

WOMANSPACE  
**yourguide**<sup>TM</sup>  
JANUARY-APRIL 2025



Connecting, empowering, creating, transforming our world for 50 years – one woman at a time.



# UPCOMING EVENTS

CELEBRATING WOMANSPACE'S 50TH ANNIVERSARY



## "THE YEAR OF WOMANSPACE"

### MAYORAL PROCLAMATION & OPEN HOUSE

January 26, 2025 | 2:00-5:00p | Loretta & William Reif Gallery

## WOMANSPACE BOARD REUNION & HOMECOMING

May 17, 2025 | 10:30a-2:30p | University Club, Rockford



## GLITZY GARAGE SALE REVIVAL: RESTYLE EDITION

June 6-8, 2025 | Womanspace Campus

A much loved event, we are happy to be bringing our Glitzy Garage Sale back after a short hiatus! Community donations will fill our parking lot, pavilion and studio boutique as we welcome hundreds of eager shoppers.



## ONE ENCHANTED EVENING GARDEN PARTY

June 27, 2025 | 4:00-8:00p | Womanspace Gardens

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, heavy hors d'oeuvres, and more surprises abound that awaken one to the magic of this time and place.



## HONORING OUR FOREMOTHERS

September 21, 2025 | 1:00-4:00p | YMCA Log Lodge

A ritual of remembrance, reflection and renewal, celebrating Womanspace's "guiding lights" (including people who have influenced you, through Womanspace). The celebration will be at the Rockford Women's Suffrage Plaza and at the adjacent YMCA Log Lodge. We will conclude with birthday cake, punch, coffee and conversation.



## CELEBRATE THE ARTS

November 8, 2025 | Mauh-Nah-Tee-See Country Club

Experience the magic of Womanspace and an evening of magnificent art, great friends and delicious food

# general info



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

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

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

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

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

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



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

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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 directors



Since 1975, Womanspace has been a beacon of positivity and support for women, both locally and globally. We are recognized as a center for thoughtful connection, for creative expression and for compassionate leadership. We encourage every woman to find her passion and to be of service to others

in the best way she can. The essence of Womanspace is to support the women who support our community. In October, we were hopeful that the time for a woman's leadership in the US had finally arrived. Although that dream has again been deferred, our challenge and our task – to continue supporting women – seems as important, if not more important, than ever.

What challenges do women face in 2025? In many ways, the battles being waged now are like those we faced when Womanspace was founded 50 years ago – battles over the autonomy of women, over the kind of world we want to leave for our children and grandchildren. The need for a “third place” – outside of our homes and workplaces, a place for refuge, compassion, mindfulness, creativity, and understanding – has not changed. Our differences color our experiences and perspectives. They can either deepen our compassion and empathy or they can separate us from one another. Here at Womanspace, we choose loving kindness, deep reflection, and mutual support.

You also get to choose your next steps, both physically and psychologically. Is this a time to turn inward – to nurture your energy, or to disconnect? Is this a time to turn outward – to reach out for support, or to cut off forces that drain you? These are very personal questions and choices; you may have different responses to them daily. And that's ok. This Winter, we have thoughtfully taken some of these questions into consideration as we developed our program lineup. Our “Winter Blues Wellness” series includes several ways to connect with yourself and others, to reflect on your roles and purpose, on your drives and dreams. Our “Financial Wellness” programs are designed to add to your personal empowerment toolbox. One very special event that we are looking forward to is our “Fireside Chat with the Co-Directors” in February, an open forum for our community to engage with Elaine and Nicole, discussing Womanspace, our journeys, and our visions for our future role and impact in our local and global communities.

We will continue to breathe, to regroup, and to reimagine what a future that is female and kind and smart and honest can be. Our work now – as it has been for 5 decades – is to choose attentiveness and calm, to have each other's backs, to continue speaking truth to power, and to carry on our personal (and our collective) spiritual work in this world, living and serving with revolutionary love. We can be both hopeful and indignant, creative and committed. We choose to stick together and encourage one another! We are Womanspace.

## Board of Directors

Marsha Hosfeld, *President*  
Catherine Forslund, *Vice President*  
Katrina Olson, *Secretary*  
Audrey Falzone  
Laura Gorton  
Tina Hallberg  
Cristi Hopp Knies  
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.

Save the Date

# Bloom Fest

Saturday, May 10,  
10:00a–4:00p

Locally-Made Goods • Plants  
Activities • Food Trucks • Music  
• Beautiful, Peaceful Grounds  
• Walking Labyrinth

Spring Artisan Market

# volunteerism



## 2025 New Opportunities

Are you looking for ways to meet new people? Are you wanting to find some rewarding work? Would you like to support Womanspace in new ways?

Please consider VOLUNTEERING! Offering you time and talents to Womanspace in new ways doesn't always look like it did 50 years ago. Nowadays, Womanspace is looking for people to take on one time projects, short or long term. We are looking for people to do seasonal work either outside or inside. Tasks can be solo or with others.

What skills did you use 10 years ago at work or in a vocation? We need those diverse talents and experience. Are you a morning or evening person? We have needs at all hours of the day. Do you travel? We have needs that can work around your schedule.

What brings you joy? Share with us and you can spread that positivity to others!

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.

## Volunteer Kudos: Experience India Committee



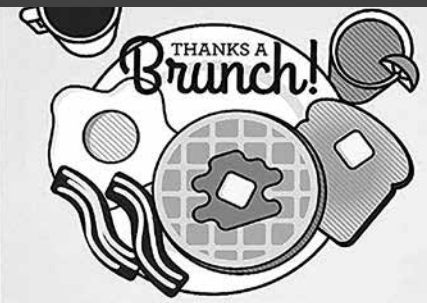
Last Fall, Experience India was a wonderful evening of food, dance, culture and friendship. It was also a financial support to Womanspace. We would like to thank the event planning committee:

(Back, L-R): Usha Sundaram\*, *Chair*, Laura Gorton\*, Nicole Landreth, Cristi Hopp Knies\*  
(Front, L-R): Karen Busser, Katrina Olson\*  
(Not shown): Marsha Hosfeld\*, Nancy O'Neill, Sallyann Roberts\*

We are grateful to all of these women for the hard work they put into creating and facilitating a wonderful night.

\*Womanspace Board members. You may not be aware but our Board members talk the talk at meetings but also walk the walk to make many things happen to benefit all of us.

SAVE THE DATE



## Volunteer Appreciation

April 5, 10:00a-12:00p

## Committee Chairpersons

### BloomFest Committee

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

### Experience India Committee

Usha Sundaram,  
[usha@usarchitectpc.com](mailto:usha@usarchitectpc.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

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

### Membership Committee

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

### Online Auction Committee

Catherine Forslund,  
[cforslund@rockford.edu](mailto:cforslund@rockford.edu)

### 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)

# mind & body



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

## Meditation: A Wellness Practice

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

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

MD25-1 | **Jan 14, 21** (2 wk)

MD25-2 | **Feb 4-25** (4 wk)

MD25-3 | **March 4-25** (4 wk)

MD25-4 | **April 1-29** (5 wk)

Register by 2 days before class

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

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

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

Single Class Fee: \$15

Shiraz Tata, Ph.D. | Zoom

## Gongtopia MB25-4

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

**Fri | Apr 4 | 6:30-8:00p** | Reg. by 4/2

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

Michael Bettine | Anjali Pavilion

## Self-Love Revolution: Build a Stronger, Happier You

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

**Thursdays | 6:00-7:30p**

MB25-1 | **Jan 23-Feb 20** (4 wk; no 2/6)

\$65 (Member \$60) | Reg. by 1/21

Denise Colin | ND Upper Studio

## Songs to the Divine: Mystical Poetry From East, West & Indigenous MB25-2

Discover poetry that moves the soul, below 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 | Mar 12-26 | 6:00-7:30p**

\$25 (Member \$20) | Reg. by 3/10

Jim Roberts | Reif Gallery

## Spring Equinox Gathering Ecstatic Dancing RT25-1

Celebrate the arrival of spring with movement, joy, and release at our Spring Equinox Ecstatic Dance Gathering! This free-flowing dance experience invites you to connect with the energy of the season through spontaneous movement, vibrant music, and mindful expression. Embrace the balance of light and dark, rejuvenate your body, and let go of the old as you welcome the new. No dance experience is required – just bring your energy, an open mind, and a spirit ready to dance!

**Friday | Mar 21 | 6:00-8:00p**

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

Register by 3/19

Vannessa Villabona | Reif Gallery

## Mindful Kindness MB25-3

Mindfulness helps us live in this moment where we can give, receive, take action and really live life as it comes. Mindful kindness adds an exploration of self-compassion to the experience. If you are dreaming of a kinder, more loving world, the place to start building that is within your own heart. This workshop teaches short simple practices giving time to explore and experience each. We will close with a sweet sound meditation.

**Wednesday | Apr 2 | 5:30-7:00p**

\$35 (Member \$30) | Reg. by 3/31

Suni Moon | Reif Gallery

# winter blues wellness



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

## **Visioning a New Year** WB25-1

Kick off the new year with clarity, creativity, and a little community! Join Nicole for this special workshop where we'll use visual journaling prompts to reflect on intentions, challenges, and dreams for the year ahead. Together, we'll create personalized vision boards to inspire and guide your journey. Whether you're seeking focus, renewal, or motivation, this engaging approach to vision boarding is the perfect way to set the stage for a fulfilling year. No prior art experience needed—just bring your enthusiasm and imagination! A fresh dot-grid journal, basic journaling and art/collage supplies will be provided, but if you have anything special you need in your 2025 Vision Board, bring it!. **Art supplies included.**

**Sunday | Jan 12 | 1:00-4:00p** | Reg. by 1/10  
\$25 (Member \$20) | Nicole Landreth | ND Upper Studio

## **Songs that Move Us** WB25-2

Celebrate the power of music in this relaxed and social gathering. There's something special and even primal about the way that music impacts us throughout our lives. Think about the music you grew up with, the music that fed your soul in your adolescence, the music that pulled you out of darkness. Bring a short playlist (digital, CD or cassette) to share songs that inspire, uplift, or hold special meaning for you. Together, we'll reflect on the emotions and stories behind the music that moves us, while discovering new favorites along the way. It's all about connecting through rhythm, lyrics, and memories.

