



www.womens-exchange.org

Fall Offerings 2026

A NOTE FROM THE BOARD PRESIDENT



Lisa Russ

BOARD PRESIDENT,
WOMEN'S EXCHANGE

Dear Friends,

While we enjoy these beautiful summer months - perhaps extra time for reading, long walks and conversations on the front porch - WE has been making plans for our Fall program offerings. As always, there is something for everyone.

In addition to long-time favorites, you will find new programming that may spark your interest, and a few very special events. We hope you join us in as many ways as possible!

WE is an inclusive, women-centered nonprofit organization, and we are proud to be entering our 43rd year. You are the heart of what enables us to learn, share and grow - and we look forward to being together again when the cooler breezes return.

Be sure to check program updates at www.womens-exchange.org July 2026 to July 2027.



Open House

JOIN US as we celebrate the 43rd Anniversary of Women's Exchange.

Enjoy an afternoon of friendship and community as we share fall programming and special events ahead. A brief presentation will begin at 3:00 pm.

We look forward to welcoming you.
No charge!

Sunday, August 30, 2 pm to 4 pm.

QUESTIONS?

dguy@women's-exchange.org



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VISIT: www.women's-exchange.org



Classes

18 PART LEVEL 6 - CONTINUATION

Join **Sue Baugh** for another deep dive into the 5-Element Theory and 6 Healing Sounds. Prerequisite: Summer 2026 workshop.

3 Wednesdays: September 2, 9 and 16, 1:30 pm to 3 pm. \$95/\$90

WALKING GROUP

Join in Monday and Friday mornings, 8:15 am to 9:15 am, when the Women's Exchange group gathers for a brisk walk in Glenview. Contact dguy@womens-exchange.org for location details. No charge to participate. Weather permitting, year-round.

SHORT STORY CIRCLE

Appreciate good literature beyond the novel, as WE begins a new short-story series with an international focus and an array of well-established authors.

Join **Rita Soltan**, coordinator and retired librarian, in reading selections from *The Art of the Story, An International Anthology of Contemporary Short Stories*, edited by Daniel Halpern, Penguin Random House ISBN 978-0-14-029638-9. Shared leadership for discussions. New participants welcomed. This group meets in person.

7 Fridays: September 4 and 25, October 9 and 23, November 13, December 4 and 18. In-person. 10 am to 11:30 am. \$140/\$130

CIRCLE OF ONE

As our world appears increasingly divided and chaotic, are you feeling the need for supportive spiritual community? You are invited to join **Therese Evans** and other women in a *Circle of One*. This discussion group offers an opportunity to open your heart and connect with The Divine Within.

5 Wednesdays: September 9 and 23, October 7 and 21 and November 4, 11 am to 12:30 pm. \$200/\$190

WOLVES CONTINUATION GROUP

The *Wolves* group will continue working together to explore the multifaceted woman's archetypal journey. Prerequisite: class attendance Spring 2026.

6 Thursdays: September 10 and 24, October 8 and 22, November 5 and 12, 1:30 pm to 3:30 pm. \$240/\$230

BOOK DISCUSSION: A YEAR BY THE SEA BY JOAN ANDERSON

Judy Bowman will facilitate the 6-week book discussion of *A Year by the Sea: Thoughts of an Unfinished Woman*. The book chronicles Joan Anderson's journey of stepping away from her family's needs to rediscover herself.

6 Fridays: September 11 and 25, October 9 and 23, November 6 and 20, 10 am to 11:30 am. \$150/\$140

PROJECT LINUS STITCHING CIRCLE

Join in to help hospitalized children. All you need is the ability to stitch two squares of cloth together by hand. Sewn strips of colorful cloth are later turned into finished quilts that are donated to Project Linus. Meets monthly except July & August.

First Mondays, beginning September 14. Drop in between, noon to 2 pm. No charge.

LIT CIRCLE

BOOK DISCUSSION: *The Correspondent* by Virginia Evans

Join Dawn Turco for a discussion of this award-winning, bestselling novel celebrated for its warmth, wisdom, and humor. In person at Women's Exchange.

Monday, September 14, 10 am to 11:30 am
\$20

AUTHOR TALK: Lisa See

Join international bestselling author Lisa See on Zoom, for a reading from her new novel, *Daughters of the Sun and Moon*, followed by a conversation and Q&A. Zoom.

Thursday, October 29, 1 pm to 2 pm. \$20
Zoom link sent October 29.

AUTHOR TALK: Kathleen Rooney

Join bestselling author Kathleen Rooney for a reading from her new novel, *Man Overboard!*, followed by a conversation and Q&A. In person at Women's Exchange.

