

A close-up photograph of several bright red apples in a rustic, woven wooden basket. The apples are the central focus, with some in sharp focus and others blurred in the background. The background shows a soft-focus green field, suggesting an orchard or farm setting. The lighting is natural and bright, highlighting the texture of the apples and the basket.

yourguide™

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

Fall is a time
for transition!

Improve Your Health

Tell Your Story

Be the Best Version of You

Refresh & Reawaken Your Body

Nourish Your Creativity

general info



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Mission

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.

Goals & Philosophy

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 other people with whom she relates. Through the strong, healthy, self-development of each individual, the world we live in is made a stronger, healthier, and more peaceful planet.

Our goal is to offer 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 interfaith center is governed by a volunteer Board of Directors in cooperation with the Executive Director. Situated on a seven-acre campus between Alpine and Mulford Roads in Rockford, Illinois, Womanspace has art studios, a gallery, Gallery2Go gift shop, beautiful gardens and a labyrinth, and operates as a not-for-profit 501(c)(3) organization.

Holistic Health Room

Womanspace has a peaceful & comfortable holistic health room designed with your well-being in mind! With the day-to-day busyness of life, we must set aside time to take care of ourselves so that we can continue to care for others and our World. Some services provided are: Therapeutic Massage, Reiki Healing, Tuning Fork Therapy, Raindrop Therapy, Chakra Balancing, Traditional Naturopathy, Holistic Coaching, Energy Work, Spiritual Direction and Health Coaching.

Accessibility

A ramp is available in the garage for access to the offices and events in the 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

Our office hours are Monday-Thursday, 10:00a-5:00p and evenings/weekends when programs are scheduled. Our gardens, labyrinth and campus are open everyday during daylight hours.

editor's note



Joyful Energy

In Spring and summer of 2021, anyone looking for excitement, creativity or inspiration needed to go no further than Womanspace to find more than enough! From late May through August, our campus hummed with activity (mostly in person, with Zoom still available). Women and men who had been “cooped up from Covid” came out eagerly to greet one another as restrictions lifted a bit and as more and more visitors proudly announced their “full vaccination” status. Providing a clean, safe and beautiful environment was both our responsibility and privilege. Joyful and poignant reunions popped up all over!

People came to create art, to tend the grounds and walk the labyrinth, to sculpt and paint and plant and stretch and drum and dance. We gathered to remember and celebrate the lives of friends who had died, to welcome new babies and launch new graduates, to discuss films and books, to build fairy houses in the woods. Both new and experienced potters kept the lower studio in continual use; the kilns yielded beautiful pieces with every firing. Our upper studio and garage morphed into an extended sculpture space as “mosaic magic” took over in a big way. Volunteers and visitors alike were astonished and intrigued at the creation of the six benches that will enhance the Rockford Women’s Suffrage Plaza on the east bank of the Rock River for generations to come. In mid-July, we welcomed tweens and teens (thru Rockford Area Arts Council) who worked more magic creating mosaic towers and treasure houses to be installed in various parts of the city.

What makes all of this joyful energy possible? The amazing Womanspace community of volunteers, students, guest instructors, donors, visitors, and staff. All are welcome. Come join us!

Elaine Hirschenberger, SSSF, Executive Director

Board of Directors

- Pat Bonavia, *President*
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- Mary Tuite
- Elaine Hirschenberger, SSSF, *Ex Officio*

Staff

- Elaine Hirschenberger, SSSF, *Executive Director*
- Pat Lai, *Graphic Design/Admin. Assist.*
- Cherie Heck, *Arts Programming*
- Liz Hiemstra, *Marketing Coordinator*



Womanspace is offering some classes using ZOOM entirely and as hybrid. To join a Womanspace Zoom class, you must be registered for the specified class. You will then receive an e-mail with a link.

programs & classes



Health
Mind & Body
Special Interests
Retreats
Writing
Labyrinth

Enjoy life enhancing programs that foster creative exploration, challenge you intellectually, help you to maximize your well-being, explore your spirituality or simply enjoy the serenity of nature. As long as we are breathing, we have the opportunity to discover our innate potential, to cultivate the most beautiful version of our lives and to inspire those we love.

health



CDC guidelines about face masks will be observed. For instructor bios, please visit our website: womanspace-rockford.org/Instructors.

Healthy Dessert Workshop

Join Rhonda Torossian, Digestive Wellness Specialist, as she creates some tasty desserts and shares the benefits of the healthy ingredients. She will demonstrate how easily they can be incorporated into delicious guilt-free desserts for your enjoyment or to share during the holiday season. Sign-up for one or all 3 classes! Recipes and tastings will be a part of these fun workshops so bring a friend and enjoy it together!

September 8: Chocolate – Fun & healthy ways to eat chocolate! Create your own chocolate from scratch!

October 6: Sweet Tooth – Yummy yet healthy ways to satisfy that sweet tooth! Simple recipes for tasty desserts.

November 10: Creamy Vegan Desserts – Tasty desserts even non-vegans will love!

Wednesdays | 2:00-3:00p

HL21T-1 | **Sept. 8, Oct. 6, Nov. 10**

Fee: \$60 (Member \$50) or \$22/class

Register by: 2 days before

Instructor: Rhonda Torossian

Location: William Reif Gallery

Ayurveda for Women's Health

Ayurveda is an ancient Indian Healing System of natural healing and holistic medicine. Ayurveda means "the science of life" (the Sanskrit root **ayur** means "longevity" or "life" and **veda** means "knowledge").

While modern medicine tends to focus on the management of disease, the primary goal of Ayurveda is to prevent disease and to help people live long, healthy and balanced lives. A disease in Ayurveda is an imbalance in the three doshas (basic energy types): Vata, Pitta and Kapha. Each individual has a unique balance of these three doshas, and this uniqueness governs the body type, energy levels, appetite and even emotions.

Ayurvedic healing is a holistic approach to restore balance in the body and mind that results in overall health and wellness of an individual.

This lecture will focus on the following points:

1. Basic understanding of Ayurveda Concepts and foundation of Ayurveda
2. Healthy Ayurvedic Lifestyle for women. (Includes handouts)
3. Guidance on Diet. (Includes recipe handouts)
4. Also, learn about the female health supportive herbs

Thursday | 6:00-8:00p

HL21M-1 | **Sept. 9**

Fee: \$60 (Member \$50)

Register by: 9/7

Instructor: Swati Mhaske. BAMS, MScPh

Location: Zoom



health



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Foraging for Beginners

Join Shannon Redden (Master Herbalist) and other nature lovers, for a stroll around a private 3+ acre property to learn about foraging and how to identify numerous plants. There will also be time for you to harvest some items to take home with you. We will hunt for things to eat, to make into teas and tinctures. Dress for the weather. Wear long pants and comfortable solid shoes. (No sandals or flip flops.) Also bring a basket or bag to put your wild things in! You will receive the address in your confirmation email after you register.

Sunday | 2:00-3:30p

HL21R-1 | **Sept. 19**

Fee: \$25 (Members \$20)

Register by: 9/17

Instructor: Shannon Redden, MH

Location: Private Property

Benefits of Fire Cider

Join master herbalist Shannon Redden to learn about the health benefits of using Fire Cider, a flavorful vinegar mixture infused with herbs, before learning how to prepare their own jar of Fire Cider to take home!

Wednesday | 2:00-3:00p

HL21R-2 | **Sept. 22**

Fee: \$25 (Members \$20)

Register by: 9/20

Instructor: Shannon Redden, MH

Location: William Reif Gallery

Benefits of Elderberry Syrup

Elderberry syrup has been used for centuries as a home remedy to boost the immune system and to speed recovery from a cold or flu. Join master herbalist Shannon Redden to learn more about elderberry syrup and make a batch to take home.

Wednesday | 2:00-3:00p

HL21R-3 | **Oct. 13**

Fee: \$25 (Members \$20)

Register by: 10/11

Instructor: Shannon Redden, MH

Location: William Reif Gallery

Healthy Digestion

Did you know digestion is the largest stress we put on our bodies each day? According to Hippocrates, "All disease begins in the gut." Join Shannon Redden, master herbalist/functional nutritionist, to learn more about your digestive system and how to help improve your digestion and absorption of nutrients. We'll also discuss gut health and why it's so important along with steps for you to take to improve your gut health.

Wednesday | 2:00-3:00p

HL21R-4 | **Nov. 3**

Fee: \$25 (Members \$20)

Register by: 11/1

Instructor: Shannon Redden, MH

Location: William Reif Gallery

health



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Natural First Aid

Learn how to care for yourself or others with simple things you already have...many of these items at home. You'll walk away with a list of items to stock a first aid kit that are completely natural, easy to find and use! You will also gain some thoughtful skills.

Tuesday | 1:00-3:00p

HL21J-1 | **Sept. 14**

Fee: \$25 (Members \$20)

Register by: 9/12

Instructor: Nadene Johnson, ND, LMT

Location: William Reif Gallery & Zoom

Brain Health

Yes, you can prevent brain deterioration! This not your typical "just do a crossword puzzle" talk. We'll talk about what the brain needs to function properly, what is often missing in our health that is affecting the brain, and how you can start the preventative process now.

Tuesday | 1:00-3:00p

HL21J-2 | **Oct. 12**

Fee: \$25 (Members \$20)

Register by: 10/10

Instructor: Nadene Johnson, ND, LMT

Location: William Reif Gallery & Zoom

The Three D's of Healing

Detoxification, depuration and drainage...why should you care? If you are only using detoxification strategies to help yourself, you are missing most of the benefit to your body! Come find out why it is important to do more than just detoxification and how to make that happen.

