsical HB 1 10:00-11:00 Adaptive Yoga 3</p> <p>2:30-4:30 Basic Handbuild 6</p> <p>4:30-5:30 Hatha Yoga 3 5:00-9:00 Open Clay Studio</p>	<p><b>21</b></p> <p>10:00-11:00 Hatha Yoga 3 10:00-12:00 Splashdown 1 10:00-12:00 BWT Pottery 1</p> <p>1:00-5:00 Open Clay Studio</p>	<p><b>22</b></p> <p>Offices closed 9:00-3:00 Open Clay Studio 10:00 Adapt. Yoga Recording 4 11:00-1:00 Painting w/ Jaymee 2</p>	<p><b>23</b></p> <p>9:00-12:00 Int. WT Pottery 3 10:00-11:30 Practicar Español 2 1:00-2:30 Kids Art Club: Painted Rock Creatures</p> <p>10:00-2:00 Paw-palooza: Paw Prints in Clay</p>
<p><b>24</b></p> <p>1:00-2:30 Spiritual Conversations</p>	<p><b>25</b></p> <p>1:00-4:00 Wild Women Clay 4</p>	<p><b>26</b></p> <p>10:00-12:00 Toes in Water 2 10:00-12:00 Basic Handbuild 1</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-7:00 Unwind at 6: Yoga 4 6:00-8:00 BWT Pottery 3</p>	<p><b>27</b></p> <p>9:30-12:30 Whimsical HB 2 10:00-11:00 Adaptive Yoga 4</p> <p>2:30-4:30 Basic Handbuild 1</p>	<p><b>28</b></p> <p>10:00-11:00 Hatha Yoga 4 10:00-12:00 Splashdown 2 10:00-12:00 BWT Pottery 2</p> <p>1:00-5:00 Open Clay Studio</p>	<p><b>29</b></p> <p>Offices closed 9:00-3:00 Open Clay Studio 10:00 Adapt. Yoga Recording 5 11:00-1:00 Painting w/ Jaymee 3</p>	<p><b>30</b></p> <p>9:00-12:00 Int. WT Pottery 4</p>
<p><b>31</b></p> <p>Elaine's Last Day as Executive Director</p>	<p>6:00-8:00 Manic Monday 2 6:00-9:00 5&amp;F: Inside Out 2</p>	<p>6:00-8:00 Unwind at 6: Yoga 4 6:00-8:00 BWT Pottery 3</p>	<p>6:00-8:00 Handbuilt Pottery 3 8:00-10:00 Comedy Open Mic</p>	<p>6:00-8:00 Handbuilt Pottery 3 8:00-10:00 Comedy Open Mic</p>	<p><b>Bock &amp; Berger Retrospective</b> Opening reception</p>	<p><b>5:30-7:30</b></p>

# 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.

**YOU ARE WHAT YOU ART: ROCKFORD ART GUILD SHOW - May 2-June 22**  
Opening Reception May 2, 5:30-7:00p.

A collection of works from the Art Guild of Rockford, spanning many mediums, art forms and talents. Because at the end of the day, you are what you art!

**ART OVERFLOW SALE - June 27-July 11, Opening Reception June 27, 5:00-7:00p**  
& Closing Reception July 11, 5:00-7:00p with winners revealed at 6:00p

An overabundance of Womanspace's collection by a variety of artists will be on display. Place a sealed bid on your choice. Earliest high bid wins!

**WOMANSPACE STAR STUDENTS' & TEACHERS' SHOW - July 18-Aug 24**  
Opening Reception July 18, 5:30-7:00p.

Womanspace students and teachers exhibit their work made between Summer 2024 through Summer 2025. See what styles and creations have emerged!

**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!

## Open Clay Studio

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

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

## Open Studio Policy

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



## Open Studio Fees

There are three ways to pay for open studio time:



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

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

**STUDIO FEE: \$5.00/HR.**

**CLAY FEE: \$2.00/LB** (wet weight; includes glazes & firing)

# painting



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

## Watercolor Studio with Sue

**Ages 18+.** Join us for a relaxed, guided open studio experience with our weekday watercolor instructor Sue Abare! In this two-session workshop, enjoy minimal instruction and plenty of creative freedom as you paint alongside fellow artists. Bring your own supplies, explore your style, and enjoy a supportive space to create and connect.