**Sunday | Feb 2 | 1:00-3:00p** | Reg. by 1/31  
Sliding Scale \$5-\$20 | Nicole Landreth | Reif Gallery

## **Mandala Flow: Art & Yoga** WB25-3

Join us for this relaxing multi-modal healing workshop. We will begin the session with a meditation followed by a 60-minute gentle, all levels vinyasa flow yoga to promote creativity. Following our yoga flow, you will create your own mandala art imbued with the creative energy and personal mantra from the yoga flow. **Art supplies included.**

**Sunday | Feb 16 | 1:00-4:00p**  
\$50 (Member \$45) | Reg. by 2/14  
Rhiannon Yandell & Nicole Landreth | ND Upper Studio

## **Journaling & Forest Therapy** WB25-4

Reconnect with spirit, nature, and creativity in this unique workshop led by Deb Rose, MFA in Writing and Consciousness, and Jen Rose, certified guide with the Association of Nature and Forest Therapy. As part of our Winter Blues Wellness Series, this session blends nature therapy and reflective writing to help participants foster a deeper connection to the natural world. Engage your senses through guided prompts, free writing, and mindful exploration of the Womanspace grounds. Dress for the weather, as we'll spend time both outdoors and in the cozy Art Studio. Rediscover harmony and inspiration in this nurturing experience.

**Sunday | Mar 2 | 1:00-4:00p**  
\$50 (Member \$45) | Reg. by 2/28  
Deb & Jen Rose | ND Upper Studio & Grounds

## **Restorative Yoga with Meditation** WB25-5

Find calm and renewal in this soothing session of restorative yoga paired with guided meditation. Designed to help ease tension, reduce stress, and lift your spirits during the colder months, this practice focuses on gentle, supported poses and mindful breathing. Whether you're new to yoga or a seasoned practitioner, this class will leave you feeling relaxed, centered, and recharged. Perfect for anyone seeking peace and balance this winter. All levels welcome—bring a mat and an open heart!.

**Sunday | Mar 9 | 1:00-2:30p** | Reg. by 3/7  
\$25 (Member \$20) | Rhiannon Yandell | Yoga Studio

## **Just Go with the Flow** WB25-6

Brighten your winter and lift your spirits with this relaxing art workshop featuring alcohol inks! We invite you to explore the vibrant, free-flowing nature of alcohol inks while creating stunning, one-of-a-kind pieces. This workshop focuses on creative expression and mindfulness, offering a soothing escape from the winter doldrums. No art experience is necessary—just come ready to unwind, have fun, and go with the flow!

**Sunday | Mar 16 | 1:00-4:00p** | Reg. by 3/14  
\$50 (Member \$45) | Cristi Hopp Kniess | ND Upper Studio

# movement



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

## Adaptive Yoga

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

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

YT25-1 | **Jan 8-29** (4 wk)  
YT25-2 | **Feb 5-26** (4 wk)  
YT25-3 | **March 5-26** (3 wk; no 3/12)  
YT25-4 | **April 2-30** (5 wk)  
Register by 2 days before class

3-Week Fee: \$60 (Members \$45)  
4-Week Fee: \$80 (Members \$60)  
5-Week Fee: \$100 (Members \$75)  
Single class: \$20

Amanda Stivers | Zoom Only

### Friday Recordings | 10:00a

YT25F-1 | **Jan 10-31** (4 wk)  
YT25F-2 | **Feb 7-28** (4 wk)  
YT25F-3 | **March 7-28** (4 wk)  
YT25F-4 | **April 4-25** (4 wk)

4-Week Fee: \$25 (Members \$20)  
Single class: \$7

Reg. 2 days before for recording link

## Hatha Yoga

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

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

YG25-1 | **Jan 9-30** (4 wk)  
YG25-2 | **Feb 6-27** (4 wk)  
YG25-3 | **March 6-27** (3 wk; no 3/13)  
YG25-4 | **April 3-24** (4 wk)  
Register by 2 days before class

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

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

Single class: \$15

Amanda Stivers | Yoga Studio

## Adult Acting DA25-3

Whether you're looking to sharpen your performance skills or explore acting for the first time, this class is perfect for all experience levels. Through improv exercises and games, you'll learn about working in front of an audience, building a character and communication. Discover the joy of acting, stretch your experience and comfort zone and build confidence with our acting class!

### Saturday | Mar 22 | 11:00a-12:00p

\$25 (Members \$20) | Reg. by 3/20  
Miss Aubrey | Yoga Studio

## Adult Ballet DA25-1

Discover the elegance and strength of ballet with our Adult Ballet class. Whether you're a beginner or have previous dance experience, this class offers a welcoming environment to improve your posture, flexibility and strength. You will be guided through beginning ballet technique focusing on core strength, balance and fluid movement. Set to beautiful music this class will give you a gentle full body workout that will leave you more focused and more graceful. Embrace the beauty of ballet and find your inner dancer!

### Saturday | Jan 18 | 11:00a-12:00p

\$25 (Members \$20) | Reg. by 1/16  
Miss Aubrey | Yoga Studio

## Ecstatic Dancing DA25-2

Through dance, we remember the beauty of being alive, and allow ourselves to forget how heavy life sometimes gets. In this space you will be able to dance as you feel, free of judgment, without following choreographies or steps, connecting with your body. Enjoy the present moment and allow your inner child to have fun. We will open with a small meditation in which we will set an intention for our dance, and we will close with a little relaxation and a sharing of thoughts. Dress comfortably and come ready to flow, play, and connect with yourself and others.

### Saturday | Feb 8 | 9:00-11:00a

\$25 (Members \$20) | Reg. by 2/6  
Vannessa Villabona | Yoga Studio

# youth



## Nutcracker Ballet JM25-5

**Ages 6-12.** Join us for a magical Nutcracker Ballet Class designed just for kids! Your dancer will learn choreography and steps inspired by the beloved holiday classic. From sugar plum fairies to toy soldiers children will explore characters in the ballet while building their ballet skills. Our festive winter class incorporates games, storytelling, music and beginner friendly ballet technique. It's a magical dance adventure!

**Saturday | Jan 25 | 11:00a-12:00p**  
\$25 (Fam Mem \$20) | Reg. by 1/23  
Miss Aubrey | Yoga Studio

## Lights! Camera! Confidence! Kids Acting JM25-6

**Ages 8-12.** Unleash your child's creativity! 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!

**Saturday | Mar 8 | 11:00a-12:00p**  
\$25 (Fam Mem \$20) | Reg. by 3/6  
Miss Aubrey | Yoga Studio

# weekend lunch & learns



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

Bring your own lunch to these informative programs held in the Reif Gallery.

## Mend It Like It's Hot: Repairing Your Clothes Can Combat Climate Change LL25-1

Our climate is changing, but what does clothing have to do with it? Delve into the environmental consequences of fast fashion and the role that mending can play in fighting climate change. Leave with a renewed perspective on consumerism, tips for starting your mending journey, and the motivation to become a part of the movement toward sustainable fashion. Together, let's learn why to mend our clothes – and the planet – one stitch at a time!

**Saturday | Feb 8 | 12:00-1:00p**  
\$10 | Reg. by 2/6  
Rebecca Beneditz

## Composting For Hope LL25-2

Celebrate World Water Day by learning about the many surprising benefits that composting has for the Earth beyond the soil. Nettle Curbside Compost will discuss collective action we can take within the community to curb the climate crisis and create more resilience locally and globally.

**Saturday | Mar 22 | 12:00-1:00p**  
\$10 | Reg. by 3/20  
Nettle Curbside Composting

## Intro to Chakras LL25-3

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

**Saturday | Apr 26 | 12:00-1:00p**  
\$10 | Reg. by 4/24  
Beth Campisi



5811 E. Riverside Blvd.  
Rockford IL 61114  
(on the corner of Riverside & Mulford)

☎ 815-229-9820

✉ eyedeal815@gmail.com

Monday – Friday 10 am – 6pm | Saturday 10 am – 4 pm

# 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**

# financial wellness



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

The financial details presented in these programs are for informational purposes only and are not intended to pressure or influence any purchasing decisions. Our aim is to provide a clear and transparent overview, allowing you to make an informed choice at your own pace.

## Navigating Banking Basics & Credit Scores FW25-1

Having trouble or stress navigating basic financial tools? Because financial literacy is imperative to economic empowerment, Womanspace has partnered with professionals at Midland States Bank to help guide you through some basics. Learn about how to work with financial institutions to manage personal finances, grow wealth, and safeguard money. Discuss the variety of account types available, and how to open a simple account. Participants will also learn what a credit score is, its importance, how to read a credit report. Also learn about tools to maintain a healthy credit score and how to repair bad credit.

**Thursday | Feb 13 | 5:30-7:00p**  
\$20 (Members \$15) | Reg. by 2/11  
Midland States Bank | Reif Gallery

## Budgeting Basics FW25-2



Are you tired of living paycheck to paycheck? You will learn the essential skills to create and maintain a budget that works for you. Learn how to track income and expenses, set financial goals and make informed spending decisions.

**Wednesday | Mar 5 | 5:30-7:00p** | Reg. by 3/3  
\$20 (Members \$15) | Jenny Redington | Reif Gallery

## Build a Healthy Relationship with Money FW25-3

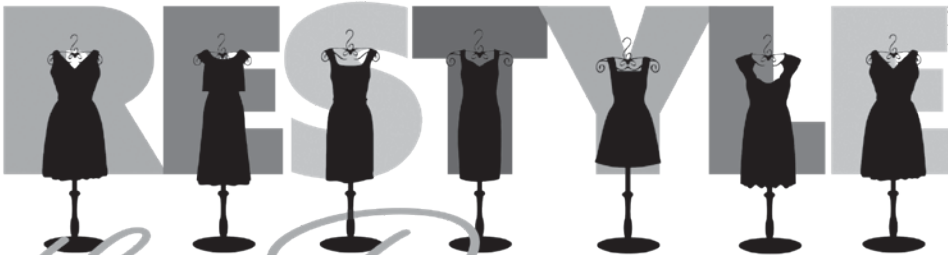
What's your first memory of money? We will discuss how emotions influence our decisions around finances. How we can use the power of mindfulness and meditation in financial decision making and overall improving your relationship with the almighty dollar.