Tuesday | 1:00-3:00p

HL21J-3 | **Nov. 9**

Fee: \$25 (Members \$20)

Register by: 11/7

Instructor: Nadene Johnson, ND, LMT

Location: William Reif Gallery & Zoom

Acupuncture & Building Immunity

How does Acupuncture help build immunity? Curious about acupuncture and how it works? Come learn about using acupuncture and the principles of Chinese Medicine to keep you in optimal health!

Tuesday | 1:00-3:00p

HL21J-4 | **Dec. 14**

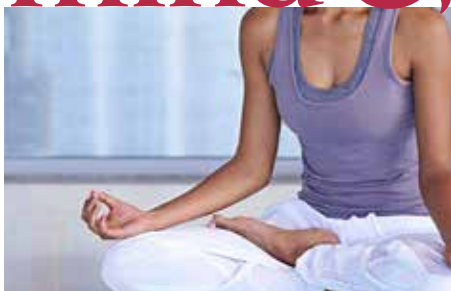
Fee: \$25 (Members \$20)

Register by: 12/12

Instructor: Nadene Johnson, ND, LMT

Location: William Reif Gallery & Zoom

mind & body



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Meditation: A Wellness Practice

Start your day off with greater focus, less stress and more peace of mind. Meditation is the practice and process of paying attention and focusing your awareness. Different forms of meditation are introduced and practiced in a seated position. Join us – it's a great way to de-stress, re-charge, and re-focus. **Suggested equipment: comfortable attire, yoga mat or rug.**

**Keep informed with new and updated classes. Free sign-up for our e-newsletter on our web site: womanspace-rockford.org.*

Tuesdays | 9:00-10:00a

MD21T-1 | **Sept. 7-28**

MD21T-2 | **Oct. 5-26**

MD21T-3 | **Nov. 2-23**

MD21T-4 | **Nov. 30-Dec. 21**

Fee: \$50 (Members \$40)

Single Class Fee: \$15

Register by: 2 days before

Instructor: Shiraz Tata, Ph.D.

Location: ZOOM

Gongtopia

It's unlike anything you have ever experienced before. Imagine floating in an ocean of sound, where you can let go of all your stress and worries. Gongs, Singing Bowls, Bells, and other instruments ring out, creating waves of vibrations that wash over you. Your body and energy systems are able to realign and recharge, helping to clear out blockages, while leaving you refreshed and reawakened. **Bring a yoga mat or blanket and wear comfortable clothing.**

Michael Bettine has been working with these instruments for over 40 years. He has written various books on percussion and released over 40 recordings under his name. His long running blogs have been embraced by both the meditation/sound therapy, and percussion communities.

Saturday | 6:00-7:30p

HL21B-1 | **Sept. 18**

Fee: \$30 (Members \$25)

Walk-in Fee: \$35

Register by: 9/16

Instructor: Michael Bettine

Location: Back Lawn or Anjali Pavilion

Wake Up to Ageless Alchemy: Tapping to Release Fearful Thoughts About Aging

Our thoughts create the experience of our reality. In this post Covid time, it's easy to feel vulnerable in these bodies of ours. As we are gifted with more years, the conditioned thoughts about aging influence the way we experience the changes that naturally occur. We have an opportunity to challenge long-held beliefs about aging and release the fears they bring up. Tapping, or EFT, is a practice of tapping lightly on energy meridians in the body to give the body permission to let go of the bound-up energy fear creates. Less fear equals a more relaxed experience no matter what's going on in your life.

Jean Kathryn Carlson, Vibrant Living Alchemist, is a certified Tapper. As a master mind detective, she knows the power of challenging beliefs and transforming those that no longer serve. Over the last couple of years, she focused on releasing the tyranny fear had had in her life. Tapping was one of the tools she used to free herself.

Tuesday | 6:30-8:30p

HL21C-1 | **Oct. 19**

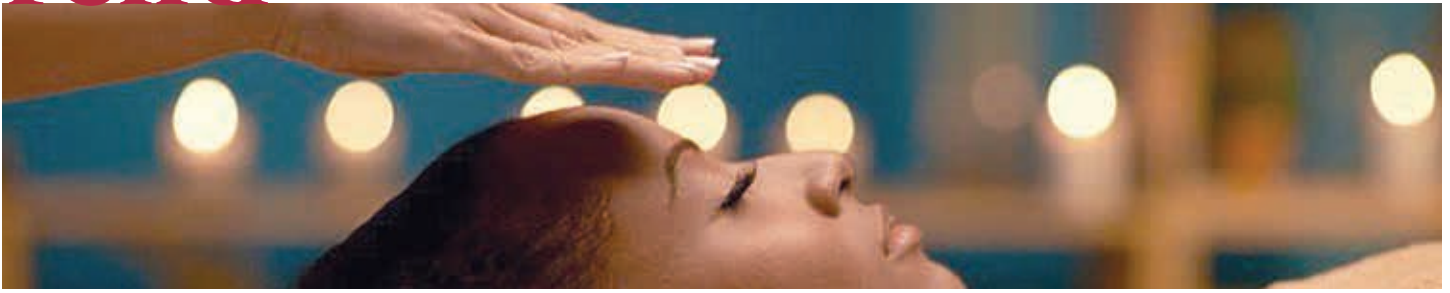
Fee: \$25 (Members \$20)

Register by: 10/17

Instructor: Jean Kathryn Carlson

Location: William Reif Gallery

reiki



Reiki (ray-key) is a Japanese word meaning “Universal Life Force Energy” and describes the energy found in all of life. An ancient form of hands-on energy healing, Reiki is a skill obtained through an attunement (opening) to bring the power of Universal Life Force Energy through the human chakra system. The energy then is used to balance the body or an object by bringing it into harmony with the universe once again. **Wear comfortable loose fitting clothing, with no jewelry or perfumes. Bring a sack lunch.** *CDC guidelines about face masks will be observed. For instructor bio, please visit our website: womanspace-rockford.org/Instructors.*

Reiki I

In Reiki One, you will learn the hand positions for self-healing and for the healing treatment of others. We will talk about the seven major chakras and the history of the Usui System of Natural Healing. You will receive your first attunement. We will also have time to practice feeling energy and giving Reiki to each other.

Saturday | 9:00-4:30p

HL21G-1 | **Oct. 16**

Fee: \$120 (Members \$110)

Register by: 10/14

Instructor: Debby Gaines

Location: Media Room

Reiki II

Prerequisite: Completion of Reiki I. In Reiki Two, you will learn symbols and mantras to focus and deepen the healing treatment of the Reiki energy. We will talk about the sacredness of the Reiki symbols. We will also begin to learn ways to send Reiki through time and distance, allowing healing in the past to improve the present. Time will be allotted to practice feeling energy and giving Reiki to each other.

Sunday | 9:00-4:30p

HL21G-2 | **Oct. 17**

Fee: \$140 (Members \$130)

Register by: 10/14

Instructor: Debby Gaines

Location: Media Room

Reiki Refresher 1 & II

Prerequisite: Previous Reiki I & II certification is required to sign-up. Please contact Debby at kherheb2@aol.com with any questions. This day-long class is set-up for Reiki students who have already received their Reiki I & II training but feel like they need a refresher. Are you feeling drawn to start offering Reiki sessions but you would like to ask some questions first? Is it time to move forward to the Reiki Master Level (Reiki 3A) but it's been a while since you've taken Reiki I and II? This class will include a lot of hands-on learning with each student having the chance to give at least one full Reiki session (as well as receiving a session). Each one of you will receive the printed materials for both classes again so that you have them to review the symbols, mantras, and to refer to as questions come up. We will also practice centering, grounding, and sending distance Reiki. **Please wear comfortable, loose fitting clothing, with no jewelry or perfumes. Bring a sack lunch.**

Sunday | 9:00-4:30p

HL21G-3 | **Nov. 13**

Fee: \$100 (Members \$110)

Register by: 2 days before

Instructor: Debby Gaines

Location: Media Room

special interests



CDC guidelines about face masks will be observed. For instructor bios, please visit our website: womanspace-rockford.org/Instructors.

Introduction to Oracle Cards

This class will introduce you to the Divination tool of Oracle Cards. Kathy will cover their history, and you will learn how to clear, cleanse, charge, and use the cards. Each participant will receive an Oracle deck of cards to use and take home. Class fee includes cost of an Oracle deck. Sign-up yourself and a friend for an interesting and fun night out!

Tuesday | 6:00-8:00p

WK21-2 | **Sept. 14**

Fee: \$50 (Member \$40)

Register by: 9/12

Instructor: Kathy Bjerke

Location: William Reif Gallery

Learn to Read Tarot Workshop

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

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

WK21-3 | **Sept. 25 & 26**

Fee: \$95 (Member \$85)

Register by: 9/23

Instructor: Melissa Paluzzi

Location: William Reif Gallery

Oracle Card Party!

Have you ever played with Oracle Cards? You come up with a question, pull a card and voilà, you receive synchronistic insights! In our Oracle Party, we will pull cards for the group and for each individual. And since it's a party we'll even have refreshments! Jean Kathryn will support you in creating the best possible question for the oracle and then we'll be off and running. You're welcome to bring a favorite deck if you like. When we get together with friends and open the Oracle all sorts of magic, mischief and fun happen. Ready for some insight mixed with laughter? Come to the Oracle Party! See you there!

Thursday | 6:30-8:30p

WK21-6 | **Oct. 14**

Fee: \$25 (Member \$20)

Register by: 10/12

Instructor: Jean Kathryn Carlson

Location: William Reif Gallery

Past Life Regression

Have you been curious about Past Life Regression? This is a great place and time to try it out! Past life regression can help you explore your connection with your past lives, and how they influence you today. This will be a question and answer program with a group past life session.

Tuesday | 6:00-8:00p

WK21-7 | **Nov. 30**

Fee: \$40 (Member \$30)

Register by: 11/28

Instructor: Melissa Paluzzi

Location: William Reif Gallery

special interests



CDC guidelines about face masks will be observed.