Thursday, November 12, 10:30 am to 11:45 am. \$20

WISDOM UNTETHERED: THE TIME FOR QUESTIONS BY MICHAEL SINGER

Join this book discussion with facilitator Harriet Porter, LCSW, as Michael Singer offers direct compassionate answers to some of life's deepest challenges: How to find peace amid chaos, how to handle the mind's endless chatter, how to let go of emotional pain, and much more. Singer shows that spiritual growth comes not from fixing your life, but from releasing what blocks your innate peace and freedom.

10 consecutive Tuesdays, September 15 to November 17, 1 pm to 2:30 pm. \$300/\$290

Women's Exchange
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trivia night!

JOIN IN to play, nosh and win!

Thursday, September 17, 5:30 pm to 8:00 pm

LOCATION: Hadley, Winnetka

A Fundraiser with Laughter, Food and Prizes!

\$75 per person

\$275 save table of 4

BOOKS WITH STAYING POWER

Ever wonder why some books float out of your head right away, while others take up residence in your heart forever? Years can pass, and then, when you see the cover of a book you love, you're transported immediately back to a scene from that story. In this class, with Holly Marihugh, you'll hear about 25 books with that special staying power, and will take the curated list with you.

Friday, September 18, 4 pm to 5 pm. \$30. [Allow extra time for Q & A]

VITAL DOCUMENTS – THE BASICS

This overview introduction to your vital documents, with Anne Wieboldt, CFP, and Nancy Wieboldt, will help guide you through the tasks involved in getting your estate documents in good order for your Powers of Attorney, Trustee and Executor. Topics listed on the website: www.womens-exchange.org.

3 Wednesdays: September 23, October 21, and November 18, 3:30 pm to 5 pm.
\$150/\$145



Luminaries

CELEBRATING WOMEN WHO LIGHT OUR LIVES

Join us for a meaningful evening as we illuminate glowing luminarias in honor of remarkable women whose lives, contributions, and enduring impact continue to inspire us.

For each donation of \$25, you may dedicate a luminaria to a special woman in your life. A luminaria will be lit in her honor on September 24. Tributes will also be recognized in our digital commemorative flipbook. You may dedicate as many luminarias as you would like.

Together, we will gather for an evening of reflection, connection, gratitude, and celebration as we recognize the women who have helped light our paths and enrich our lives.

Thursday, September 24, 6 pm to 8 pm, Hubbard Woods Park, Winnetka. See our website for details: www.women's-exchange.org

VITAL DOCUMENTS LABORATORY – POWER HOUR BY ZOOM

The virtual laboratory is led by **Anne and Nancy Wieboldt**, who serve as a weekly discussion cohort to help support you as you organize your estate documents and build your estate management team. Then you will spend time working on your own vital document files. Complete details: www.womens-exchange.org.

6 consecutive Tuesdays, September 29 to November 3, 11 am to noon, Zoom only. \$150 for the series.

LET'S WRITE THE AMHERST WAY!

Start with a warm-up activity offered by facilitator **Kim Grahl**, followed by a writing prompt, with time to write for 30 to 40 minutes. Afterward, share individual writings (if you choose) with specific encouraging rules for feedback. Confidentiality within the group. Beginners always welcome!

6 Tuesdays: September 22, October 6 and 20, November 3 and 17 and December 1, 2:45 pm to 4:45 pm. \$250/\$240

TOGETHER IN HEALING

The journey of grief is long and those who walk it should not have to walk alone. Be it a recent loss or a loss of long ago, grief has no timeline. Join facilitators, **Maureen Valvassori** MPS and trained grief companion, **Happy O'Brien**, seasoned care giver, and **Peggy Rubenstein**, retired nurse practitioner, as we honor those we have lost through conversation and creative expression. Meets monthly. Limit 10

4 Wednesdays: September 23, October 21, November 18 and December 9, 1:30 pm to 3 pm. \$130/\$120

THE NEW LONGEVITY: A PHYSICIAN'S GUIDE TO OPTIMIZING WOMEN'S HEALTH

What does it truly mean to age well? In this interactive workshop with **Marina Kovacevic**, MD, we will explore evidence-based strategies to help women optimize energy, longevity, and over-all well-being. Topics will include: hormonal changes, metabolic health, sleep, stress. Join in to gain some practical tools.

Wednesday, September 30, 3 pm to 4:30 pm. \$35/\$30

HEARTSONG: LIFE PLANNING

In this interactive class, you will be introduced to a powerful process which can help you identify your interests and skills and what kinds of work (paid or volunteer) might make your life more meaningful at any age. Be prepared to share your hopes and dreams with lots of support from your classmates. Facilitated by **Regina (Gina) Lopata Logan**, PhD, Northwestern Faculty Emerita and Principal, Heartsong Consulting.