**Thursday | Mar 27 | 5:30-7:00p** | Reg. by 3/25  
\$20 (Members \$15) | Jenny Redington | Reif Gallery



womanspace TADMORE  
TAILORING AND ALTERATIONS




# RESTYLED




## the Runway

**SATURDAY, MARCH 8, 2025**  
**11:00a-3:00p | Regents Hall @ Rockford University**

Sponsored by



Fashion doesn't have to be new—and that is the twist. Womanspace and Tad More Tailoring are proud to put on a non-traditional fashion show with a luncheon featuring a fashion show of restyled and upcycled secondhand clothing. Guests can also shop sustainable art from local artists.



# eco-fashion



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

## Thrifted to Fitted: Tailoring Secondhand Treasures EF25-1

Uncover the secrets to finding hidden gems at thrift stores and making them fit like they were made for you! This workshop, led by the experts at Tad More Tailoring, will teach you how to identify quality thrift finds and understand the potential of each piece through strategic alterations. This session will include live demonstrations, a mini-fit consultation, and tips to transform your thrifted wardrobe.

**Friday | Feb 7 | 6:00-7:30p**

\$25 (Member \$20) | Reg. by 2/5  
Amanda Juhlin-TadMore Tailoring |  
ND Upper Studio

## Sustainable Stitching: Basic Mending for a Greener Future EF25-4

Do you want to learn techniques to repair your favorite clothes? We'll practice basic techniques on scrap fabric, including how to sew on buttons and beginner hand stitches that can be used to mend what you already have. No sewing experience necessary! We'll also talk about other repair methods including patching, visible mending, covering stains, and darning. Together, we'll foster sustainability, creativity, and resourcefulness, proving that every stitch can make a difference for our planet!

**Saturday | Mar 15 | 10:00-11:30a**

\$25 (Member \$20) | Reg. by 3/13  
Rebecca Beneditz | ND Upper Studio

## Basic Machine Sewing Skills EF25-2

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

**Saturday | Feb 8 | 10:00a-1:00p**

\$40 (Member \$35) | Reg. by 2/6  
Stefi Kruger | ND Upper Studio

## Intermediate Machine Sewing Skills: Clothing Alterations EF25-5

When you look into your closet, what is that one item that you just can't get rid of, but you never like how it fits you, so it just hangs there, and you keep it anyway? Well, here's the moment you've been waiting for. Bring that item to class, and alter it to fit you! **Students must have basic sewing machine knowledge. Bring in your machine, manual, and a clothing piece you'd like to alter.**

**Saturday | Apr 5 | 10:00a-1:00p**

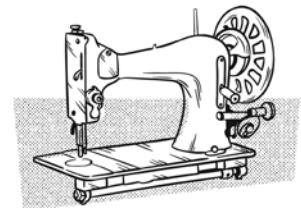
\$40 (Member \$35) | Reg. by 4/3  
Stefi Kruger | ND Upper Studio

## Sew Easy: DIY Tips & Tailor's Tricks EF25-3

Curious about which clothing fixes you can tackle at home and which require a professional tailor? Join Tad More Tailoring in this interactive workshop where you'll learn to perform basic alterations, identify when it's best to seek professional help, and gain confidence in making quick fixes. The session will include live demonstrations, hands-on practice, and personalized advice to help you master DIY alterations.

**Sunday | Feb 23 | 2:00-4:00p**

\$30 (Member \$25) | Reg. by 2/21  
Amanda Juhlin-TadMore Tailoring |  
ND Upper Studio



## SEWCIOPATH



**Become a Womanspace Member Today!**

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

**Membership starts at \$50**

# community



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

## ¡Necesito Practicar Más! Conversational Spanish

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

**2nd & 4th Saturdays | 10:00a-12:00p**

CG25L-1 | **Jan 11, 25** Reg. by 1/9

CG25L-2 | **Feb 8, 22** Reg. by 2/6

CG25L-3 | **Mar 8, 22** Reg. by 3/6

CG25L-4 | **Apr 12, 26** Reg. by 4/10

Sliding Scale \$5-\$20

Sylvia Landreth | Reif Gallery

## Game in the Gallery: BUNCO!

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

**Sunday | 1:00-4:00p**

GG25-1 | **Feb 23** | Reg. by 2/21

GG25-2 | **Apr 6** | Reg. by 4/4

\$10 | Martha Schapals | Reif Gallery

## Chakra Club

For those who would like further their exploration in chakras, and for those who are new to them, this monthly Chakra Club is for you. Find deeper meaning, wholeness, and healing of our minds and bodies as we tap into our higher consciousness in sharing our personal experiences and combined wisdom. As we bring healing to our inner selves, our true soul-selves shine forth, and we increase our ability to create lives that work and are truly fulfilling. *(Originally created and offered by Marcia (Phillips) West – Bridges of Unity).*

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

CH25-1 | **Jan 21** Reg. by 1/19

CH25-2 | **Feb 18** Reg. by 2/16

CH25-3 | **Mar 18** Reg. by 3/16

CH25-4 | **Apr 15** Reg. by 4/13

\$15 (\$10 Members)

Beth Campisi & Kathy Moehling

ND Upper Studio

## And I Came to Be Book Signing CG25M-1

Join us in the Reif Gallery for a special evening with longtime Womanspace member Marge Orchard as she shares her newly released book, *And I Came to Be*, the second installment of her memoir. Hear Marge reflect on her journey of healing herself and finding happiness. Following her talk, there will be a book signing and an opportunity to connect with Marge personally. Don't miss this celebration of her remarkable journey and literary achievement!

**Thursday | Apr 10 | 5:30-7:00p**

Sliding Scale \$5-\$20 | Reg. by 4/8

Marge Orchard | Reif Gallery

## Forum:

### A Fireside Chat with the Co-Directors CC25-1



Please join our Executive Director and Co-founder Elaine Hirschenberger and newly appointed Co-Director Nicole Landreth in an engaging discussion about Womanspace, our roots and our future. This special forum offers a unique opportunity for you to connect directly with Womanspace leadership. Elaine and Nicole will share insights into their vision for Womanspace, reflect on our journey, and discuss exciting plans as we celebrate our 50th anniversary. Come ready to ask questions, offer ideas, and be part of an inspiring conversation on the future of our community.

**Thursday | Feb 6 | 6:00-8:00p**

Freewill Offering | Reg. by 2/4

Elaine Hirschenberger

& Nicole Landreth | Reif Gallery

## Taken Any Classes?



Let us know how we're doing!

# bad girl book club



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

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

## ***The Last of the Moon Girls***

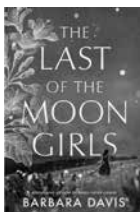
**by Barbara Davis** BG25-1

Lizzy Moon never wanted Moon Girl Farm. Eight years ago, she left the land that nine generations of gifted healers had tended, determined to distance herself from the whispers about her family's strange legacy. When her beloved Grandmother Althea dies, Lizzy must face the tragedy still hanging over the farm's lavender fields: the unsolved murders of two young girls.

Lizzy discovers a *Book of Remembrances* meant to help Lizzy embrace her own special gifts. When she reconnects with Andrew Greyson, one of the few in town who believed in Althea's innocence, she resolves to clear her Grandmother's name. – *Goodreads.com*

**Monday | Jan 13 | 6:00-8:00p**

Sliding Scale \$5-\$20 | Reg. by 1/11



## ***Where Butterflies Wander***

**by Suzanne Redfearn** BG25-3

After a tragic accident claims the life of one of her children, Marie Egide, with her husband and their three surviving children, travels to New Hampshire, where she plans to sell a family estate and then they'll be able to heal from their grief.

Marie's plans are thwarted when she realizes a war veteran known by locals as "the river witch" is living in a cabin on the property, which she claims was a gift from Marie's grandfather. If Davina refuses to move on, Marie won't be able to either.

The two women clash, and battle lines are drawn within Marie's family and the town as each side fights for what they believe is right, the tension rising until it reaches its breaking point. And the choice is no longer theirs when a force bigger than them all – fate – takes control. – *Goodreads.com*

**Monday | March 10 | 6:00-8:00p**

Sliding Scale \$5-\$20 | Reg. by 3/8



## ***The Education of an Idealist***

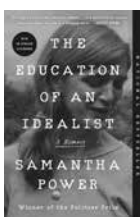
**by Samantha Power** BG25-2

In her memoir, Pulitzer Prize-winning writer Samantha Power offers an urgent response to the question "What can one person do?"—and a call for a clearer eye, a kinder heart, and a more open and civil hand in our politics and daily lives.