Cakes for the Queen of Heaven – Part 1

“Cakes for the Queen of Heaven” is a woman-honoring adult RE curriculum developed by Rev. Shirley Ranck. It examines pre-Judeo Christian cultures like “What would it be like to grow up in a world where the divine was imagined to be female?” More than Goddess 101, this workshop series examines important elements of today’s women’s lives today; personal, interpersonal and societal and looks at how our culture has been influenced by Judeo-Christian values. Participants are encouraged to share their own experiences and beliefs, creating trust and strong bonds of friendship. Part II of this series will be offered in 2022.

Mondays | 6:30-8:30p

WK21-4 | **Oct. 4-Nov. 1**

Fee: \$100 (Member \$90) Zoom: \$80
Register by: 10/2

Facilitators: Deborah Gaines
& Annette McLean
Location: Media Room & Zoom

Living From the Center Within: Co-Creating Who You Are Becoming

We are living amidst a transformative period in human development, experiencing dramatic paradigm shifts and leaps in human consciousness itself. There is tremendous opportunity for growth and positive change. When you imagine an ideal world for human beings and all who inhabit the earth, what do you envision? We are each invited to participate in creating who we are becoming personally, interpersonally, and collectively during this shift by Living from Our Center Within. Expanding awareness, focusing attention, and clarifying intention together will deepen our access to our Center Within.

During our time together we will explore:

- Practices designed to enhance mindful living, wellbeing, healing and self-awareness
- Wisdom from ancient teaching & modern science that support realizing our full potential
- A map of human development outlining three levels of consciousness
- Qualities of a new era of interconnected living
- Conversational and spiritual intelligence to enhance relationships
- New systems and paradigms that have positive collective impact culturally, politically and economically

Michele Rae is a Transformational Coach, Spiritual Teacher, founder of The Center Within, LLC, author of Living From the Center Within: Co-Creating Who You Are Becoming, and graduate faculty at the University of Minnesota. As an intuitive, Michele provides guidance navigating the transformative shift we are individually and collectively engaged in as we expand our access to higher consciousness. Her passion is supporting individuals and service groups choosing timelines that have the most positive outcomes for themselves and the greater collective. She delights as clients and students step more fully into their power and release what no longer serves while creating a life they love personally and professionally.

Wednesday | 6:30-8:00p

WK21-5 | **Oct. 6**

Fee: \$60 (Member \$50)
Register by: 10/4

Presenter: Michele Rae
Location: Zoom

reflection



CDC guidelines about face masks will be observed.

Winter Solstice Celebration & Memorial

At the peak of darkness, with the sun at its southernmost point in the Northern Hemisphere sky, we venture inward to kindle our inner fire. Join us for this special celebration on the Winter Solstice as we honor the cycle of the seasons, reflect on our experiences of the past year, remember the precious lives of those who have moved on, and gratefully acknowledge those who have newly become part of our lives. We will also offer our hopes for the coming year, and prayers for peace and transformation. This gathering will include refreshments and conversation.

Tuesday | 6:30-8:30p
RT21-4 | **Dec. 21**

Fee: Freewill Offering
Register by: 12/20

Facilitator: Elaine Hirschenberger
Location: William Reif Gallery

retreat



CDC guidelines about face masks will be observed.

Own Your Own Story – Learn to Rise

It's time to turn your mess into a message. Learn steps to overcome circumstances to become the best version of YOU possible. Step away from the chaos of everyday life and allow yourself to seek clarity, growth and power. During this retreat you will experience several self-nurturing exercises to gain a fresh perspective and allow new energy to transform your future. Explore the beautiful wooded campus of Womanspace and experience the labyrinth as you open your mind to what is truly possible. **Bring a sack lunch and beverage.** *Face masks recommended for those vaccinated; required for those not vaccinated.*

Cindy Rowe is a mother, business owner and trauma survivor. In three words, Cindy is bubbly, magnetic and real. She has endured several traumas in her life, yet chooses to live her life with positivity and kindness. Even through all those hardships, Cindy continues to rise. Using brave determination to become the best version of herself, Cindy has a passion to help others.

Sunday | 9:00a-3:00p
RT21-1 | **Oct. 3**

Sliding Scale Fee: \$45/\$35/\$25
Register by: 10/1

Presenter: Cindy Rowe
Location: Anjali Pavilion or
William Reif Gallery

retreat



We are thrilled to welcome Jan Phillips back to Womanspace!! Jan is the author of 10 award-winning books and founder and Executive Director of the Livingkindness Foundation. She bridges spiritual intelligence with evolutionary creativity and social transformation. Jan leads workshops throughout the U.S. and Canada on The New Mysticism and Our Call to Prophetic Action. Visit janphillips.com.

Forging a Faith of Justice and Joy

There's one big difference between religion and faith. Religion is a set of beliefs we inherit and accept. It comes from outside ourselves. Faith comes from within us. It is our own creation, forged from our commitments and ultimate concerns. Creating a faith for ourselves is the very act that leads to a whole-hearted life of purpose. It aligns us with others and steepens us in Oneness at the same time. Jan's talk will shed light on how you can create a faith that comes from your core and proclaims the sacredness of all lives. Three takeaways:

"Still on Fire is another visionary book from thought leader Jan Phillips, an evolutionary work that connects spiritual consciousness with global action. A prophetic work of prose, prayer and poetry."
— Deepak Chopra, MD

- re-examine what you've inherited from religion and dismiss what insults your soul
- determine what you're committed to and create a spirituality consistent with your commitments
- allow your inner mystic to surface and guide you to your prophetic work

Friday | 7:00p* (presentation)
RT21-2 | **Oct. 22**

Fee: \$25
Register by: 10/15

Presenter: Jan Phillips
Location: TBA*



Jan's newest book, *Still On Fire: Field Notes from a Queer Mystic* will be available for purchase.

Multimedia Event: Beyond Belief— Becoming the Mystics & Prophets We Are Called to Be

Healing the world begins with healing ourselves. As Ramana Maharshi reminds us: "The greatest service we can render the world is our own self-realization." This means that we become the greatest light in the world when we master our own ordeals and connect our creative potential with our spiritual power. Becoming a prophetic person starts with a spiritual practice. It moves from silence to thought to word and action. When our words and actions are rooted in our spiritual commitments, we become a light in the world and a force for good. This time together is an entry point into our own deep wisdom. Using the tools of music, poetry, story-telling and imagery, we will explore the landscape of our own experience, mining it for insight and ideas about the work ahead.

Saturday | 10:00a-4:00p*
RT21-3 | **Oct. 23**

Fee: \$75
Register by: 10/15

Facilitator: Jan Phillips
Location: William Reif Gallery*

Register for both events for only \$80!

*Times and location subject to change. To keep up-to-date, subscribe to our e-newsletter at womanspace-rockford.org
For this entire retreat, CDC guidelines about face masks will be observed.

writing



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Book Discussion:

Intended – A Marriage in Black and White

Sharon will briefly talk about her book, the ten-year process of writing it, read excerpts, and answer questions. (Books will be available for purchase.)

Excerpt from the book: *"In 1976, when Sharon Nesbit and George Davis were wed in a simple outdoor ceremony, there were many concerns amid the support from family and friends. George's mother wondered why her Black son would choose to make his life more difficult by marrying a White girl. Sharon's parents were not in attendance, despite having given their hard-earned blessing after five years. Even among well-meaning friends arose a question: "What about the children?"*

On a basic level, many people would accept the marriage of Sharon and George as normal: two people who loved each other. But in 1976, race complicated things. It still does. But that doesn't mean Sharon and George weren't intended to be together."

Wednesday | 6:00-8:00p

WR21N-1 | **Sept. 15**

Fee: Freewill Donation
Register by: 9/13

Presenter: Sharon Nesbit-Davis
Location: Anjali Pavilion

Memoir Writing Workshop

You have stories to tell! Your stories made you who you are and by using the craft of memoir we make art of them. We uncover hidden treasures, and expand understanding of ourselves and others. And when that happens we create a more authentic and beautifully textured life. This two hour workshop is an introduction to the craft of memoir. It will explore what memoir is (and isn't) and will include writing exercises. This workshop is for anyone who wants to write. All writers, all levels, are welcome.

Please bring: writing utensils and paper (preferred). Devices may be used if that is more comfortable for the participant.

Thursday | 10:00a-12:00p

WR21N-2 | **Sept. 16**

Location: Media Room or Anjali Pavilion

Thursday | 6:00-8:00p

WR21N-3 | **Sept. 16**

Location: Zoom

Fee: \$40 (Member \$30)
Register by: 9/14

Instructor: Sharon Nesbit-Davis

Memoir Writing Course

Create your own story. Uncover the story of "You" in this six-week course that will focus on the craft of memoir. Participants will write and share (optional) during each class. It will explore:

- Memoir-what it is (and isn't)
- What to write-and not write
- Finding the stories
- Releasing your voice
- Creating Dialogue
- Organizing the stories
- Navigating the Challenges of Memoir
- Editing Process

Equipment needed: writing utensil and paper (preferred). Devices may be used if that is more comfortable for the participant.

Thursday | 6:30-8:30p

WR21N-4 | **Oct. 7-Nov. 11**

Fee: \$115 (Member \$100)
Register by: 10/5

Instructor: Sharon Nesbit-Davis
Location: Zoom

A Journey in Character Development: Capturing Your Character – Putting on the Flesh

For **beginner to experienced** writers. Join writer Terry Stolz for this one day workshop on developing the character/s in your writings.