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

WC25A-21 | **May 13 & 20** | Reg. by 5/11

**Thursdays | 10:00a-12:00p**

WC25A-22 | **May 15 & 22** | Reg. by 5/13

\$45 (Members \$40)

Sue Abare | ND Upper Studio

## Toes in the Water Beg.-Int.

**Ages 18+.** For first timers or those wanting to expand beginning skills. Explore the enchantment of water and paint in their irresistible dance. As with all painting, a little drawing experience is helpful. Learn about preparing paper to paint, brushes and their technique, some color theory – but mostly we will jump in the water, and do it! Upon registration, a supply list will be emailed to you.

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

WC25A-23 | **July 8-Aug 5** (5 wk)

WC25A-25 | **Aug 19-Sep 16** (5 wk)

\$110 (Members \$100)

Reg. by 2 days before each session

Sue Abare | ND Upper Studio

## Splashdown! Int.-Adv.

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

**Thursdays | 10:00a-12:00p**

WC25A-24 | **July 10-Aug 7** (5 wk)

WC25A-26 | **Aug 21-Sep 18** (5 wk)

\$110 (Members \$100)

Reg. by 2 days before each session

Sue Abare | ND Upper Studio

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HEAT

**ONLINE AUCTION**

**JULY 28, 12:00p-AUGUST 8, 9:00p**

For 50 years, Womanspace has provided programming in the creative arts, holistic health, self-development and social activism for women of diverse socio-economic backgrounds.

We are asking for donations in the form of a service, an experience, a gift certificate, or a unique item to help us raise funds to continue these programs.

**Please drop off items and gift certificates for Experiences to the main office by July 17.**

# painting

## Watercolor & Ink: From Photo to Painting

A great photo can capture where we've been – a vacation or just a beautiful spot of nature. Take the next step and use your creativity and imagination along with watercolors and ink to transform your photo into art! Explore some watercolor and ink techniques for practice before embarking on your piece.

**Supplies: a couple photos, preferably letter-sized, printed on paper (for tracing). Image suggestion: scenery, buildings and street scene choices work best. Reference material will be available. Watercolor paper, paints and brushes will be provided, but you may bring your own paints and brushes.**

WC25M-21 | **Saturday | July 19 | 1:00-5:00p**

\$50 (Members \$45) | Reg. by 7/17

Maggie Magnuson | ND Upper Studio

## Paint a Watercolor Bookmark

Spend some time learning and experimenting with a few watercolor techniques, then design and create your own unique bookmark. We will be working on floral patterns to begin, but you are welcome to work from your own inspiration as well. This fun and relaxed class is great for any skill level, and a perfect opportunity to invite some friends along and enjoy a creative group outing! **All supplies are provided, including a the bookmark sleeve and cute tassel.**

WC25M-22 | **Saturday | Aug 9 | 10:00a-12:30p**

\$35 (Members \$30) | Reg. by 8/7

Maggie Magnuson | ND Upper Studio

## Painting Studio with Jaymee

**Ages 18+ All Levels.** Want to keep moving forward with your painting skills? Check out this guided open studio class for watercolor and acrylic painters! Jaymee will provide individual instruction based on your creative goals. Feel free to bring your own reference imagery and ideas, or peruse Jaymee's collection of art samples for inspiration! 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. Since instruction is individual, there will be plenty of independent work time as Jaymee spends time with each student. **Cost includes a \$20 supply fee. This includes 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**

PG25J-21 | **May 16-June 20\*** (5 wk)

PG25J-22 | **July 11-Aug 8** (5 wk)

PG25J-23 | **Aug 15-Sep 12** (5 wk)