Power transports us from her childhood in Dublin to the streets of war-torn Bosnia to the White House Situation Room and the world of high-stakes diplomacy. She lays bare the battles and defining moments of her life and shows how she juggled the demands of a 24/7 national security job with the challenge of raising two young children. Along the way, she illuminates the intricacies of politics and geopolitics, reminding us how the United States can lead in the world, and why we each have the opportunity to advance the cause of human dignity. – *Goodreads.com*

**Monday | Feb 10 | 6:00-8:00p**

Sliding Scale \$5-\$20 | Reg. by 2/8



## ***Against the Loveless World***

**by Susan Abulhawa** BG25-4

As Nahr sits, locked away in solitary confinement, she spends her days reflecting on the dramatic events that landed her in prison in a country she barely knows. Born in Kuwait in the 70s to Palestinian refugees, she dreamed of falling in love, raising children, and possibly opening her own beauty salon. Instead, the man she thinks she loves jilts her after a brief marriage, her family teeters on the brink of poverty, she's forced to prostitute herself, and the US invasion of Iraq makes her a refugee, as her parents had been. After trekking through another temporary home in Jordan, she lands in Palestine, where she finally makes a home, falls in love, and her destiny unfolds under Israeli occupation. – *Goodreads.com*

**Monday | April 14 | 6:00-8:00p**

Sliding Scale \$5-\$20 | Reg. by 4/12



# 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.

## ***The Covenant of Water***

by **Abraham Verghese** BW25-1

Spanning the years 1900 to 1977, *The Covenant of Water* is set in Kerala, on India's Malabar Coast, and follows three generations of a family that suffers a peculiar affliction: in every generation, at least one person dies by drowning – and in Kerala, water is everywhere. At the turn of the century, a twelve-year-old girl from Kerala's Christian community, grieving the death of her father, is sent by boat to her wedding, where she will meet her forty-year-old husband for the first time. From this unforgettable new beginning, the young girl – and future matriarch, Big Ammachi – will witness unthinkable changes over the span of her extraordinary life, full of joy and triumph as well as hardship and loss, her faith and love the only constants. – *Goodreads.com*



**Wednesday | Jan 8 | 10:00-11:30a**

Sliding Scale \$5-\$20 | Reg. by 1/6 | Reif Gallery

## ***First Ladies* by Marie Benedict & Victoria Christopher Murray** BW25-2

A novel about the extraordinary partnership between First Lady Eleanor Roosevelt and civil rights activist Mary McLeod Bethune—an unlikely friendship that changed the world. This is the story of two different, yet equally formidable, passionate, and committed women, and the way in which their singular friendship helped form the foundation for the modern civil rights movement. – *Goodreads.com*



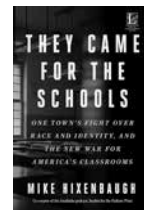
**Wednesday | Feb 12 | 10:00-11:30a**

Sliding Scale \$5-\$20 | Reg. by 2/10 | Reif Gallery

## ***They Came for the Schools***

by **Mike Hixenbaugh** BW25-3

The urgent, revelatory story of how a school board win for the conservative right in one Texas suburb inspired a Christian nationalist campaign now threatening to undermine public education in America. Award-winning journalist Mike Hixenbaugh delivers the immersive and eye-opening story of Southlake, Texas, a district that seemed to offer everything parents would want for their children—small classes, dedicated teachers, financial resources, a track record of academic success, and school spirit in abundance. All this, until a series of racist incidents became public, a plan to promote inclusiveness was proposed in response—and a coordinated, well-funded conservative backlash erupted, lighting the fire of a national movement on the verge of changing the face of public schools across the country. – *Goodreads.com*



**Wednesday | March 12 | 10:00-11:30a**

Sliding Scale \$5-\$20 | Reg. by 3/10 | Reif Gallery

## ***The Reading List***

by **Sara Nisha Adams** BW25-4

An unforgettable and heartwarming debut about how a chance encounter with a list of library books helps forge an unlikely friendship between two very different people in a London suburb.



Widower Mukesh worries about his granddaughter who hides in her room reading. When Mukesh arrives at the library desperate to connect with his bookworm granddaughter. Aleisha, a bright but anxious teenager working at the local library for the summer, passes along the reading list. Slowly, the shared books create a connection between two lonely souls, as fiction helps them escape their grief and everyday troubles and find joy again. – *Goodreads.com*

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

Sliding Scale \$5-\$20 | Reg. by 4/7 | Reif Gallery

# January 2025

<p><b>5</b></p>	<p><b>6</b></p> <p>1:00-4:00 Wild Women Clay 1</p> <p>5:00 Clay Studio Group 6:00-8:00 Manic Monday Clay 1</p>	<p><b>7</b></p> <p>10:00-12:00 Toes in Water 1 10:00-12:00 Basic Handbuild 1</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 BWT Pottery 1</p>	<p><b>8</b></p> <p>9:30-12:30 Whimsical HB 1 10:00-11:00 Adaptive Yoga 1 10:00-11:30 Bookwoman</p> <p>2:30-4:30 Basic Handbuild 1</p> <p>5:00-9:00 Open Clay Studio</p>	<p><b>9</b></p> <p>10:00-11:00 Hatha Yoga 1 10:00-12:00 Splashdown 1 10:00-12:00 BWT Pottery 1</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 Handbuilt Pottery 1</p>	<p><b>10</b></p> <p>9:00-3:00 Open Clay Studio 10:00 Adapt. Yoga Recording 1</p> <p><i>Kami Wanita: Portraits of Women Artist's Reception</i> 5:30-7:00</p>	<p><b>11</b></p> <p>9:00-12:00 Int. WT Pottery 1 10:00-12:00 Practicar Español 1</p>
<p><b>12</b></p> <p>1:00-4:00 Visioning a New Year</p>	<p><b>13</b></p> <p>6:00-8:00 Bad Girl Book Club 6:00-8:00 Manic Monday Clay 2</p> <p>11:00 Executive Committee</p> <p>1:00-4:00 Wild Women Clay 2</p>	<p><b>14</b></p> <p>8:30-9:30 Meditation 1 10:00-12:00 Toes in Water 2 10:00-12:00 Basic Handbuild 2</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 FG: Night-light 6:00-8:00 BWT Pottery 2</p>	<p><b>15</b></p> <p>9:30-12:30 Whimsical HB 2 10:00-11:00 Adaptive Yoga 2</p> <p>2:30-4:30 Basic Handbuild 2</p> <p>5:00-9:00 Open Clay Studio</p>	<p><b>16</b></p> <p>10:00-11:00 Hatha Yoga 2 10:00-12:00 Splashdown 2 10:00-12:00 BWT Pottery 2</p> <p>1:00-5:00 Open Clay Studio 3:30 Finance Committee</p> <p>6:00-8:00 Handbuilt Pottery 2</p>	<p><b>17</b></p> <p>9:00-3:00 Open Clay Studio 10:00 Adapt. Yoga Recording 2 11:00-1:00 Painting w/ Jaymee 1</p>	<p><b>18</b></p> <p>9:00-12:00 Int. WT Pottery 2 11:00-12:00 Adult Ballet</p> <p>1:00-2:30 Kids Studio Art Club</p>
<p><b>19</b></p>	<p><b>20</b> Martin Luther King Jr. Day</p> <p>1:00-4:00 Wild Women Clay 3</p> <p>6:00-8:00 Manic Monday 3 6:30-9:00 Seekers</p>	<p><b>21</b></p> <p>8:30-9:30 Meditation 2 10:00-12:00 Toes in Water 3 10:00-12:00 Basic Handbuild 3</p> <p>1:00-5:00 Open Clay Studio</p> <p>5:30 Board Meeting 5:30-7:00 Chakra Club 6:00-8:00 BWT Pottery 3</p>	<p><b>22</b></p> <p>9:30-12:30 Whimsical HB 3 10:00-11:00 Adaptive Yoga 3</p> <p>2:30-4:30 Basic Handbuild 3</p> <p>5:00-9:00 Open Clay Studio</p>	<p><b>23</b></p> <p>10:00-11:00 Hatha Yoga 3 10:00-12:00 Splashdown 3 10:00-12:00 BWT Pottery 3</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-7:30 Self-Love Revolution 1 6:00-8:00 Handbuilt Pottery 3</p>	<p><b>24</b></p> <p>9:00-3:00 Open Clay Studio 10:00 Adapt. Yoga Recording 3 11:00-1:00 Painting w/ Jaymee 2</p>	<p><b>25</b></p> <p>9:00-12:00 Int. WT Pottery 3 10:00-12:00 Practicar Español 2 11:00-12:00 Youth Nutcracker 1:00-3:00 Community Studio</p>
<p><b>26</b></p> <p>2:00-5:00p Year of Womanspace Mayoral Proclamation &amp; Open House</p>	<p><b>27</b></p> <p>1:00-4:00 Wild Women Clay 4</p> <p>6:00-8:00 Manic Monday 4 6:30-9:00 S&amp;F: Alice Doesn't Live</p>	<p><b>28</b></p> <p>10:00-12:00 Toes in Water 4 10:00-12:00 Basic Handbuild 4</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 BWT Pottery 4</p>	<p><b>29</b></p> <p>9:30-12:30 Whimsical HB 4 10:00-11:00 Adaptive Yoga 4</p> <p>2:30-4:30 Basic Handbuild 4</p> <p>5:00-9:00 Open Clay Studio</p>	<p><b>30</b></p> <p>10:00-11:00 Hatha Yoga 4 10:00-12:00 Splashdown 4 10:00-12:00 BWT Pottery 4</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-7:30 Self-Love Revolution 1 6:00-8:00 Handbuilt Pottery 3</p>	<p><b>31</b></p> <p>9:00-3:00 Open Clay Studio 10:00 Adapt. Yoga Recording 4 11:00-1:00 Painting w/ Jaymee 3</p> <p>2:00-4:00 Watercolor &amp; Ink 1</p>	