Compelling reading of any material involves bonding with a character, be it as a friend or foe. This is true for all writing – fiction, memoir, or journalism. Even when there is no obvious “character,” one exists. Come join us in the journey of character development. This will include group exercises for a sample character, sharing of results, critique (if desired). This is to give you the tools to breathe life into your characters. **Bring a lunch for the noon break.**

Saturday | 10:00a-2:00p

WR21S-1 | **Nov. 6**

Fee: \$55 (Member \$45)

Register by: 11/4

Instructor: Terry Stolz

Location: William Reif Gallery

Poetry Workshop: The Shape a Poem Makes

What is the interplay between poetry and visual shape? How does the visual appeal of a poem add to its luster? Let's look at how shaping free verse poems can sometimes make them shine brighter. Let's experiment and see what unfolds! This workshop will begin with a discussion of various “shapes” a poem can take, lifting free verse into something more engaging on the page. Prompts for writing in different shapes will be given and/or the participant may choose to reshape a poem they already have written. Bring your favorite writing tools. There may be time to enjoy the gardens so dress for the weather.

Monday | 2:00-4:30p

WR21C-1 | **Sept. 20**

Fee: \$35 (Member \$25)

Register by: 9/18

Instructor: Christine Swanberg

Location: William Reif Gallery

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.

social groups



Bookwoman Supper & Film Drumming

Social connectedness is so important for your health and well-being especially after the past year of isolation. It also provides resilience when stressful events and transitions happen. Social connectedness isn't about being popular or having a lot of friends. It's more about the feeling of belonging, and that belonging tells us something about who we are, what our purpose is. Womanspace wants to provide you with a sense of shared meaning and purpose.

bookwoman



We invite all women to these discussions to share observations, enthusiasm, insights and the pure enjoyment of reading. Registration required. CDC guidelines about face masks will be observed.



The Book Woman of Troublesome Creek

by Kim Michele Richardson

Inspired by the true and historical blue-skinned people of Kentucky and the brave and dedicated Kentucky Pack Horse library service, *The Book Woman of Troublesome Creek* showcases a bold and unique tale of the Packhorse Librarians in literary novels—a story of fierce strength and one woman’s belief that books can carry us anywhere—even back home.

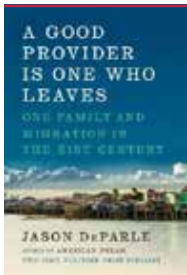
Wednesday | 10:00-11:30a

BW21-1 | **September 8**

Fee: Freewill Offering

Register by: 9/6

Location: William Reif Gallery & ZOOM



The Good Provider is the One Who Leaves: One Family & Migration in the 21st Century

by Jason DeParle

An intimate portrait of an unforgettable Filipino family. When Jason DeParle moved into the Manila slums with Tita Comodas and her family three decades ago, he never imagined his reporting on them would span three generations and turn into the defining chronicle of a new age—the age of global migration. It’s an intimate portrait of an unforgettable family as they endure years of sacrifice and separation, willing themselves out of shantytown poverty into a new global middle class.

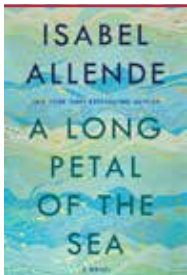
Wednesday | 10:00-11:30a

BW21-2 | **October 13**

Fee: Freewill Offering

Register by: 10/11

Location: William Reif Gallery & ZOOM



A Long Petal of the Sea

by Isabel Allende

In the late 1930s, civil war grips Spain. When General Franco and his Fascists succeed in overthrowing the government, thousands are forced to flee in a treacherous journey over the mountains to the French border. Among them is Roser, a pregnant young widow, who finds her life intertwined with that of Victor Dalmau, an army doctor and the brother of her deceased love. In order to survive, the two must unite in a marriage neither of them desires.

Together with two thousand other refugees, they embark on the SS Winnipeg to Chile. Destined to witness the battle between freedom and repression as it plays out across the world, Roser and Victor will find that home might have been closer than they thought all along.

Wednesday | 10:00-11:30a

BW21-3 | **November 10**

Fee: Freewill Offering

Register by: 11/8

Location: William Reif Gallery & ZOOM

supper & film



All are welcome. We will watch the film while eating dinner and then have a discussion of the film, characters, and artistry. Registration required. CDC guidelines about face masks will be observed.



Misbehaviour

In 1970, the Miss World competition took place in London, hosted by US comedy legend, Bob Hope. Claiming that beauty competitions demeaned women, the newly formed Women's Liberation Movement achieved overnight fame by invading the stage. 2020. NR. 106 min.

Monday | 6:00-9:00p
SF21-1 | **September 27**

Fee: \$17 (Member \$12)
Register by: 9/25

Location: William Reif Gallery



Harriet

Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Her courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history. 2019. PG-13. 125 min.

Monday | 6:00-9:00p
SF21-2 | **October 25**

Fee: \$17 (Member \$12)
Register by: 10/23

Location: William Reif Gallery



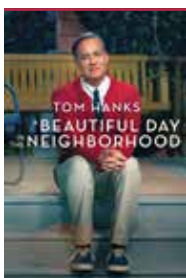
Minari

2021 Academy Award Winner - Best Actress, Best Actor, Best Picture of the Year. A Korean American family moves to an Arkansas farm in search of its own American dream. Amidst the challenges of this new life in the strange and rugged Ozarks, they discover the undeniable resilience of family and what really makes a home. 2020. PG-13. 115 min.

Monday | 6:00-9:00p
SF21-3 | **November 22**

Fee: \$17 (Member \$12)
Register by: 11/20

Location: William Reif Gallery



A Beautiful Day in the Neighborhood

A timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod. After a jaded magazine writer (Emmy winner Matthew Rhys) is assigned a profile of Fred Rogers (Tom Hanks), he overcomes his skepticism, learning about empathy, kindness, and decency from America's most beloved neighbor. 2019. PG. 109 min.

Monday | 11:30a-1:30p
SF21-4 | **December 20**

Fee: \$17 (Member \$12)
Register by: 12/18

Location: William Reif Gallery

drumming



Recent research indicate that drumming accelerates physical healing, boosts the immune system and assists in releasing emotional trauma. Drumming has a positive effect on anxiety, grief, fatigue, depression and behavioral issues. And you know what? It's just downright fun! *CDC guidelines about face masks will be observed.*

Drumming Workshop with Helen Bond

Come be a part of this joyful group and enjoy the uplifting beauty of traditional hand drumming from Guinea, West Africa. You will learn basic rhythms on dunun drums and the djembe accompaniment parts. You'll also learn the origins of each rhythm, receive expert instruction on all instruments in the traditional djembe orchestra and deepen your understanding of place of music, dance, and song in West African life. Helen is able to work simultaneously with students of all levels – beginners to professional. **Bring your own drum if you have one. Limited instruments available to borrow during class.**

Sundays | 1:00-4:00p

DR21B-1 | **Sept. 12**

DR21B-2 | **Oct. 10**

DR21B-3 | **Nov. 21**

DR21B-4 | **Dec. 5**

Fee: \$85 (Members \$75)

Register by: 2 days prior to class

Instructor: Helen Bond

Location: Anjali Pavilion

or William Reif Gallery

Drumming Circle with Julie Thompson

We invite you to join this monthly group to enjoy the camaraderie of making music together. We will explore traditional drumming rhythms, the rhythms of sayings, Nursery rhymes, and the rhythms of emotions as we connect with each other and to the earth. No talent or previous experience required. **Bring your own percussive instrument if you have one. Limited instruments available borrow during class.**

Sundays | 5:00-6:30p

DR21T-1 | **Sept. 19**

DR21T-2 | **Oct. 17**

Location: Anjali Pavilion

Sundays | 2:30-4:00p

DR21T-3 | **Nov. 14**

DR21T-4 | **Dec. 19**

Location: William Reif Gallery

Fee: Freewill Offering

Register by: 2 days prior to class

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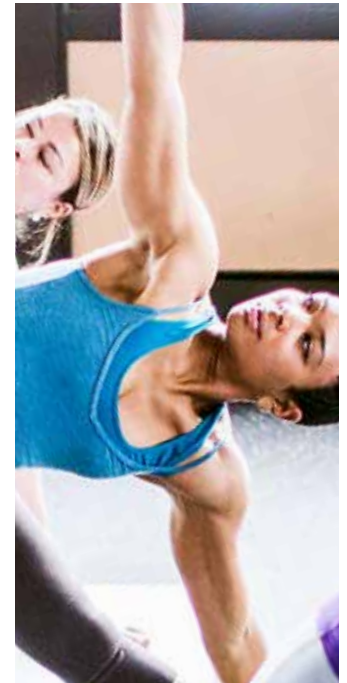
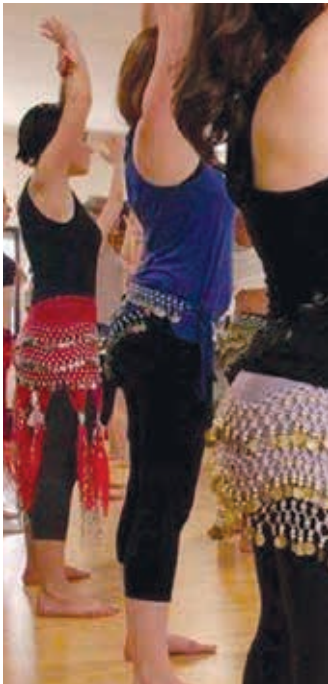
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3. Open the app and find "Settings" in the main menu
4. Tap on "AmazonSmile" & follow the on-screen instructions to turn on AmazonSmile in the app.

fitness classes



- Belly Dance
- Movement Fundamentals
- Cardio Drumming
- Qigong
- Yoga

Womanspace believes in helping people feel good about themselves. We get it: the gym may be crowded; the fitness classes are too intense; the atmosphere makes one feel awkward. We are happy to offer some fun, unique, low impact forms of exercise for a variety of ages in a comfortable, non-judgmental setting. We want you to feel better, to have more energy and to live a longer, happier life!

dance & movement



CDC guidelines about face masks will be observed. For instructor bios, please visit our website: womanspace-rockford.org/Instructors.