\$135 (Members \$120) | Reg. by 2 days before each session

Jaymee Fedor | ND Upper Studio

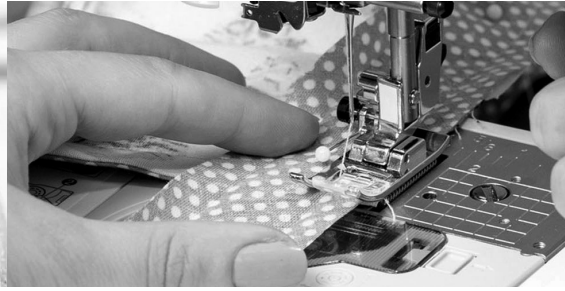
*\*Due to the Glitzy Garage Sale and SPARK! youth program, the May 30th and June 20th class in this series will be held in the Yoga Studio located in our main building's lower level.*

## 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!

# mixed media



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

## Fused Glass Incense Holder MX25S-21

In this class, you will cut the shape of the incense holder from a sheet of glass, then drill a hole for the incense stick, and decorate your holder with accessory glass (frit, stringers, and all the fun fused glass parts). Your masterpiece will then be fired in Pat's kiln, then fired again to "slump" it into the curved shape of the holder, and behold! Your very own incense holder to save or give as a gift. **Safety glasses and gloves are provided; closed toe shoes recommended.**

**Tuesday | May 13 | 6:00-8:00p**

\$50 (Members \$45) | Reg. by 5/11

Pat Sullivan | ND Upper Studio

## Wine Bottle Wind Chimes MX25S-22

In this fun workshop, we will take wine bottles and cut the bottoms off, decorate, and string with clappers to make recycled art wind chimes. Alternately, we can decorate, wire wrap, and fit the bottles with hummingbird feeders, if you prefer. Either way, you will have a great piece of recycled art to take home and share with your feathered friends! **All materials including safety glasses and gloves are provided; closed toe shoes recommended.**

**Saturday | July 12 | 2:00-4:00p**

\$45 (Members \$40) | Reg. by 7/10

Pat Sullivan | ND Upper Studio

## Fused Glass Mandala MX25S-23

Learn about the spiritual and symbolic meanings of mandalas from our own Nicole Landreth, then use your newfound knowledge to make your own hanging mandala of fused glass. Pat will guide you through the placement and composition of your mandala, using a supplied 8-inch circle of glass as your base. Then, you will place pre-fired glass dots and embellishments to make your own design, which will then be fired in the kiln and ready for pick-up in a week. **No previous experience necessary – no glass cutting will be required.**

**Saturday | July 26 | 10:00a-1:00p**

\$70 (Members \$60) | Reg. by 7/24

Pat Sullivan | ND Upper Studio

## Beginner Machine Sewing Skills SW25-21

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! **MUST bring a sewing machine and its manual.**

**Saturday | May 17 | 10:00a-1:00p**

\$45 (Member \$40) | Reg. by 5/15

Stefi Kruger | ND Upper Studio

## Interm. Machine Sewing Skills: Re-Creations

Do you want to reuse textiles in your clothing, but you're just not sure on how to do it? In this class, students will learn how to re-create clothing by sewing with a pattern. This class is designed to take your sewing skills to the next level and teach you how to sew clothing with stretchy knit fabric. **Students must have basic sewing machine knowledge; bring in your machine, manual, and knit clothing that you'd like to use for your re-creation.** 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.

SW25-22 | **Saturday | July 12 | 10:00a-1:00p**

\$45 (Member \$40) | Reg. by 7/10

Stefi Kruger | ND Upper Studio

ESTHER SCHENCK  
 **Scholarship  
for the Arts**



# mixed media



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

## Community Art Studio

All skill levels. Ages 16+. Looking for a fun and relaxing way to spend a Friday evening? Join us for Community Art Studio! Bring your own project and supplies, and enjoy a creative, social, and welcoming atmosphere. Whether you're painting, sketching, or working on another craft, it's a great space to unwind, meet new people, and share stories. The studio is stocked with basic supplies like brushes, pencils, and scissors, but anything more project specific, please bring yourself. Come for the art, stay for the connection!