**1** New Year's Day

**2**

**3**

**4**

Offices closed

Offices closed

Offices closed

10:30-3:30  
Private Party Rental

**WT**

**F**

**S**

# February 2025

<p><b>2</b></p> <p>1:00-3:00 Songs That Move Us 1:00-3:00 Gouache &amp; Watercolor Resist 2</p>	<p><b>3</b></p> <p>1:00-4:00 Wild Women Clay 1 6:00-8:00 Manic Monday 5</p>	<p><b>4</b></p> <p>8:30-9:30 Meditation 1 10:00-12:00 Toes in Water 5 10:00-12:00 Basic Handbuild 5 1:00-5:00 Open Clay Studio</p>	<p><b>5</b></p> <p>9:30-12:30 Whimsical HB 1 10:00-11:00 Adaptive Yoga 1 2:30-4:30 Basic Handbuild 5 5:00-9:00 Open Clay Studio</p>	<p><b>6</b></p> <p>10:00-11:00 Hatha Yoga 1 10:00-12:00 Splashdown 5 10:00-12:00 BWT Pottery 5 1:00-5:00 Open Clay Studio 6:00-8:00 Chat w/ the Directors 6:00-8:00 Handbuilt Pottery 5</p>	<p><b>7</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 2:00-4:00 Watercolor &amp; Ink 2 6:00-7:30 Thrifted to Fitted</p>	<p><b>1</b></p> <p>9:00-12:00 Int. WT Pottery 4 1:00-3:00 Gouache &amp; Watercolor Resist 1</p>
<p><b>9</b></p> <p>11:00 Executive Committee 1:00 Membership Committee 1:00-4:00 Wild Women Clay 2 6:00-8:00 Bad Girl Book Club 6:00-8:00 Manic Monday 6</p>	<p><b>10</b></p> <p>1:00-5:00 Open Clay Studio 6:00-8:00 BWT Pottery 5</p>	<p><b>11</b></p> <p>8:30-9:30 Meditation 2 10:00-12:00 Basic Handbuild 6 1:00-5:00 Open Clay Studio 6:00-8:00 BWT Pottery 6</p>	<p><b>12</b></p> <p>9:30-12:30 Whimsical HB 2 10:00-11:00 Adaptive Yoga 2 10:00-11:30 Bookwoman 2:30-4:30 Basic Handbuild 6 5:00-9:00 Open Clay Studio</p>	<p><b>13</b></p> <p>10:00-11:00 Hatha Yoga 2 10:00-12:00 BWT Pottery 6 1:00-5:00 Open Clay Studio 3:30 Finance Committee 5:30-7:00 Banking Basics 6:00-7:30 Self-Love Revolution 3 6:00-8:00 Handbuilt Pottery 6</p>	<p><b>14</b></p> <p><b>Valentines' Day</b> Offices closed 9:00-3:00 Open Clay Studio 10:00 Adapt. Yoga Recording 2 11:00-1:00 Painting w/ Jaymee 5</p>	<p><b>15</b></p> <p>9:00-12:00 Int. WT Pottery 2 1:00-2:30 Kids Studio Art Club</p>
<p><b>16</b></p> <p>1:00-4:00 Mandala Flow: Yoga + Art 1:00-4:00 Wild Women Clay 3 6:00-8:00 Manic Monday 1 6:30-9:00 Seekers</p>	<p><b>17</b></p> <p>1:00-5:00 Open Clay Studio 5:30 Board Meeting 5:30-7:00 Chakra Club 6:00-8:00 BWT Pottery 1</p>	<p><b>18</b></p> <p>8:30-9:30 Meditation 3 10:00-12:00 Toes in Water 1 10:00-12:30 Basic Handbuild 1 1:00-5:00 Open Clay Studio 5:30 Board Meeting 5:30-7:00 Chakra Club 6:00-8:00 BWT Pottery 1</p>	<p><b>19</b></p> <p>9:30-12:30 Whimsical HB 3 10:00-11:00 Adaptive Yoga 3 2:30-4:30 Basic Handbuild 1 5:00-9:00 Open Clay Studio</p>	<p><b>20</b></p> <p>10:00-11:00 Hatha Yoga 3 10:00-12:00 Splashdown 1 10:00-12:00 BWT Pottery 1 1:00-5:00 Open Clay Studio 6:00-7:30 Self-Love Revolution 4 6:00-8:00 Handbuilt Pottery 1</p>	<p><b>21</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>22</b></p> <p>9:00-12:00 Int. WT Pottery 3 9:30-11:30 Girl Scouts: World Thinking Day 10:00-12:00 Practicar Español 2 12:00-5:00 Gel Plate Workshop</p>
<p><b>23</b></p> <p>1:00-4:00 Games: BUNCO! 2:00-4:00 Tailor Tips &amp; Tricks</p>	<p><b>24</b></p> <p>1:00-4:00 Wild Women Clay 4 6:00-8:00 Manic Monday 2 6:00-9:00 S&amp;F: The Woman King</p>	<p><b>25</b></p> <p>8:30-9:30 Meditation 4 10:00-12:00 Toes in Water 2 10:00-12:30 Basic Handbuild 2 1:00-5:00 Open Clay Studio</p>	<p><b>26</b></p> <p>9:30-12:30 Whimsical HB 4 10:00-11:00 Adaptive Yoga 4 2:30-4:30 Basic Handbuild 2 5:00-9:00 Open Clay Studio</p>	<p><b>27</b></p> <p>10:00-11:00 Hatha Yoga 4 10:00-12:00 Splashdown 2 10:00-12:00 BWT Pottery 2 1:00-5:00 Open Clay Studio 6:00-8:00 Handbuilt Pottery 2</p>	<p><b>28</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>28</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 6:00-9:00 Community Studio</p>

# March 2025

<p><b>2</b> Kami Wanita: Portraits of Women show closes</p> <p>1:00-4:00 Journaling &amp; Forest Therapy</p>	<p><b>3</b></p> <p>1:00-4:00 Wild Women Clay 1 3:30 Grounds Committee</p> <p>6:00-8:00 Manic Monday 3</p>	<p><b>4</b></p> <p>8:30-9:30 Meditation 1 10:00-12:00 Toes in Water 3 10:00-12:00 Basic Handbuild 3</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 BWT Pottery 3</p>	<p><b>5</b></p> <p>9:30-12:30 Whimsical HB 1 10:00-11:00 Adaptive Yoga 1</p> <p>2:00-4:30 Basic Handbuild 3</p> <p>5:30-7:00 Budgeting Basics 5:00-9:00 Open Clay Studio</p>	<p><b>6</b></p> <p>10:00-11:00 Hatha Yoga 1 10:00-12:00 Splashdown 3</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 Handbuilt Pottery 3</p>	<p><b>7</b> Offices closed 9:00-3:00 Open Clay Studio 10:00 Adapt. Yoga Recording 1 11:00-1:00 Painting w/ Jaymee 3</p> <p><b>You Say "Cat Lady" Like It's a Bad Thing</b> <b>Opening Reception</b> <b>5:30-7:00</b></p>	<p><b>8</b></p> <p>9:00-12:00 Int. WT Pottery 1 10:00-12:00 Practicar Español 1 11:00-12:00 Youth Acting</p> <p><b>Restyle the Runway Spring Luncheon</b> <b>11:00-3:00</b></p>	<p><b>9 Daylight Savings Time</b></p> <p>1:00-2:30 Restorative Yoga with Meditation</p> <p>6:00-8:00 Manic Monday 4</p>	<p><b>10</b></p> <p>11:00 Executive Committee 1:00-4:00 Wild Women Clay 2</p> <p>6:00-8:00 Bad Girl Book Club 6:00-8:00 Manic Monday 4</p>	<p><b>11</b></p> <p>8:30-9:30 Meditation 2 10:00-12:00 Toes in Water 4</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 BWT Pottery 4</p>	<p><b>12</b></p> <p>9:30-12:30 Whimsical HB 2 10:00-11:30 Bookwoman</p> <p>5:00-9:00 Open Clay Studio 6:00-7:30 Song to the Divine 1</p>	<p><b>13</b></p> <p>10:00-12:00 Splashdown 4</p> <p>1:00-5:00 Open Clay Studio 3:30 Finance Committee</p> <p>6:00-8:00 Handbuilt Pottery 4</p>	<p><b>14</b> Offices closed 9:00-3:00 Open Clay Studio 10:00 Adapt. Yoga Recording 2 11:00-1:00 Painting w/ Jaymee 4</p> <p><b>15</b></p> <p>9:00-12:00 Int. WT Pottery 2 10:00-11:30 Sustainable Stitching</p> <p>1:00-2:30 Kids Studio Art Club</p>	<p><b>16</b></p> <p>1:00-4:00 Just Go with the Flow</p>	<p><b>17 St. Patrick's Day</b></p> <p>1:00-4:00 Wild Women Clay 3</p> <p>6:00-8:00 Manic Monday 5 6:30-9:00 Seekers</p>	<p><b>18</b></p> <p>8:30-9:30 Meditation 3 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>5:30 Board Meeting 5:30-7:00 Chakra Club 6:00-8:00 BWT Pottery 5</p>	<p><b>19</b></p> <p>9:30-12:30 Whimsical HB 3 10:00-11:00 Adaptive Yoga 2</p> <p>2:30-4:30 Basic Handbuild 4</p> <p>5:00-9:00 Open Clay Studio 6:00-7:30 Song to the Divine 2</p>	<p><b>20</b></p> <p>10:00-11:00 Hatha Yoga 2 10:00-12:00 Splashdown 5 10:00-12:00 BWT Pottery 3</p> <p>1:00-5:00 Open Clay Studio</p>	<p><b>21</b> Offices closed 9:00-3:00 Open Clay Studio 10:00 Adapt. Yoga Recording 3 11:00-1:00 Painting w/ Jaymee 5</p> <p><b>22</b></p> <p>9:00-12:00 Int. WT Pottery 3 10:00-12:00 Practicar Español 2 11:00-12:00 Adult Acting 12:00-1:00 LL: Composting 2:00-4:00 Glass Cutting Skills</p> <p>4:00-7:00 Photography at Dusk 1</p>	<p><b>23</b></p> <p>2:00-4:00 DIY Sewing</p>	<p><b>24</b></p> <p>1:00-4:00 Wild Women Clay 4 6:00-9:00 S&amp;F: Nine to Five</p>	<p><b>25</b></p> <p>8:30-9:30 Meditation 4</p> <p>1:00-5:00 Open Clay Studio</p>	<p><b>26</b></p> <p>9:30-12:30 Whimsical HB 4 10:00-11:00 Adaptive Yoga 3</p>	<p><b>27</b></p> <p>10:00-11:00 Hatha Yoga 3 10:00-12:00 BWT Pottery 4</p> <p>1:00-5:00 Open Clay Studio</p>	<p><b>28</b> Offices closed 9:00-3:00 Open Clay Studio 10:00 Adapt. Yoga Recording 4</p> <p><b>29</b></p> <p>6:00-9:00 Community Studio 6:00-9:00 Absolute BWT 2</p>	<p><b>30</b></p> <p>6:00-8:00 Manic Monday 6</p>	<p><b>31</b></p>
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# April 2025