Belly Dance 101

Beginner-Intermediate. No previous dance experience required. Belly dancing is incredibly empowering. Women and men of every size and ability level will have fun while building confidence, strength and grace. In this 8-week beginner course, you will learn the Egyptian roots of Belly dance and then experiment with modern tribal and fusion styles. Short combinations and choreography will be incorporated into technique and drills making it a great workout for your muscles and your mind. It's great for all fitness levels. **Wear clothing that allows full range of motion and a hip scarf or shawl to tie around your waist.**

Wednesdays | 7:00-8:00p

DN21-1 | **Sept. 1-Oct. 20**

DN21-2 | **Oct. 27-Dec. 15**

Fee: \$90 (Member \$80)

Register by: 2 days before

Instructor: Freya

Location: Media Room

Belly Dance Fusion

[Prerequisite: One Intro to Belly Dance course or previous training in another class.]

In this 8-week intermediate course, we will build upon the foundational moves learned in the Intro class. Short combinations & choreography will be incorporated into technique and drills making it a great workout for your muscles and your mind. Choreography will become more complex as we begin to layer multiple moves into the dance or incorporate props such as veils, fan veils, canes, or finger cymbals. Props will be available to borrow in class. **Wear clothing that allows full range of motion and a hip scarf or shawl to tie around your waist.**

Wednesdays | 5:30-6:30p

DF21-1 | **Sept. 1-Oct. 20**

DF21-2 | **Oct. 27-Dec. 15**

Fee: \$90 (Member \$80)

Register by: 2 days before

Instructor: Freya

Location: Media Room

Movement Fundamentals Workshops

Join Kate Blair for one or both of these workshops for a creative exploration of some building blocks to human movement. Inspired by Jane Hawley's *Movement Fundamentals* curriculum. **Bring a journal or sketchbook and writing utensil as there will be some reflective pauses to write and or sketch. Dress comfortably for moving.**

OCT: Sensing Moving Landscapes: An Outdoor Creative Movement Exploration

How are you moved by the people & environment that surrounds you? In this outdoor workshop, we will explore movement inspired by our many senses. This movement based class will also involve pauses for reflective journaling, creative approaches to sketching. Time to remember rhythms inspired by ourselves, others, and nature.

NOV: Remembering Building Blocks to Movement for Life, Dance & Creative Expression

Inspired by Peggy Hackney's book, *Making Connections*, Kate will guide participants in explorations of patterns of total body connectivity such as 'breath,' 'body-half,' 'core-distal,' and more. Remembering and relearning these patterns we each connected to in early childhood can help support any kind of movement endeavor as we grow through life! Relating to these patterns may surprise you in the process of movement improvisation and creation.

Saturdays | 9:00a-12:00p

MF21-1 | **Oct. 9**

MF21-2 | **Nov. 20**

Sliding Scale Fee: \$40/\$30/\$20

Register by: 2 days before

Instructor: Kate Blair

Location: Anjali Pavilion & Media Room

unique exercise



CDC guidelines about face masks will be observed. For instructor bios, please visit our website: womanspace-rockford.org/Instructors.

Cardio Drumming

No drumming experience needed. All levels welcome...can even be done sitting down!

Cardio Drumming combines movement with the beat and rhythm of drums for a fun, high energy workout. It brings together drumsticks, an exercise ball, an exercise ball stand (bucket), and rhythmic moves to create one of the most fun workouts you'll ever do. You won't want to stop.

Cardio drumming will raise your heart rate to help burn those calories, improve your coordination and ability to focus, and help strengthen many muscle groups, including your core. Studies have shown that when people find workouts they enjoy

"This is the first exercise class I have stuck with because it is so much fun! Beth is a great positive instructor. You can workout at your own level."

– Carolyn E.

"Cardio drumming is so much fun you don't even know you're exercising!"

– Nancy R.

and have fun with, they're more likely to stick with their routine.

Equipment needed: 65 cm exercise ball, a 5 gallon bucket to set the ball on, and basic drum sticks (limited supply available for purchase \$20).

Thursdays | 6:00-7:00p

DR21C-1 | **Sept. 2-30** (5-weeks)

DR21C-2 | **Oct. 7-28** (4-weeks)

DR21C-3 | **Nov. 4-18** (3-weeks)

DR21C-4 | **Dec. 2-16** (3-weeks)

Mondays | 6:00-7:00p

DR21M-1 | **Sept. 13-27** (3-weeks)

DR21M-2 | **Oct. 4-25** (4-weeks)

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

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

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

Single Class Fee: \$15

Register by: 2 days before class

Instructor: Beth Campisi

Location: Anjali Pavilion or Media Room

Qigong

All ages and abilities are welcome. Qigong is a gentle exercise system with relaxed exercise and regulation of mind and breath. It has gentle flowing stretches and soft, rhythmic movements performed with focus. Qigong improves all of the functions of the body including the digestive, nervous and immune systems. It also improves core strength and posture while increasing flexibility. It can be practiced either standing or sitting.

Mondays | 1:30-2:30p

QG21-1 | **Sept. 20-Oct. 25** (6-weeks)

QG21-2 | **Nov. 1-22** (4-weeks)

QG21-3 | **Nov. 4-18** (3-weeks)

4-Week Fee: \$55 (Member \$45)

6-Week Fee: \$75 (Member \$65)

Single Class Fee: \$15

Register by: 2 days before class

Instructor: Nancy Mayhew

Location: Anjali Pavilion or Media Room

yoga with Keri Knutson Hoyt



Yoga is a great way to work on your flexibility and strength. Just about everyone can do it, too – it's not just for people who can touch their toes or want to meditate. The classes at Womanspace are less vigorous than ashtanga or power yoga, but still provide strength and endurance for the whole body. Wherever you're at, our philosophy is "you do you." There is always a modified pose. Gain better posture, calm the mind, and benefit your overall health! *CDC guidelines about face masks will be observed.*

Hatha Vinyasa/Restorative Yoga

All levels. Hatha yoga is a slow-paced gentle asana practice focusing on introducing basic yoga poses and establishing a strong foundation in the practice of yoga. Hatha yoga balances the "Ha"- sun/stimulating energy with the "Tha" - moon/calming energy. Restorative yoga helps promote deep relaxation of the body and the mind. Postures provide similar benefits to classic Hatha yoga postures and are usually done in a supported manner to minimize strain and maximize opening. **Dress comfortably and bring a yoga mat.**

Thursdays | 10:00-11:00a

YG21-1 | **Sept 2-30** (5-weeks)

YG21-2 | **Oct 7-28** (4-weeks)

YG21-3 | **Nov 4-18** (3-weeks)

YG21-4 | **Dec 2-30** (5-weeks)

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

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

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

Single class: \$15

Register by: 2 days before

Location: ZOOM & William Reif Gallery

Adaptive Yoga for People with Chronic Conditions

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 through gentle hands-on adjustments and assists, 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.

Potential students must be evaluated on an individual basis prior to joining this group. The locations are wheelchair accessible.

Tuesdays | 11:00a-12:00p

YT21T-1 | **Sept 7-28** (4-weeks)

YT21T-2 | **Oct 5-26** (4-weeks)

YT21T-3 | **Nov 2-30** (5-weeks)

YT21T-4 | **Dec 7-28** (4-weeks)

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

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

Single class: \$25 (Member \$20)

Register by: 2 days before

Location: ZOOM & William Reif Gallery

Fridays | 10:00a-11:00a

YT21F-1 | **Sept 3-24** (4-weeks)

YT21F-2 | **Oct 1-29** (5-weeks)

YT21F-3 | **Nov 5-26** (4-weeks)

YT21F-4 | **Dec 3-31** (no class 12/24)

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

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

Single class: \$7/class

Register by: 2 days before

Location: ZOOM Recording Only

art classes



Art Lectures

Drawing

Painting

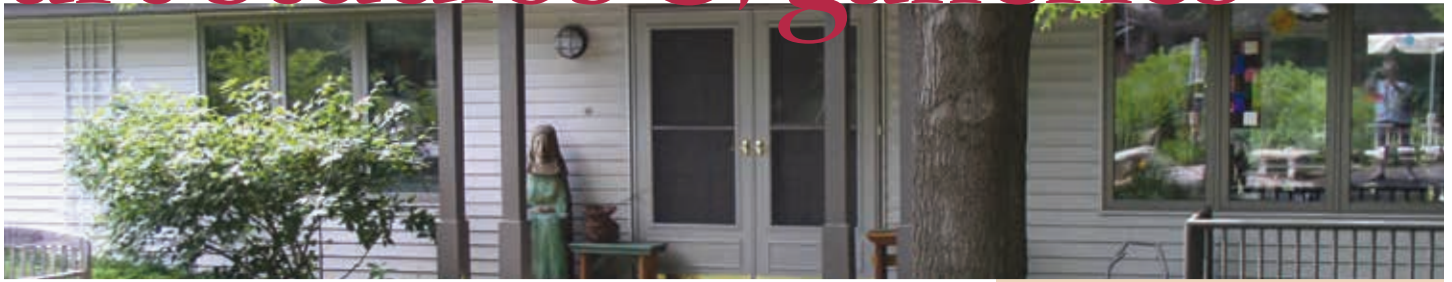
Photography

Mixed Media

Claywork

Womanspace believes in promoting creativity through various forms of art. Art nourishes our imagination, opening the mind and heart to the world in new ways. Art allows us to de-stress and be present in the moment. It enhances creative thinking and problem solving skills. Art is empowering. Womanspace wants that for you. Creating art is not just for artists; it's for everyone. We all have a spark of creativity. Are you ready to ignite yours?

