

# *Women of Enlightenment Schedule 2019*

- January 11**     **New You: Vision Boards**  
Bring old magazines and periodicals for a learning event.
- February 8**     **Book Club: Cancelled due to death in family**
- March 8**     **Health & Wellness: Yoga with Cousin Diane**  
Bring your mat or use a chair
- April 12**     **Craft Night:** Bring your craft of choice to share, for critiques, also there will be a Spring Craft.
- May 10**     **New You: Designing Your Life**  
based on the book: *Designing Your Life, How to Build a Well-Lived, Joyful Life*
- June 7**     **Book Club: Weam Namou Journal Exercise**
- July 12**     **Health & Wellness: Aging for Women**  
Cancer, Fibromyalgia, Depression, Arthritis
- August 9**     **Movie Night: Resurrection**  
suggested by Joanne Wise
- September 13**     **Craft Night: Photo Night / Pinterest**
- October 11**     **New You: Assertiveness**
- November 8**     **Gratitude Celebration**
- December 13**     **Year End Review / Schedule Next Year / Party**

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(schedule subject to change due to death, weather or availability)