<p><b>6</b></p> <p>1:00-4:00 Games: BUNCO!</p>	<p><b>1</b></p> <p>8:30-9:30 Meditation 1 10:00-12:00 Toes in Water 1 10:00-1:00 Basic Handbuild 5 1:00-5:00 Open Clay Studio 6:00-8:00 BWT Pottery 6</p>	<p><b>2</b></p> <p>9:30-12:30 Whimsical HB 1 10:00-11:00 Adaptive Yoga 1 2:30-4:30 Basic Handbuild 5 5:00-9:00 Open Clay Studio 5:30-7:00 Mindful Kindness</p>	<p><b>3</b></p> <p>10:00-11:00 Hatha Yoga 1 10:00-12:00 Splashdown 1 10:00-12:00 BWT Pottery 5 1:00-5:00 Open Clay Studio 6:00-8:00 Handbuilt Pottery 6</p>	<p><b>4</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 1 6:30-8:00 Gongtopia 6:00-9:00 Absolute BWT 3</p>	<p><b>5</b></p> <p>9:00-12:00 Int. WT Pottery 4 10:00-1:00 Int. Machine Sewing 4:00-7:00 Photography at Dusk 2</p>
<p><b>7</b></p> <p>11:00 Executive Committee 1:00-4:00 Wild Women Clay 1 3:30 Grounds Committee 6:00-8:00 Manic Monday 1</p>	<p><b>8</b></p> <p>8:30-9:30 Meditation 2 10:00-12:00 Toes in Water 2 10:00-1:00 Basic Handbuild 6 1:00-5:00 Open Clay Studio</p>	<p><b>9</b></p> <p>9:30-12:30 Whimsical HB 2 10:00-11:00 Adaptive Yoga 2 10:00-11:30 Bookwoman 2:30-4:30 Basic Handbuild 6</p>	<p><b>10</b></p> <p>10:00-11:00 Hatha Yoga 2 10:00-12:00 Splashdown 2 10:00-12:00 BWT Pottery 6 1:00-5:00 Open Clay Studio 3:30 Finance Committee 5:30-7:00 Book Signing 6:00-8:00 Handbuilt Pottery 1</p>	<p><b>11</b></p> <p>Offices closed 9:00-3:00 Open Clay Studio 10:00 Adapt. Yoga Recording 2 11:00-1:00 Painting w/ Jaymee 2</p>	<p><b>12</b></p> <p>9:00-12:00 Int. WT Pottery 1 10:00-12:00 Practicar Español 1 2:00-4:00 F. Glass: Curve Mold</p>
<p><b>13</b></p> <p>1:00 Membership Committee 1:00-4:00 Wild Women Clay 2 6:00-8:00 Bad Girl Book Club 6:00-8:00 Manic Monday 2</p>	<p><b>14</b></p> <p>1:00-5:00 Open Clay Studio 5:30 Board Meeting 5:30-7:00 Chakra Club 6:00-8:00 BWT Pottery 2</p>	<p><b>15</b></p> <p><b>Tax Day</b> 8:30-9:30 Meditation 3 10:00-12:00 Toes in Water 3 10:00-1:00 Basic Handbuild 1 1:00-5:00 Open Clay Studio</p>	<p><b>16</b></p> <p>9:30-12:30 Whimsical HB 3 10:00-11:00 Adaptive Yoga 3 2:30-4:30 Basic Handbuild 1</p>	<p><b>17</b></p> <p>10:00-11:00 Hatha Yoga 3 10:00-12:00 Splashdown 3 10:00-12:00 BWT Pottery 1 1:00-5:00 Open Clay Studio</p>	<p><b>18</b></p> <p><b>Good Friday</b> Offices closed 9:00-3:00 Open Clay Studio 10:00 Adapt. Yoga Recording 3 11:00-1:00 Painting w/ Jaymee 3</p>
<p><b>20</b></p> <p><b>Easter</b> 1:00-4:00 Intuitive Painting</p>	<p><b>21</b></p> <p>1:00-4:00 Wild Women Clay 3 6:00-8:00 Manic Monday 3 6:30-9:00 Seekers</p>	<p><b>22</b></p> <p>8:30-9:30 Meditation 4 10:00-12:00 Toes in Water 4 10:00-1:00 Basic Handbuild 2 1:00-5:00 Open Clay Studio</p>	<p><b>23</b></p> <p>9:30-12:30 Whimsical HB 4 10:00-11:00 Adaptive Yoga 4 2:30-4:30 Basic Handbuild 2</p>	<p><b>24</b></p> <p>10:00-11:00 Hatha Yoga 4 10:00-12:00 Splashdown 4 10:00-12:00 BWT Pottery 2 1:00-5:00 Open Clay Studio</p>	<p><b>25</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 4</p>
<p><b>27</b></p> <p>"Cat Lady" show closes</p>	<p><b>28</b></p> <p>1:00-4:00 Wild Women Clay 4 6:00-8:00 Manic Monday 4 6:00-9:00 S&amp;F: <i>TheIma</i></p>	<p><b>29</b></p> <p>8:30-9:30 Meditation 5 10:00-12:00 Toes in Water 5 10:00-1:00 Basic Handbuild 3 1:00-5:00 Open Clay Studio</p>	<p><b>30</b></p> <p>10:00-11:00 Adaptive Yoga 5 2:30-4:30 Basic Handbuild 3 5:00-9:00 Open Clay Studio</p>	<p>6:00-9:00 Community Studio 6:00-9:00 Absolute BWT 6</p>	<p><b>26</b></p> <p>9:00-12:00 Int. WT Pottery 2 10:00-12:00 Practicar Español 2 12:00-1:00 LL: Intro to Chakras</p>



# 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** (3% credit card fee applies\*)

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

**OFFICE USE ONLY:**  FM  WA  
Date to \_\_\_\_\_ Notes \_\_\_\_\_



# womanspace registration form

Fill out this form and mail it in with your payment or register online at [womanspace-rockford.org](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 3% service fee for credit card payments.**

### CANCELLATION & REFUND POLICY

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

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

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

# 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.

## **Alice Doesn't Live Here Anymore** SF25-1

After her husband dies, Alice (Ellen Burstyn) and her son, Tommy, leave their small New Mexico town for California, where Alice hopes to make it as a singer. Money problems force them to settle in Arizona instead, where Alice takes a job as waitress in a small diner. She intends to stay in Arizona just long enough to make the money needed to head back out on the road, but her plans change when she begins to fall for a rancher named David (Kris Kristofferson).



1974 (in theaters 1975) | PG | 1 hr. 52 min.

**Throwback Monday | Jan 27 | 6:00-9:00p**  
\$20 (Members \$15) | Reg. by 1/25

## **The Woman King** SF25-2

In the 1800s, a group of all-female warriors protects the African kingdom of Dahomey with skills and fierceness unlike anything the world has ever seen. Faced with a new threat, Gen. Nanisca trains the next generation of recruits to fight against a foreign enemy that's determined to destroy their way of life.



2022 | PG-13 | 2 hr. 15 min.

**Monday | Feb 24 | 6:00-9:00p**  
\$20 (Members \$15) | Reg. by 2/22

## **9 to 5** SF25-3

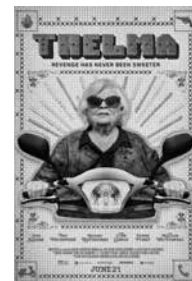
Meet Franklin Hart (Dabney Coleman). The biggest "sexist, egotistical, lying, hypocritical bigot" boss on the planet. He thrills in taking advantage of his head female office staff; humiliating, downplaying, and condescending against them whenever conveniently possible, particularly his top assistant Violet (Lily Tomlin). Long-exhausted over his gruesome bullishness, Violet, alongside co-workers Doralee (Dolly Parton) and Judy (Jane Fonda), comprise comical methods of "doing him in," when a freak incident occurs. They then manage to kidnap Hart and trap him in his own house, while assuming control of his department – and productivity leaps. But how long can they keep him tied up? 1980 | PG | 1 hr. 49 min.



**Throwback Monday | March 24 | 6:00-9:00p**  
\$20 (Members \$15) | Reg. by 3/22

## **Thelma** SF25-4

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her. 2024 | PG-13 | 1 hr.38 min.



**Monday | April 28 | 6:00-9:00p**  
\$20 (Members \$15) | Reg. by 4/26

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# 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.

### KAMI WANITA: PORTRAITS OF WOMEN SHOW Jan. 10–Mar. 2

Artist’s Reception January 10, 5:30–7:00p

“Kami Wanita: Portraits of Women” is an art exhibition that celebrates the shared experiences of women around the world, transcending cultural and geographical boundaries. This solo show that was awarded Laura Gomel when she won the prestigious Deborah Newton Recognition Award, features a collection of portraits based on photographs Laura personally took during a recent trip to Indonesia. The title, “Kami Wanita,” which means “We Are Women” in Bahasa Indonesian, reflects the universal themes of resilience, strength, and identity that unite women globally. This exhibition not only highlights the lives of Indonesian women but also honors the legacy of Deborah Newton, a local artist who was instrumental in promoting and nurturing the arts in our region.

### YOU SAY “CAT LADY” LIKE IT’S A BAD THING - Mar. 7– Apr. 27

Opening Reception March 7, 5:30–7:00p

A playful, empowering exhibit reclaiming and redefining the “cat lady” trope. It highlights the strength, independence, and nurturing spirit of women with a little sass. MEOW!

## 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:



venmo

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

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

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

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

# community studio



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

**Ages 16+.** Feeling emotionally stressed? Looking for a fun diversion? That's what our Community Art Studio is here for! Recharge your creative and emotional self in this supportive and welcoming place. We'll keep a theme in mind as a guideline for creative roadblocks, but it's non-committal. Bring your own project and supplies. There are brushes, pencils, scissors, and miscellaneous supplemental supplies in the studio. Give your mind a break and keep your hands busy while you meet new people and share the warm, encouraging and open spirit that is Womanspace.

## **Junk Art** CS25-1

How many unfinished projects are in your stash right now? Bust 'em out and join us in the art studio for some fun, creative, social time. Maybe you'll even finish your project!!

**Friday | Jan 24 | 6:00-9:00p**

\$10 | Reg. by 1/22

Nicole Landreth | ND Upper Studio

## **Put A Bookmark in It** CS25-2

Spend some relaxing time making your own bookmark to take home. All materials along with instructions will be provided, and you can choose pencil, watercolor, markers, or a combination of all to bring you vision to reality.