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, all created by our members! It features art, jewelry, books, cards, textiles and more. Open to the public Monday-Thursday, 10:00a-3:00p, as well as on weekends and evenings when programs are scheduled.



Gallery2Go Online

We now are offering some items from Gallery2Go ONLINE! We offer curbside pick-up or mail shipping on most items. Visit our virtual store at womanspace-rockford.org/Store. 25% of your purchase benefits Womanspace and its programs. Member artists interested in exhibiting should e-mail samples of their work to gallery@womanspace-rockford.org.

Open Studio Policy

These policies are unique to this time of pandemic.

- Open studio is only for current and past students of Womanspace.
- You MUST register for specific days and times to use open studio. To sign-up, visit womanspace-rockford.org/page-1075410
- You must sign-up for the whole time you will be there and leave by your scheduled time.
- Only 6 people are allowed in the studio, plus the studio monitor.
- Face masks optional for vaccinated; required for unvaccinated while in the studio.
- You must clean up ALL the areas and equipment you use.

Open Studio Fees

You may pay online for use of the Clay Studio hours, clay and firings. If paying by cash or check, attach a sticky note to your payment. Indicate on the sign-in sheet in the studio the amount paid and what the payment was for. *CDC guidelines about face masks will be observed.*

Studio Fee: \$5.00/hr. or \$20/4+ hrs.

**Clay Fee (Max. amount 12.5 lb.):
\$15/12.5 lb. bag of clay or \$1.50/lb.
(cost includes glazes, firing)**

Non-Womanspace firing & glaze fee:
\$1.00/1-2 lb piece;
\$2.00 for 3-4 lb piece
\$3.00 for 5 lb and up
(Weight & size are approximate)

The William Reif Gallery

Our premier art gallery and meeting space is in our main building. In 2013, this space was named in honor of Bill Reif, a major Womanspace friend and benefactor. Join us for our upcoming art openings:

ANYTHING GOES - August 27-October 17 Reception August 27, 5:30-7:00p
Fine and functional art in its many expressions and forms together in one exhibit.

EARTH ELEMENTS - October 22-December 16 Reception October 22, 5:30-7:00p
Earth elements used for artistic expression are expansive. What can be created from the gifts of the earth? This exhibit explores the artist's interpretation of the elements of our world in exquisite detail.

HOLIDAY SALE - December 3-December 16 Reception December 3, 5:30-8:00p
Special Sale Dates: Saturdays, December 4 & 11, 10:00a-2:00p
Handmade, LOCAL creations overflow the Galleries at this time of year.
Find unique gifts for everyone on your list!

CDC guidelines about face masks will be observed.

art lectures



Registration required. Once registered, you will receive an email with a link.

Suzanne Kaufman

Suzanne Kaufman (c1972-Present) is a living U.S. illustrator and author of whimsical, educational children's books. Over the years, she has also done animation and special effects for Universal Television, The Discovery Channel and award-winning video games. Some books she has illustrated are: *100 Bugs! A Counting Book*, *All are Welcome*, *Take your Pet to School Day*, and *Confiscated*.

Thursday | 12:00-1:00p

AL21-1 | **Sept. 9**

Fee: \$15 (Members \$10)

Register by: 9/7

Instructor: Mary Boyd, SSSF

Location: ZOOM

Margaret Francis "Peggy" Bacon

Margaret Francis "Peggy" Bacon (1895-1987) was trained as a painter, but eventually became famous for her satirical prints and drawings. Dry-point printing was one of her favorite mediums.

Thursday | 12:00-1:00p

AL21-2 | **Oct. 14**

Fee: \$15 (Members \$10)

Register by: 10/12

Instructor: Mary Boyd, SSSF

Location: ZOOM

Louise Bourgeois

Louise Joséphine Bourgeois (1911-2010) was a French-American artist best known for her large-scale sculpture and installation art. She was also a prolific painter and printmaker, who explored a variety of themes in her long career. Her works have much in common with Surrealism and Feminism, but she is not considered to be part of any specific art movement.

Thursday | 12:00-1:00p

AL21-3 | **Nov. 11**

Fee: \$15 (Members \$10)

Register by: 11/9

Instructor: Mary Boyd, SSSF

Location: ZOOM

Doll House & Nativity Stables

In this session, Mary will present a brief history of doll houses and doll house furniture as well as share photos about some of the 46 doll houses and 47 Nativity stables she has created in the past 30 years. This is a wonderful opportunity during the month of Christmas.

Thursday | 12:00-1:00p

AL21-4 | **Dec. 9**

Fee: \$15 (Members \$10)

Register by: 11/9

Instructor: Mary Boyd, SSSF

Location: ZOOM

drawing & painting



CDC guidelines about face masks will be observed. For instructor bios, please visit our website: womanspace-rockford.org/Instructors.

Still Life Drawing in Dry Media

Ages 14+. Beginning-Advanced. Learn to draw photorealistic objects! This is a dry media still life portraiture class involving instruction on composition and sketch, followed by building layers of PanPastel and colored pencil on textured paper and surfaces. Some materials will be provided for use during class.

Equipment needed: sketching pencil, eraser, sharpener, colored pencils and pastels (if you have them). PanPastel, Sofft Tools, Faber-castle Polychromos colored pencils will be available for use. Sennelier pastel card and UArt Pastel Paper will be provided.

Wednesdays | 1:00-3:00p

DW21N-1 | **Sept. 15-Oct. 6**

Fee: \$95 (Members \$85)

Register by: 9/13

Instructor: Angie Nofsinger

Location: ND Upper Studio

Drawing Hands & Feet

Ages 16+. Intermediate-Advanced. Learn to draw hands and feet! A dry media drawing class using graphite, PanPastel and colored pencils on textured paper. Some materials provided for in class use.

Equipment needed: sketching pencil, eraser, sharpener, colored pencils and pastels (if you have them). PanPastel, Sofft Tools, Faber-castle Polychromos colored pencils will be available for use. Sennelier pastel card and UArt Pastel Paper will be provided.

Wednesdays | 1:00-3:00p

DW21N-2 | **Oct. 20-Nov. 10**

Fee: \$95 (Members \$85)

Register by: 10/18

Instructor: Angie Nofsinger

Location: ND Upper Studio

Beginning Drawing

Ages 14+. All levels. Learn the basics of drawing in this 8-week course – perfect for absolute beginners who can't even draw a stick figure, though more advanced students may appreciate a refresher, too! We will draw from observation and from photographs, and learn various techniques for improving our hand-eye coordination. You will learn that drawing is not a "natural" talent, but a skill that can be learned and practiced! No previous drawing experience is necessary. **All supplies are provided.**

Mondays | 7:30-9:00p

DW21F-1 | **Nov. 1-Dec. 20**

Fee: \$105 (Members \$95)

Register by: 10/30

Instructor: Jaymee Fedor

Location: ND Upper Studio

Acrylic Painting Guided Studio

Ages 14+. All levels. Want to keep moving forward with your acrylic painting skills? Come hang out in this 5-week open studio class! Be prepared to discuss your painting goals, or feel free to use Jaymee's art samples for inspiration. You'll be provided with lots of individualized instruction plus all the supplies you'll need, including canvases and professional grade paints. Some previous painting experience is beneficial, but not always necessary.

Fridays | 1:30-3:30p

AC21F-1 | **Sept. 10-Oct. 8**

AC21F-2 | **Nov. 5-Dec. 3**

Fee: \$105 (Members \$95)

Register by: 2 days prior to class start

Instructor: Jaymee Fedor

Location: ND Upper Studio

watercolor



CDC guidelines about face masks will be observed. For instructor bios, please visit our website: womanspace-rockford.org/Instructors.

Toes in the Water

Ages 18+. Beginning-Intermediate. 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. Feel free to bring supplies you may already have or wait for suggestions on what you may want to purchase. Some basic supplies are furnished. 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!

Tuesdays | 10:00a-12:00p

WC21-1 | **Sept. 21-Oct. 19**

WC21-3 | **Nov. 2-Dec. 7**

Fee: \$95 (Members \$80)

Register by: 2 days before

Instructor: Sue Gilbert Abare

Location: New Dimensions 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

WC21-2 | **Sept. 23-Oct. 21**

WC21-4 | **Nov. 4-Dec. 9** (no class 11/25)

Fees: \$95 (Members \$80)

Register by: 2 days before

Instructor: Sue Gilbert Abare

Location: New Dimensions Studio

Watercolor Painting Guided Studio

Ages 16+. Adv. Beginner-Intermediate. Enjoy your morning with the beauty of watercolor painting! This is an open studio class, so bring your own painting ideas or choose from Jaymee's large selection of painting references! You'll be provided with all the materials you need, from paint to paper, as well as individualized instruction to help you bring your watercolor paintings to the next level. Some watercolor experience is recommended, but not always necessary.

Fridays | 10:30a-12:30p

WC21F-1 | **Sept. 10-Oct. 8**

WC21F-2 | **Nov. 5-Dec. 3**

Fee: \$105 (Members \$95)

Register by: 2 days prior to class start

Instructor: Jaymee Fedor

Location: ND Upper Studio

Beginning Watercolor

Ages 14+. Beginners. Enjoy your evening with the beauty of watercolor painting! This six-week watercolor workshop is open to all levels, but geared towards absolute beginners. We'll learn how to mix colors, try interesting techniques and experiment with various subject matter. **All supplies are provided!**

Mondays | 5:00-7:00p

WC21F-3 | **Nov. 15-Dec. 20**

Fee: \$105 (Members \$95)

Register by: 11/13

Instructor: Jaymee Fedor

Location: ND Upper Studio

mixed media



CDC guidelines about face masks will be observed. For instructor bio, please visit our website: womanspace-rockford.org/Instructors.