**Fridays | 6:00-9:00p**

CS25-21 | **May 23** | Reg. by 5/21

CS25-22 | **June 13** | Reg. by 6/11

CS25-23 | **July 26** (Sat.) | Reg. by 7/24

CS25-24 | **Aug 15** | Reg. by 8/13

## Tote-ally Inked: Carry Your Art in Style

Add a pop of color to your summer with this vibrant and playful art workshop featuring alcohol inks! In this session, you'll discover how this fluid, free-flowing medium behaves in a whole new way on thick canvas tote bags. Unlike smooth surfaces like Yupo paper or ceramic tile, the textured, porous fabric absorbs the ink differently, creating unexpected patterns and blending effects. Whether you're a seasoned artist or just love to experiment, this workshop is all about fun, freedom, and creative exploration. **No experience needed—just bring your imagination and leave with a one-of-a-kind, wearable masterpiece!**

**MX25K-21 | Sunday | July 20 | 1:00-4:00p**

\$55 (Members \$50) | Reg. by 7/18

Cristi Hopp Kniess | ND Upper Studio

Join us for a magically immersive

# Faire of the Fae

## Midsummer Tea

**Step into a magical realm at this enchanting tea party, hosted by the Court of Dreams, an extension of She Hive 815, as a special fundraising event for Womanspace!**

Wander our enchanting campus, sip on delightful teas, and enjoy light treats while connecting with kindred spirits. Explore whimsical offerings from local shops and practitioners, adding a touch of magic to your day. *Keep the little sprites at home* and join us for a whimsical tea party designed just for grown-up fairies, filled with enchantment, laughter, and a touch of magic!

**Dress in your fairy best and join us for an afternoon of wonder, community, and celebration, all in support of Womanspace!**

**SUNDAY, JUNE 29**  
1:00 - 5:00 PM

For more INFORMATION, scan the QR code below.



womanspace

# clayworks



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

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.

## Beginning Wheel Thrown Pottery

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

**TUES PM | 6:00-8:00p** | Alyssa Noonan  
WT25P-21 | **May 20-June 24** (6 wk) | Reg. by 5/18  
WT25P-22 | **July 1-Aug 5** (6 wk) | Reg. by 6/29  
WT25P-23 | **Aug 12-Sep 16** (6 wk) | Reg. by 8/10

**THUR AM | 10:00a-12:00p** | Jennie Johnson Sic/Margo Olson  
WT25A-21 | **May 29-July 3** (6 wk) | Reg. by 5/27  
WT25A-22 | **July 10-Aug 14** (6 wk) | Reg. by 7/8  
WT25A-23 | **Aug 21-Sep 25** (6 wk) | Reg. by 8/19

\$165 (Members \$150) | 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**  
IN25J-21 | **May 31-June 28** (4 wk; no 6/7) | Reg. by 5/29  
IN25J-22 | **July 12-Aug 2** (4 wk) | Reg. by 7/10  
IN25J-23 | **Aug 9-30** (4 wk) | Reg. by 8/7  
\$165 (Members \$150) | Jennie Johnson Sic | 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**  
IN25N-21 | **May 19-June 30** (6 wk; no 5/26) | Reg. by 5/17  
IN25N-22 | **July 7-Aug 11** (6 wk) | Reg. by 7/5  
IN25N-23 | **Aug 18-Sep 29** (6 wk; no 9/1) | Reg. by 8/16  
\$165 (Members \$150) | Anya Nelson | ND Clay Studio

## Wild Women Pottery

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

**Mondays PM | 1:00-4:00p**  
CW25-21 | **May 12-June 9** (4 wk; no 5/26) | Linda Ewalt  
CW25-22 | **June 23-July 14** (4 wk) | Independent Study  
CW25-23 | **Aug 4-25** (4 wk) | Kathy Rasmus  
Register 2 days before each session  
\$165 (Members \$150) | ND Clay Studio

# clayworks



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

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+. Beg.** Join in this fun pottery class to learn the basics of hand building! Working with textures, stamps, decals, different glaze techniques, and more, Nancy will guide you through the process of creating your one of a kind pottery pieces. (See above for supplies.)