**Saturday | Jan 25 | 1:00-3:00p**

\$10 | Reg. by 1/23

Cindy Bear & Maggie Magnuson | ND Upper Studio

## **Art Roulette** CS25-3

So, sometimes we wind up accumulating, maybe a tad more than we need of a specific type of art/craft supplies. Let's gather it all together and play a roulette-esque art supplies swap game. Bring your own chosen surface (canvas, wood panel, handmade paper, etc) and an open, creative mindset.

**Friday | Feb 28 | 6:00-9:00p**

\$10 | Reg. by 2/26

Nicole Landreth | ND Upper Studio

## **Unfinished Art** CS25-4

We've all got at least a couple of projects in our collection that just aren't hitting right. Gather something from your reject pile that you want to give another go and your accompanying specialty supplies, and come join us in the studio for some social creative time.

**Friday | Mar 28 | 6:00-9:00p**

\$10 | Reg. by 3/26

Nicole Landreth | ND Upper Studio

## **Found, Repurposed, Recycled Art** CS25-5

What can you gather from around your space and in your daily life that can be transformed into repurposed art?

**Friday | Apr 25 | 6:00-9:00p**

\$10 | Reg. by 4/23

Nicole Landreth | ND Upper Studio

## ESTHER SCHENCK **Scholarship for the Arts**



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

Application form is on our website:

[https://womanspace-rockford.org/resources/Scholarship/ESSA\\_App\\_Form.pdf](https://womanspace-rockford.org/resources/Scholarship/ESSA_App_Form.pdf)

# painting



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

## Toes in the Water

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

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

WC25A-1 | **Jan 7-Feb 4** (5 wk)

WC25A-3 | **Feb 18-Mar 18** (5 wk)

WC25A-5 | **Apr 1-29** (5 wk)

\$115 (Members \$100)

Reg. by 2 days before each session

Sue Abare | ND Upper Studio

## Splashdown!

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

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

WC25A-2 | **Jan 9-Feb 6** (5 wk)

WC25A-4 | **Feb 20-Mar 20** (5 wk)

WC25A-6 | **Apr 3-May 1** (5 wk)

\$115 (Members \$100)

Reg. by 2 days before each session

Sue Abare | ND Upper Studio

## Watercolor & Ink: From Photo to Painting WC25M-1

A great photo can capture where we've been, could be a vacation or just a beautiful spot of nature. How about we take that next step and create a watercolor painting inspired by that great photo and the memories you brought home. In this two session class, you will be using your creativity and imagination along with watercolors and ink to transform your photo into art. We will be exploring some watercolor and ink techniques before embarking on your work, to give you some practice and get you set to go. Instructor suggest that scenery, buildings and street scene choices would work best for beginning painters.

**Friday | Jan 31 & Feb 7 | 2:00-4:00p**

\$45 (Members \$40) | Reg. by 1/29

Maggie Magnuson | ND Upper Studio

## Intuitive Painting with Meditation PG25Y-1

Celebrate the inevitable arrival of spring with a relaxing and playful intuitive painting experience! We'll begin with a guided meditation to calm the mind and open the flow of creativity, allowing inspiration to surface freely. Then, explore the process of layering paint and letting go of expectations to allow your art to evolve naturally. This is a space for self-love, expression, and letting go of perfection—embrace the mystery and beauty in the process. **Supplies included in fee.**

**Sunday | Apr 20 | 1:00-4:00p**

\$55 (Members \$50) | Reg. by 4/18

Rhiannon Yandell | ND Upper Studio

## Painting Studio

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

**Fridays | 11:00a-1:00p**

PG25J-1 | **Jan 17-Feb 14** (5 wk)

PG25J-2 | **Feb 21-Mar 21** (5 wk)

PG25J-3 | **Apr 4-May 2** (5 wk)

\$135 (Members \$120) + \$20 supply fee

Reg. by 2 days before each session

Jaymee Fedor | ND Upper Studio

## Taken Any Classes?



Let us know how we're doing!

# drawing



## Tangled Up in Drawing Class DW25B-1

Discover the relaxing art of Zentangles! This meditative drawing technique uses simple, structured patterns to create intricate and beautiful designs. Perfect for beginners and seasoned artists alike, this class focuses on mindfulness, creativity, and finding calm through the rhythmic process of drawing. Join Rebecca (who's been tangling for years) to learn the basics, explore new patterns, and create your own unique works of art—no artistic experience required! **All materials are provided, so come ready to unwind and get inspired.**

**Thursday | Mar 20 | 6:00-9:00p**

\$40 (Members \$35) | Reg. by 3/18

Rebecca Bowman | ND Upper Studio

## Tangled Up Tote Bags DW25B-2

Unleash your creativity and design a one-of-a-kind tote bag using the relaxing art of Zentangles! In this class, you'll learn how to create intricate, meditative patterns and apply them to a canvas tote bag. Perfect for beginners and experienced artists, this workshop combines mindfulness with hands-on creativity. Leave with a stylish, personalized bag and a new skill to inspire your artistic journey. **All materials are provided—just bring your imagination!**

**Saturday | Apr 19 | 10:00a-12:00p**

\$40 (Members \$35) | Reg. by 4/17

Rebecca Bowman | ND Upper Studio

# fused glass



## Fused Glass: Night-lights MX25S-1

Make your own night-light! In this fun workshop, you will create a night-light out of recycled and pre-cut glass, which will then be fused in a kiln and affixed to a wooden stand. This workshop is open to ages 8+, and is a great multi-generational activity for all ages. Glass pieces will be pre-cut, so no glass cutting experience is necessary. Safety glasses and gloves are provided; closed toe shoes recommended.

**Tuesday | Jan 14 | 6:00-8:00p**

\$60 (Members \$55) | Reg. by 1/12

Pat Sullivan | ND Upper Studio

## Fused Glass: Curve Mold MX25S-2

Create a truly unique piece of art in this fused glass workshop! Using a curved mold, you'll design and craft a stunning glass sculpture that doubles as a functional and eye-catching bookshelf accent. Learn techniques for layering, and fusing glass to bring your vision to life. This workshop is perfect for beginners and experienced glass artists alike. **All materials including safety glasses and gloves are provided; closed toe shoes recommended—just bring your creativity and let your imagination shine!**

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

\$60 (Members \$55) | Reg. by 4/10

Pat Sullivan | ND Upper Studio

# photography

## Smartphone Photography at Dusk PH25-1

Dive into and improve your photography skills on your smartphone! Point and shoot cameras are also acceptable. We will discuss lighting with a focus on capturing the special light at dusk, gain perspective in how to improve our photography, and discuss camera settings. This is a great class for someone trying to get better candid, nature shots or product photography for themselves. **Students must bring a device they wish to learn on. Please contact us directly if you have a DSLR camera.**

**Saturdays | Mar 22 & Apr 5 | 4:00-7:00p** | Register by 3/20

\$55 (Members \$50) OR \$30 single class | Stefi Kruger | ND Upper Studio



# special techniques



## Gouache and Watercolor Resist ST25-1

Would you like to explore Gouache, India ink and watercolor? Consider this workshop! It's a fun way to make a painting look vintage. There is a lot of drying time so bring multiple black and white reference photos. This way you can do several paintings at once.

**Supplies needed:** One or two boards for drying painting on, Arches 140# cold press watercolor paper 11x15" (2-3 pieces), watercolors, white gouache, India ink, brushes, soft bristle scrub brush, black and white reference photos.

**Sat & Sun | Feb 1 & 2 | 1:00-3:00p**  
\$55 (Members \$50) | Reg. by 1/30  
Rita Carpenter | ND Upper Studio



## Gel Plate Workshop ST25-2

Discover the fun and versatile art of Gelli Plate Printing! Using a gelatin plate, you'll create stunning prints on fabric or paper with ease. Simply apply paint to the Gelli surface, spread it with a brayer, and experiment with stencils and textured objects to design unique patterns. No prior experience is necessary – just bring your creativity and enjoy exploring this exciting technique. Join us for a playful, hands-on class and leave with your own beautiful prints! Supply list available online.

**Saturday | Feb 22 | 12:00-5:00p**  
\$85 (Members \$75) | Reg. by 2/20  
Rita Carpenter | ND Upper Studio



## Glass Cutting Skills ST25-3

Sharpen your skills in this focused workshop on glass cutting techniques! Whether you're a beginner looking to build confidence or an experienced artist seeking to refine your craft, this hands-on class will teach you essential tips and tricks for precise cuts and creative shapes. Explore different tools and methods while practicing on a variety of glass types. Perfect for enhancing your fused glass or stained glass projects, this workshop is a must for any glass art enthusiast! Safety glasses and gloves are provided; closed toe shoes recommended.

**Saturday | Mar 22 | 2:00-4:00p**  
\$35 (Members \$30) | Reg. by 3/20  
Pat Sullivan | ND Upper Studio

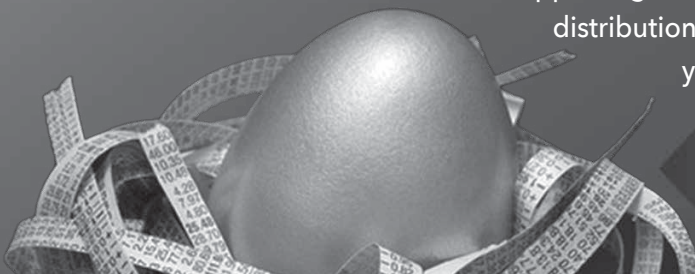


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## DONATE TO WOMANSPACE THROUGH YOUR IRA

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

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



# clayworks



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.)