Paint a Fall Pillow

Do you want to come to a unique painting party? Come on out and paint this wonderful fall scene on a 18" x 18" pillow case cover using different types of fabric paints. ArtbyKarla will show you step-by-step on how to paint this cute fall picture. You also get to attach a sweet little fall ribbon to add that extra touch. Be sure to invite your friends because this class has limited seating and will fill up fast. **(Pillow insert is NOT included) All other supplies provided, just come and have FUN!**

Tuesday | 6:00-9:00p

MX21L-1 | **Sept. 21**

Fee: \$55 (Members \$45)

Register by: 9/19

Instructor: Karla Lombardo

Location: ND Upper Studio

Polka Dot Pumpkin Painting

Happy Fall Y'all! Come on out and paint this cute polka dot pumpkin on 16" x 20" canvas. ArtbyKarla will show you step-by-step. After you are done painting you get to add a burlap leaf and raffia bow to add that special touch of cuteness! So invite a couple friends to come along for this FUN paint party! **All supplies provided.**

Tuesday | 6:00-8:00p

MX21L-2 | **Oct. 12**

Fee: \$40 (Members \$30)

Register by: 10/10

Instructor: Karla Lombardo

Location: ND Upper Studio

Alcohol Inks "Plate & Coasters"

Alcohol inks are all the rage right now. The colors are bright and vibrant! ArtbyKarla will teach you how to make one decorative plate and four coasters by using a straw and other materials. This is a FUN and UNIQUE class! **All supplies are included.**

Tuesday | 6:00-8:00p

MX21L-3 | **Nov. 9**

Fee: \$55 (Members \$45)

Register by: 11/7

Instructor: Karla Lombardo

Location: ND Upper Studio

Gnome For Christmas!

Grab a friend and join the fun in painting this adorable Gnome to welcome quests to your holiday home! ArtbyKarla will show you step-by-step how to paint your gnome on a 16" x 20" canvas with acrylic paints. **So sign up early for this FUN paint party!**

Tuesday | 6:00-8:00p

MX21L-4 | **December 14**

Fee: \$40 (Members \$30)

Register by: 12/12

Instructor: Karla Lombardo

Location: ND Upper Studio

sculpting



Enjoy time with a master sculptor making a variety of whimsical characters! Learn how to form your own armatures followed by applying and sculpting papier-mâché. In the last class, polish your sculpture off with paint and embellishments to help create its own distinct personality. Come have fun and create something magical. **This class will include ALL materials, but feel free to bring some fun accessories!** *CDC guidelines about face masks will be observed. For instructor bio, please visit our website: womanspace-rockford.org/Instructors.*

Sculpt It! Wine Bottle Witch

All levels. This is a great beginner class to learn the art of sculpting using an empty wine bottle to form the witch's body and then sculpt her form with papier-mâché! Create a fun unique witch with her own special personality. No two will be alike!

Thursdays | 1:00-4:00p

MX21W-1 | **Sept. 9, 16**

Fee: \$95 (Member \$85) Reg. by: 9/7

Instructor: Rafaela Wickstrum

Location: ND Upper Studio

Sculpt It! Halloween Cat

All levels. MEEEEOW! Make this adorable Halloween cat with its own special personality! Just come have fun and create something magical!

Thursdays | 1:00-4:00p

MX21W-2 | **Sept. 23, 30**

Fee: \$95 (Member \$85) Reg. by: 9/21

Instructor: Rafaela Wickstrum

Location: ND Upper Studio

Sculpt It! Wise Old Owl

All levels. Whooo wants to create a wise old owl? Will it be a Great Horned owl, Screech owl, Barn owl? Each owl will have their own special personality!

Tuesdays | 1:00-4:00p

MX21W-3 | **Oct. 5, 12**

Fee: \$95 (Member \$85) Reg. by: 10/3

Instructor: Rafaela Wickstrum

Location: ND Upper Studio

Sculpt It! Advanced Witch

Advanced. Heh-heh-heh, my pretties! In this 3-week advanced sculpting class, you will be creating your one-of-a-kind witch sculpture using papier-mâché AND air-dry clay. Let's see what unique personality you can conjure up for her.

Thursdays | 1:00-4:00p

MX21W-4 | **Oct. 7, 14, 21**

Fee: \$135 (Member \$125) Reg. by: 10/5

Instructor: Rafaela Wickstrum

Location: ND Upper Studio

Sculpt It! Santas

All levels. You'd better watch out...Santa Claus is coming to town! Make a delightful Kris Kringle with a personality all his own just in time for the holidays!

Tuesdays | 1:00-4:00p

MX21W-5 | **Nov. 2, 9**

Fee: \$95 (Member \$85) Reg. by: 10/31

Instructor: Rafaela Wickstrum

Location: ND Upper Studio

mosaics



CDC guidelines about face masks will be observed. For instructor bio, please visit our website: womanspace-rockford.org/Instructors.

Mosaic: Rooster or Goat

Welcome to the barnyard! Come and learn the art of mosaic and make your very own quirky fun colorful rooster or quirky sweet goat mosaic. You will learn the mosaic method of applying broken dishes, glass, tiles, and stones with adhesive. Then bring your piece to life as you learn how to finish it with cement based grout. If you have any old china, jewelry or trinkets you would like to add to your creation be sure to bring them. Glass cutting experience is helpful, but not necessary. So why not ask a friend to join in the fun of creating your own pieces of art! **Please note the early registration so that materials can be ordered. Cost includes all materials.**

Tuesdays | 6:00-9:00p
MX21M-1 | **Sept. 28, Oct. 5**
Fee: \$150 (Members \$140)
Register by: 9/21
Instructor: Nancy Mayhew
Location: ND Upper Studio

Mosaic Jewelry

Make a one-of-a-kind original piece of mosaic jewelry and learn some new skills in this fun 2-hour workshop. Students will design and complete two mosaic pieces of jewelry (pendants, rings, or earrings) from start to finish. **All materials will be supplied. Supplies will include pendant and bracelet trays, epoxy clay, stones, smalti glass, wood, gems, scrap metal, shells, millefiori beads.**

Tuesdays | 6:00-8:00p
MX21M-2 | **Oct. 19**
Fee: \$65 (Members \$55)
Register by: 10/17
Instructor: Nancy Mayhew
Location: ND Upper Studio

Mosaic: Tree or Cross

Learn how to decorate a wood tree or cross using a mosaic method of applying glass, tiles, stones and jewelry with adhesive. Then bring your piece to life as you learn how to finish it with cement based grout. If you have any old china, jewelry or trinkets you would like to add to your creation be sure to bring them. Glass cutting experience is helpful, but not necessary. So why not ask a friend to join in the fun of creating your own pieces of art! **Please note the early registration so that materials can be ordered. Cost includes all materials. You will need to contact the instructor and let her know your choice of tree or Cross by November 10th. You can reach her by email at nlmayhew@charter.net.**

Tuesdays | 6:00-9:00p
MX21M-3 | **Nov. 16, 23**
Fee: \$105 (Members \$95)
Register by: 11/10
Instructor: Nancy Mayhew
Location: ND Upper Studio

wheelthrowing in New Dimensions Clay Studio



There are so many benefits of working in clay – tactile gratification, physical and mental experience, conscious and unconscious expression, release of aggression, and community. If you like getting your hands dirty, these classes will be full of fun and creativity. Wear clothes you don't mind getting dirty and leave your rings, watches and bracelets at home. Bring hand towel and your own pottery tools (available at craft stores and online). Fees includes up to 25 lbs. of clay, glazes & firing. *Class sizes limited. CDC guidelines about face masks will be observed. For instructor bios, please visit our website: womenspace-rockford.org/Instructors.*

Beginning Wheel Thrown Pottery

Ages 16+. Beginner. This course will be perfect for anyone who wants to learn the basics of throwing clay on a pottery wheel or someone with a little experience who wants to further develop their skills. Learn essential wheel-throwing techniques from centering to trimming. Mugs and small vases will be the first forms we practice throwing on the wheel. Then, enhance these pieces with hand-built elements such as handles and decorating the surfaces with underglaze, sgraffito, and more. At the end of this course, you will have a small collection of functional pottery as well as the confidence and skills needed to create more advanced pieces in the future.

Tuesdays | 6:00-8:00p

WT21T-1 | **Sept. 28-Nov. 2**

WT21T-2 | **Nov. 9-Dec. 14**

Thursdays | 6:00-8:00p

WT21R-1 | **Sept. 30-Nov. 4**

WT21R-2 | **Nov. 11-Dec. 23** (no 11/25)

Fridays | 10:00a-12:00p

WT21F-1 | **Oct. 1-Nov. 5**

WT21F-2 | **Nov. 12-Dec. 10** (9:00-12:00p)

Sundays | 1:00-4:00p

WT21S-1 | **Sept. 26-Oct. 17**

WT21S-2 | **Nov. 7-Dec. 5**

Fee: \$145 (Members \$130)

Register by: 2 days before

Instructor: Sabrina Tassoni

Advanced Beginning–Intermediate Wheel Thrown Pottery

Ages 16+. [Prerequisite: beginner throwing skills mastered* or instructor approval].

This 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.