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

HB25A-21 | **May 27- July 8** (6 wk; no 6/24) | Reg. by 5/25

HB25A-22 | **July 15-Aug 19** (6 wk) | Reg. by 7/13

HB25A-23 | **Aug 26-Sep 30** (6 wk) | Reg. by 8/24

**Wednesdays PM | 2:30-4:30p**

HB25N-21 | **May 28-July 9** (6 wk; no 6/25) | Reg. by 5/26

HB25N-22 | **July 16-Aug 20** (6 wk) | Reg. by 7/14

HB25N-23 | **Aug 27-Oct 1** (6 wk) | Reg. by 8/25

\$165 (Members \$150) | Nancy O'Neill | 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**

HB25B-21 | **April 30-May 21** (4 wk) | Reg. by 4/28

HB25B-22 | **May 28-June 18** (4 wk) | Reg. by 5/26

HB25B-23 | **June 25-July 16** (4 wk) | Reg. by 6/23

HB25B-24 | **July 23-Aug 13** (4 wk) | Reg. by 7/21

HB25B-25 | **Aug 20-Sep 10** (4 wk) | Reg. by 8/18

\$165 (Members \$150) | Independent Study | 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**

HB25P-21 | **May 22-June 26** (6 wk) | Reg. by 5/20

HB25P-22 | **July 3-Aug 7** (6 wk) | Reg. by 7/1

HB25P-23 | **Aug 14-Sep 18** (6 wk) | Reg. by 8/12

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

## PAW-PALOOZA: A Furry Friend Keepsake in Clay

**Saturday, August 23, 1:00-4:00p**

on the Anjali Pavilion at Womanspace

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!

This special fundraiser supports Womanspace, ensuring we can continue offering creative and meaningful programs to our community. Don't wait until goodbye – capture their imprint now and cherish it for years to come!



**Small Print (4-5''): \$20**

**Large Print (6-8''): \$25**

**Register by 8/21 so we know how much clay to have ready.**

**Dogs MUST be on a leash and please bring your own poo bags to clean up after them!**

# classes for kids



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

## Art Club for Kids

**Ages 6-13.** This summer, young artists will explore creativity, nature, and sustainability through hands-on art projects inspired by Womanspace's beautiful flower garden, prairie, and labyrinth. Each session introduces new artistic techniques – composition, texture, and color – while using recycled, repurposed, and natural materials. Kids will have fun experimenting with different mediums, engaging their creativity, and discovering new ways to connect with the environment. Projects are designed to be completed within an hour, with time for exploration and discussion.

**Saturdays | 1:00-2:30p**

JM25-21 | **June 28 - Nature Sun Prints** | Reg. by 6/26

JM25-22 | **July 26 - Frida-Inspired Self-Portraits\*** | Reg. by 7/24

JM25-23 | **Aug 23 - Painted Rock Creatures** | Reg. by 8/21

\$30 (Family Members \$25; see pg. 27)

Stefi Kruger | ND Upper Studio or \*Anjali Pavilion

## Generations Art Morning JM25-24

Create, connect, and explore together in this joyful, nature-inspired art experience! This special anniversary-year workshop invites **child-adult pairs (1 child + 1 adult)** to experiment with watercolor leaf printing and oil pastel techniques, turning natural textures into vibrant works of art. Parents, grandparents, even favorite aunts & uncles are invited. This program is about enjoying time and creating something special TOGETHER. Take a refreshing break in the labyrinth, then return to finish your masterpiece. **All supplies included. Enjoy cookies and lemonade as you make memories through creativity!**

**Saturday | June 14 | 9:00-11:00a** | Reg. by 6/12

\$50/pair (Family Members \$45/pair; see pg. 27)

Rita Carpenter | Anjali Pavilion or ND Upper Studio

## Ballet Magic: Dance, Play & Shine! JM25-25

**Ages 6-12.** Step into the world of ballet in this fun and engaging one-time class designed just for kids! Dancers will explore the elegance and strength of ballet through playful movement, music, and storytelling. They'll learn beginner-friendly ballet steps while improving balance, flexibility, and confidence – all in a welcoming and creative environment. Whether twirling like a sugar plum fairy or gliding like a graceful swan, each child will discover the joy of dance in a way that feels magical and exciting. No experience needed – just bring your energy, imagination, and love for movement!