6 consecutive Tuesdays: October 13 to November 17, 10 am to noon. \$250/\$240

BOOK STUDY: *GO TELL IT ON THE MOUNTAIN* BY JAMES BALDWIN

Join us for a special three-week discussion of *Go Tell It on the Mountain*, James Baldwin's powerful and deeply follows 14-year-old John Grimes as he navigates faith, family, and self-discovery in 1930s

Harlem. Drawing on his own life experiences, Baldwin chronicles John's struggle to understand his complex identity as the stepson of a minister in a Pentecostal storefront church. Facilitated by **Holly Marihugh**.

Through lyrical prose and richly layered characters—including John's stepfather, mother, and aunt—Baldwin examines the lasting impact of family history and generational trauma. *Time* magazine included *Go Tell It on the Mountain* on its list of the 100 best English-language novels published between 1923 and 2005. Book edition listed on the website.

3 Mondays: October 19, 26 and November 2, 10 am to 11:30 am. \$95/\$90

DEATH AND CHOCOLATE: THREE-PART SERIES

As a society, we don't like to think, much less talk, about death. How can you plan for it if you can't even talk about it?

Join us in an interactive three-part series that is a springboard to the end-of-life discussions and planning that usually happen in crisis. These often-requested and always-unique conversations are facilitated in a relaxed atmosphere by **Gayle Byck** (board-certified patient advocate, certified grief educator) and **Allison List Hutner, LCSW**. We'll provide the thought prompts and lots of chocolate—just bring your interest, openness, and sweet tooth!

Limited enrollment. Registration for all 3 sessions is required (if you've already done part 1 in Mar 2026 or Nov 2025, you may register for the last 2 sessions).

3 Thursdays: October 22, October 29, November 5, 10 am to 11:30 am. \$95/\$90 (or last two sessions with previous enrollment: \$65/\$60)

ANCHORING YOURSELF IN A CHAOTIC WORLD

Chaos at home and abroad can feel like an assault on our bodies, emotions, and spirits. But it's also the signal of profound changes rippling through the human race. In this course, **Sue Baugh** offers a way to stay grounded and centered through a major transition time.

SESSION 1: Oct 28. How to maintain the health of the body through movement, breathwork, diet, and energy work.

SESSION 2: Nov 4. How to go from stress to serenity, managing your emotions and thoughts to center yourself in harmony.

SESSION 3: Nov 11. How to access your True Self to awaken your spiritual gifts and use them for yourself and others.

3 Wednesdays: October 28, November 4 and 11, 1:30 pm to 3 pm. \$95/\$90

A POETRY READING CIRCLE WITH HOLLY MARIHUGH

The Poetry Reading Circle is an open gathering where participants are invited to bring a favorite poem—whether written by a celebrated poet or discovered in a treasured book—and read it to the group. After reading, each participant shares why the poem is meaningful to them. Through listening, the Circle creates a space for connection, inspiration, and a deeper appreciation of the power of poetry in our lives.

Friday, November 13, 2 pm to 3 pm (or a bit longer). \$30/\$25

CLASSIC FLOWER ARRANGING

During this informative hands-on class, Lanie Coldwell, owner of The Shy Flower, will teach us how to build a beautiful classic floral arrangement. Anchored in a 4" square glass vase, with hydrangea as the foundation, the arrangement will incorporate seasonal flowers and the distinct design techniques used at the shop. This private class will introduce you to floral arranging guidelines you can repeat again and again. Up to 12 may register.

Monday, November 16, 1 pm to 3 pm. All supplies provided. Class hosted at The Shy Flower, Winnetka. \$120



Afternoon Tea

The table is set! Join us for an elegant take on a cozy British classic. Dainty sandwiches, freshly baked scones with jam and cream, bite-size sweets and, of course, cups of hot tea from a China teapot. This special fundraiser is hosted by six Women's Exchange participants, three of whom are current WE Board members.

Friday, November 6, 2 pm to 4 pm, Winnetka Congregational Church, Winnetka. \$65



HOLIDAY LUNCHEON

Join Women's Exchange as we gather at the newly reopened and reenvisioned Glencoe Golf Club for our Holiday Luncheon. Surrounded by sweeping views, we will enjoy friendship,

celebration, and inspiration.

Guest speaker and bestselling author Mary Alice Monroe will share an inspiring message about legacy.

This gathering is the perfect way to begin the holiday season—with delicious food, conversation, and community.

Thursday, December 3, 11:30 am to 2 pm

Women's Exchange

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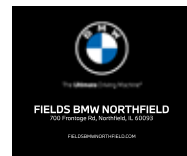


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