**Experience throwing on a wheel and creating the most basic forms is required to take this class.*

Thursdays | 9:00-11:00a

INT21J-1 | **Sept. 9-Oct. 14**

INT21J-2 | **Oct. 21-Dec. 2** (no 11/25)

Saturdays | 9:00a-12:00p

INS21J-1 | **Oct. 2-30** (no 10/23)

INS21J-2 | **Nov. 6-Dec. 4** (no 11/27)

Fee: \$145 (Members \$130)

Register by: 2 days before

Instructor: Jennie Johnson Slc

Wild Women in Clay

Ages 16+. Intermediate-Advanced. [Prerequisite: beginner throwing skills mastered or instructor approval.] In this four-week course, you will explore new techniques and skills in pottery focusing on wheel throwing, additions, lids, feet, handles, trimming, creative diversions, glazing and whatever directions the students would like to pursue – even photo lithography is possible. Class demos and collaboration will promote a fun learning environment while pushing skills and creativity to a higher level. Think outside the box and develop a more creative and artistic expression in clay.

Mondays | 1:00-4:00p
CW21M-1 | **Sept. 13-Oct. 4**
CW21M-2 | **Oct. 18-Nov. 8**
CW21M-3 | **Nov. 22-Dec. 13**

Tuesdays | 10:00a-1:00p
CW21T-1 | **Sept. 14-Oct. 5**
CW21T-2 | **Oct. 19-Nov. 9**
CW21T-3 | **Nov. 23-Dec. 14**

Fee: \$145 (Members \$130)
Register by: 2 days before

Instructor: Linda Ewalt

Manic Monday: Intermediate Wheel Thrown Pottery

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

Mondays | 6:00-8:00p
IN21N-1 | **Oct. 11-Nov. 15** (6-weeks)

Mondays | 6:00-9:00p
IN21N-2 | **Nov. 22-Dec. 13** (4-weeks)

Fee: \$145 (Members \$130)
Register by: 2 days before

Instructor: Anya Nelson

handbuilding in New Dimensions clay studio



CDC guidelines about face masks will be observed. For instructor bios, please visit our website: womanspace-rockford.org/Instructors.

Basic Handbuilding

Ages 16+. Beginner. Join in this fun pottery class to learn the basics of handbuilding! Working with textures, stamps, decals different glaze techniques, etc., Nancy will guide you through the process to create your one of a kind pottery pieces. Bring your ideas and inspirations! **Fees includes up to 25 lbs. of clay, glazes & firing.**

Wednesdays | 2:30-4:30p
HB21N-1 | **Sept. 1-Oct. 6**
HB21N-2 | **Oct. 13-Nov. 17**
HB21N-3 | **Dec. 1-22** (1:30-4:30p)

Fee: \$145 (Members \$130)
Register by: 2 days before

Instructor: Nancy O'Neill

Whimsical Handbuilt Creations

Age 18+. Intermediate-Advanced. Join this fun clay group and create something you are interested in. You can use forms, natural elements, and your imagination to build practical, unusual or whimsical forms. Lots of tools to play with, lots of colors to choose from. So many choices for you to enjoy. **Fees includes up to 25 lbs. of clay, glazes & firing.**

Wednesdays | 9:30a-12:30p
HB21B-1 | **Sept. 29-Oct. 27**
HB21B-2 | **Nov. 3-Dec. 8** (no 11/24)

Fee: \$145 (Members \$130)
Register by: 2 days before

Instructor: Delores Burkholder

photography



CDC guidelines about face masks will be observed. For instructor bios, please visit our website: womanspace-rockford.org/Instructors.

Snap! Photography Group

This group is for photographers of all levels to come together and share their common interest in photography. The focus will be to learn from each other, explore different styles of photography, and have fun using any type of camera – cell phones to DSLRs. Each week Marsha will present a different topic to be discussed, and the group will decide on a homework photo assignment. Possible topics: Perspective, Composition, Lighting, Portraits, etc.

For the first meeting, bring a favorite photo you would like to share to start things off.

Thursdays | 6:00-7:30p

GP21H-1 | **Sept. 9, 16, 23, 30**

GP21H-2 | **Oct. 7, 14, 21, 28**

GP21H-3 | **Nov. 4, 11, 18, Dec. 2**

Fee: \$50 (Member \$40)

Register by: 2 days prior to class start

Facilitator: Marsha Hosfeld

Location: ND Upper Studio

Camera 101

How comfortable are you with your camera? Join photographer Stephanie Kruger of Stefi Jade Photography to learn how to adjust your shutter speed, aperture, white balance, and ISO to enhance the image you are trying to achieve. Please bring your camera and manual with you to class. **Point and shoot cameras or DSLR required, no tablets or cellphones.**

Saturday | 9:00a-12:00p

GP21K-2 | **Sept. 25**

Fee: \$40 (Member \$30)

Register by: 2 days prior to class start

Facilitator: Stephanie Kruger

Location: ND Upper Studio

Mamarazzi

Learn how to perfect lifestyle shots of those little ones you have running around! In this class, you will learn how to capture amazing photographs by analyzing the existing light source, camera settings and composition. Perfect for moms, grandmas, (dads and grandpas too!) that have children (or pets) in their lives. **Point and shoot cameras or DSLR required; no tablets or cellphones.**

Saturday | 9:00a-12:00p

GP21K-3 | **Nov. 20**

Fee: \$40 (Member \$30)

Register by: 2 days prior to class start

Facilitator: Stephanie Kruger

Location: ND Upper Studio

Explore Photography Series

Take your photography skills to the next level! This 6-week course will cover camera knowledge, artificial & natural light, rule of thirds, nature photography, how to invoke emotion into your portraits and basic photo editing. There will be one hour of class time and one hour of application, so dress for the weather and come and have fun! **Point and shoot cameras or DSLR required; no tablets or cellphones.**

Sept. 16: Camera 101

Oct. 28: Landscapes

Sept. 30: All About the Light

Nov. 11: Portraits

Oct. 14: Composition

Dec. 2: Photo Editing

Thursdays | 9:00-11:00a

GP21K-1 | **Sept. 16-Dec. 2** (every 2 weeks)

Fee: \$100 (Member \$90)

Register by: 2 days prior to class start

Facilitator: Stephanie Kruger

Location: Media Room



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membership form

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

PRIMARY CONTACT INFORMATION

New Renew Gift Membership Exp. Date _____

Name _____ Member# _____

Address _____ Birth Date _____

City, State, Zip _____

Home Phone _____ Cell Phone _____

E-mail _____

Place of Work _____

Job Title _____ Work Phone _____

Additional names for Family/Grand Family memberships:

How did you hear about Womanspace? _____

SIGN-UP FOR THE E-NEWSLETTER?

Yes No Already have

CHOOSE YOUR LEVEL TODAY!

Membership begins with the month the fee is paid.

Individual	1-yr	2-yr	3-yr
Regular (age 18+)	<input type="radio"/> \$50	<input type="radio"/> \$90	<input type="radio"/> \$120
Sustaining† (age 18+)	<input type="radio"/> \$75	<input type="radio"/> \$150	<input type="radio"/> \$225
Student (age 9-17)	<input type="radio"/> \$25	<input type="radio"/> \$45	<input type="radio"/> \$65

Family & Grand Family (2 adults & kids under age 18)	1-yr	2-yr	3-yr
Regular	<input type="radio"/> \$75	<input type="radio"/> \$140	<input type="radio"/> \$200
Sustaining†	<input type="radio"/> \$100	<input type="radio"/> \$200	<input type="radio"/> \$300

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

PAYMENT METHOD (3% credit card fee applies*)

Cash CHK # _____ MC* Visa* Dis* AP*

Expiration: ____/____ CID: ____ (3 digits on card back)

MEMBERS RECEIVE:

- discounted prices on most programs
- mailings from Womanspace
- opportunity to submit handcrafted items to sell in Gallery2Go (subject to final approval by Gallery Committee)
- a social group to connect with, share talents, and develop or demonstrate leadership skills
- use of our library
- discounted rates on facility rentals
- space for business card display

I AM INTERESTED IN HELPING WITH:

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

OFFICE USE ONLY: FM WA

Date to _____ Notes _____



womanspace

registration form

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

Name _____ Member # _____

Address, City, State, Zip _____

Phone _____ E-mail _____

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

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

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

REGISTRATION & PAYMENT

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

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

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

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

CANCELLATION & REFUND POLICY

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

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

COVID-19 POLICIES

- Some class sizes will be limited.
- The Winnebago County Health Department recommends everyone, regardless of vaccination status, wear a mask while indoor public settings. Those unvaccinated are required.
- Further detailed Covid-19 information can be found at womanspace-rockford.org/policies



Memorial Gardens at Womanspace

Honor a living or deceased person by establishing a specially named fund or feature at Womanspace. Memorials can include the purchase/installation of a variety of items, for example:

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

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

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Sept.–Dec. 2021

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Important Dates to Remember

- Sept 1 NEW! Basic Handbuilding pg. 33
- Sept 8 Healthy Dessert Workshop pg. 5
- Sept 9 Ayurveda for Women's Health pg. 5
- Sept 15 Memoir Writing with Sharon Nesbit-Davis pg. 14
- Sept 18 Gongtopia in the Garden pg. 8
- Sept 19 Foraging for Beginners pg. 6
- Sept 20 Poetry Workshop with Christine Swanberg pg. 15
- Sept 23 Sculpt It! Halloween Cat pg. 30
- Sept 25 Camera 101 pg. 34
- Sept 28 Mosaic Rooster or Goat pg. 31
- Oct 3 Retreat: Own Your Own Story - Learn to Rise pg. 12
- Oct 4 Cakes for the Queen of Heaven pg. 11
- Oct 9 NEW! Movement Fundamentals Workshop pg. 21
- Oct 12 Brain Health pg. 7
- Oct 19 Tapping to Release Fearful Thoughts About Aging pg. 8
- Oct 22-24 **Still On Fire: A Weekend Event with Jan Phillips** pg. 13
- Nov 6 A Journey in Character Development pg. 15
- Dec 14 Acupuncture & Building Immunity pg. 7
- Dec 14 Gnome for Christmas pg. 29
- Dec 21 Winter Solstice Celebration & Memorial pg. 12