**Thursday | May 15 | 6:00-7:00p**

\$25 (Family Members \$20; see pg. 27) | Reg. by 5/13

Miss Aubrey | Yoga Studio

## Lights, Camera Confidence!

### Kids' Acting JM25-26

**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!

**Thursday | June 19 | 6:00-7:00p**

\$25 (Family Members \$20; see pg. 27) | Reg. by 6/17

Miss Aubrey | Yoga Studio

## OVERLOAD ART SALE

OPENING FRIDAY, JUNE 27, 5:00-7:00P

WINNERS ANNOUNCED FRIDAY, JULY 11, 5:00-7:00P

An overabundance of Womanspace's collection by a variety of artists will be on display. Place a sealed bid on your choice. The earliest high bid wins! Winners, who need not be present to win, will be revealed on closing day. Proceeds benefit Womanspace.



# womanspace membership form

Fill out this form and mail it in with your contribution or register online at [womanspace-rockford.org/member](http://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 <sup>†</sup>	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.

<sup>†</sup> 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)  Grounds (Maint./Garden)  Marketing  Social Outreach
- Office Work (Reception desk)  Teaching  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](http://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](http://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!**

# 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.

An evening of enchantment awaits in the Womanspace gardens, forests and labyrinth. Twinkling lights, music and camaraderie as the day dims into the mystery of sunset. Wine tastings, light hors d'oeuvres, and more surprises abound that awaken one to the magic of this time and place. All proceeds benefit Womanspace.

*One*  
**ENCHANTED**  
*Evening*

**FRIDAY, JUNE 27, 6:00-9:00p**  
**in the Womanspace Gardens**  
**Tickets \$35/person**  
**Register by June 23**



**Upcoming Art Vacations:**

**Costa Del Sol, Spain**  
Sept 17-27, 2025  
with artist Sally Ann Keller

**Southwest France**  
Sept 29-Oct 9, 2025  
with artists Rita Carpenter  
and Ming Franz

**England/Cotswolds**  
May 18-28, 2026  
with artist Stacy Lund Levy

**Japan**  
June, 2026, Dates TBD  
with artist Ming Franz



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# yourguide

May-Aug 2025

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 programming 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

- Tue PM NEW! Unwind at 6: Yoga to Relax & Reset
- Wed PM NEW! Evening Hatha Yoga
- May 2 You Are What You Art: Rockford Art Guild Show
- May 8 NEW! Stand Up & Speak Out: Comedy Open Mic
- May 10 3rd Annual BloomFest Artisan Market
- May 22 NAMI In Our Own Voice: Changing the Conversation...
- June 6-8 50th Anniversary Glitzy Garage Sale
- June 12 Reiki Resilience Workshop
- June 14 Generations Art Morning for Youth & their Significant Adult
- June 27 Overflow Art Sale
- June 27 One Enchanted Evening Garden Party
- June 29 Faire of the Fae Midsummer Tea (for grown-ups)
- July 7 Finding Empowerment & Resilience in Writing
- July 18 Star Student & Teacher Art Exhibit
- July 25 An Evening with Frida Kahlo (La Onda Fundraiser)
- July 28 Online Auction Begins (July 28-Aug 8)
- Aug 23 Paw-palooza: A Furry Friend Keepsake in Clay
- Aug 29 Bock & Berger: The Founders' Retrospective Exhibit
- Sep 21 Honoring Our Foremothers Event at YMCA Log Lodge
- Nov 8 Celebrate the Arts Gala at Mauh-Nah-Tee-See Club