**TUESDAY EVE | 6:00-8:00p** | Lynette Porter  
WT25P-1 | **Jan 7-Feb 11** (6 wk) | Reg. by 1/5  
WT25P-2 | **Feb 18-Apr 1** (6 wk; no 3/25) | Reg. by 2/16  
WT25P-3 | **Apr 8-May 13** (6 wk) | Reg. by 4/6

**THURSDAYS AM | 10:00a-12:00p** | Margo Olson  
WT25M-1 | **Jan 9-Feb 13** (6 wk) | Reg. by 1/7  
WT25M-2 | **Feb 20-Apr 10** (6 wk; no 3/6, 3/13) | Reg. by 2/18  
WT25M-3 | **Apr 17-May 22** (6 wk) | Reg. by 4/15

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

## Absolute Beginner Wheel Throwing WT25R-1

**Ages 16+. Beginner.** Join this NEW course to get a handle on the basics and set yourself up for success! This introductory class focuses on mastering three foundational forms: a cup, a mug, and a bowl. Alongside these projects, participants will receive in-depth demonstrations and step-by-step instruction on essential beginner skills, such as centering clay, shaping forms, and trimming pieces. Additionally, you'll explore various options for decorating and glazing to personalize your creations. This course wraps up with a dedicated session on finishing steps, including sanding, cleaning, and photos. See the full weekly breakdown in the attached PDF below. Whether you're brand new to pottery or looking to refine your skills, this course provides a solid foundation and the confidence to continue your journey with clay! (See above for supplies. Full weekly course breakdown available online.)

**Friday PM | Mar 21-May 9** (8 wk) | **6:00-9:00p** | Reg. by 3/19  
\$330 (Members \$300) | Emily Rangel-Cascio | 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 EVE | 6:00-8:00p**  
IN25N-1 | **Jan 6-Feb 10** (6 wk) | Reg. by 1/4  
IN25N-2 | **Feb 17-Mar 31** (6 wk; no 3/24) | Reg. by 2/15  
IN25N-3 | **Apr 7-May 12** (6 wk) | Reg. by 4/5  
\$165 (Members \$150) | Anya Nelson | ND Clay Studio

## Adv. Intermediate Wheel Thrown Pottery

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

**Saturdays AM | 9:00a-12:00p**  
IN25J-1 | **Jan 11-Feb 1** (4 wk) | Reg. by 1/9  
IN25J-2 | **Feb 8-Mar 1** (4 wk) | Reg. by 2/6  
IN25J-3 | **Mar 8-Apr 5** (4 wk; no 3/29) | Reg. by 3/6  
IN25J-4 | **Apr 12-May 17** (4 wk; no 4/19, 5/10) | Reg. by 4/10  
\$165 (Members \$150) | Jennie Johnson Sic | 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-1 | **Jan 7-Feb 11** (6 wk)

HB25A-2 | **Feb 18-Apr 8** (6 wk; no 3/11, 3/25)

HB25A-3 | **Apr 15-May 20** (6 wk)

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

HB25N-1 | **Jan 8-Feb 12** (6 wk)

HB25N-2 | **Feb 19-Apr 9** (6 wk; no 3/12, 3/26)

HB25N-3 | **Apr 16-May 21** (6 wk)

Register by 2 days before each course

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

## Handbuilding Pottery

**Ages 16+. Intermediate-Advanced.** Advance your hand-building skills while having fun in this 6-week class. Explore many hand-building techniques to make mugs, plates, functional pieces and pieces students are interested in creating. Create your own texture and templates and explore many decorating and glazing options. (See above for supplies.)

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

HB25P-1 | **Jan 9-Feb 13** (6 wk) | Reg. by 1/7

HB25P-2 | **Feb 20-Apr 3** (6 wk; no 3/27) | Reg. by 2/18

HB25P-3 | **Apr 10-May 15** (6 wk) | Reg. by 4/8

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

## Whimsical Pottery – Independent Study

**Age 18+. Int.-Adv.** Join this fun, independent clay study group and create something you are interested in. Use forms, natural elements, and your imagination to build practical, unusual or whimsical forms. Your clay partners will be able to offer some guidance, but no specific instruction will be provided. You must be an advanced clay worker and be able to work independently. (See above for supplies.)

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

HB25B-1 | **Jan 8-29** (4 wk) | Reg. by 1/6

HB25B-2 | **Feb 5-26** (4 wk) | Reg. by 2/3

HB25B-3 | **Mar 5-26** (4 wk) | Reg. by 3/3

HB25B-4 | **Apr 2-23** (4 wk) | Reg. by 3/31

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

CW25-1 | **Jan 6-27** (4 wk) | Kathy Rasmus

CW25-2 | **Feb 3-24** (4 wk) | Kathy Rasmus

CW25-3 | **Mar 3-24** (4 wk) | Independent Study

CW25-4 | **Apr 7-28** (4 wk) | Linda Ewalt

Register 2 days before each session

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

# studio art club for kids



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

**Ages 6+.** Each session of our Studio Art Club gives students a unique opportunity to delve into the world of creativity and self-expression through various art projects. Students will refine their technical skills, learn to manipulate color and composition, and develop a personal artistic style. We will also engage in group critiques and discussions, fostering a supportive and collaborative learning environment.

## **Vision Boards** JM25-1

Welcoming 2025, we will spend this session creating a collage of how we envision our new year. Each child will have a project board and open supplies to assemble a creative collection of their future, gratitude, and individual personality.

**Saturday | Jan 18 | 1:00-2:30p**

\$30 (Family Members \$25; see pg. 15) | Reg. by 1/16

Peighton Fei | ND Upper Studio

## **The Four Seasons** JM25-2

Join Peighton for a story about the four seasons as human-like characters, filled with rich symbolism. Then, create your own seasonal characters, exploring the colors, foods, and feelings each season inspires. What colors does each one feel like, what foods do we eat in these times, what feelings are brought forth with the changing weather? A fun craft that deepens our connection to the changing Earth!

**Saturday | Feb 15 | 1:00-2:30p**

\$30 (Family Members \$25; see pg. 15) | Reg. by 2/13

Peighton Fei | ND Upper Studio

## **Reclaimed Art Necklaces** JM25-3

Create unique necklaces using reclaimed materials! Each student will design and make two necklaces – one to keep and one to share with a friend. Let your creativity shine while learning the art of upcycling!

**Saturday | Mar 15 | 1:00-2:30p**

\$30 (Family Members \$25; see pg. 15) | Reg. by 3/13

Nikki Hollander | ND Upper Studio

## **Origami** JM25-4

Explore the fascinating art of origami! Students will learn basic folding techniques and create a variety of classic origami figures. This fun and engaging class is perfect for young creators looking to develop new skills and bring paper to life.

**Saturday | Apr 19 | 1:00-2:30p**

\$30 (Family Members \$25; see pg. 15) | Reg. by 4/17

Luz Castenada | ND Upper Studio



## **Girl Scouts – World Thinking Day** GS25-1

On this Day, Girl Scouts and Girl Guides in over 150 countries around the world gather together to make a difference on a global level by celebrating World Thinking Day. Each year there is a different theme, such as helping the environment, fighting poverty, achieving gender equality, or making sure everyone has access to education. This year, Girl Scouts and Girl Guides everywhere will honor their global community by doing activities around the theme: *Our Story: Reflecting the symbolism and values of our Movement*. Complete all four steps to earn the World Thinking Day award. We will *Explore* by taking a deeper dive into the origin of WTD, *Experience* a different culture, *Investigate* our Super Hero Powers, and *Share/Commit* to a better future.

**Saturday | Feb 22 | 9:30-11:30a** | Reg. by 2/20

\$20 Girl Scout Fee (Leader no charge) | Marge Blake | ND Upper Studio

# 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.

**Upcoming Art Vacations:**  
**Buenos Aires, Argentina**  
 Feb 26-March 10, 2025  
 Travel Journaling with Rita Carpenter  
**Costa Del Sol, Spain**  
 May 10-20, 2025  
 with artist Barbara Mathews  
**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

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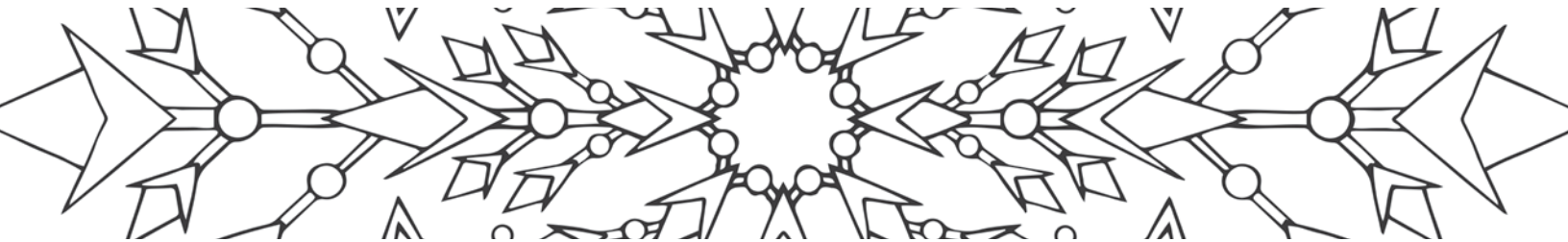


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# yourguide

Jan-Apr 2025

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



For up-to-date programming 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

- Jan 10 Exhibit: *Kami Wanita: Portraits of Women* by Laura Gomel
- Jan 12 Winter Blues Wellness Series
- Jan 14 Fused Glass: Night-light
- Jan 24 NEW! Community Open Studio
- Jan 26 A Year of Womanspace Proclamation & Open House
- Jan 31 Yoga Teacher Training with Blue Soul School of Yoga
- Feb 6 Forum: A Chat with the Co-Directors
- Feb 7 Thrifted to Fitted: Tailoring Secondhand Treasures
- Feb 23 Games in the Gallery: BUNCO!
- Feb 23 Sew Easy: DIY Tips and Tailor's Tricks
- Mar 7 Exhibit: *You Say Cat Lady Like it's a Bad Thing*
- Mar 8 Restyle the Runway & Spring Luncheon
- Mar 8 Lights, Camera, Confidence! Kids' Acting Class
- Mar 21 Absolute Beginner Wheel Throwing Pottery
- Mar 21 Spring Equinox Gathering: Ecstatic Dancing
- Mar 27 Forum: Building a Healthy Money Relationship
- Apr 5 Volunteer Appreciation Brunch
- May 10 BloomFest Spring Artisan Market
- June 6 Glitzy Revival: Restyle Edition