

CURRENT CONVERSATIONS FOR WOMEN

Thursdays 9:00 - 10:15
Session 1 2/8/24-
conversations!



Knowledgeable presenters;
3/7/24 **engaging**

Carol Boyd-Heron 2/8/24

“Promoting and Retailing Your Creative Talents”

So, you've retired and now have the free time to pursue your artistic talent. You want to begin selling your creations but don't know where to start. In this presentation, Carol Boyd-Heron, co-owner of the Peninsula Gallery in Lewes, will walk you through the business of art, giving attendees a detailed run down of how to promote and sell your art. Carol will share her wealth of business knowledge to give newcomers the best advice on how to get their creative business off the ground.

Ellen Powers 2/15/24

“Finances for Women Over 50”

Participants will learn financial information to help understand their financial situation; our focus will be for individuals approaching or already in their retirement years. We will discuss (1) how much money is needed for retirement, (2) IRA required distribution rules, and (3) the pros and cons of different types of investment professionals. We will have ample time for participants to ask questions about a broad array of financial issues of interest to them.

Kim Blanch 2/22/24

“Blue Zones and the Power 9: Habits for Healthful Longevity”

Come learn about places in the world where people experience healthful longevity and the 9 simple principles that are woven through each area. We'll explore ways to integrate new habits into your daily living so that the healthy choice becomes the easy choice. And we'll discuss how these concepts go far beyond food to encompass how we move through our days, the importance of community, and how having a sense of purpose promotes a sense of wellbeing.

Heidi Lowe 2/29/24

“The Many Meanings of Jewelry to Women”

Through the ages, people have used jewelry to signify, identify, and communicate. Jewelry has power; it carries meaning, identifies belonging to a community, acts as currency, and signifies heroes as well as adorns. It is through Heidi Lowe's reality as a jeweler she sees the importance jewelry carries in our everyday lives. Whether it's something we find, a wedding ring, a piece handed down through the ages, or a significant purchase our jewelry collection tells a story. Jewelry can heal an emotional wound, bring loved ones closer, and connect us with our past. It is through this historic and artistic medium that she helps others mark significant moments in their lives.

Denise Clemons 3/7/24

“Lewes Women in History”

Through the centuries, the women of Lewes have been wives, mothers, daughters, tavern keepers, suffragettes, seamstresses, milliners, and murderers. Denise Clemons will share insights into the history of women in Lewes to illustrate their roles in society and contributions to the development of the town. She will include a selection of artifacts held in the collection of the Lewes Historical Society to accompany her talk.

Session 2 4/4/24-5/2/24

Thursdays 9:00 - 10:15

Dr. Krista Griffin 4/4/24

“The Mind Body Connection”

So much is said about the Mindbody Connection, but what is it really, and how does one tap into it? This session will inform and enlighten you about the true nature of the human body, mind and spirit and techniques to harness the power that we all possess.

Maureen Eschbach 4/11/24

“Smoke and Mirrors: Magic with Accessories”

Our local Lewes expert on fashion wants to share her tips and tricks to help your accessories work magic. Making the most of a few select items can lead to a major difference in your overall outfit and how you feel about yourself.

Donna McEntee 4/19/24

“Intuition and Spiritual Guidance”

We are all born with an “inner knowing.” Some call it intuition, some call it sixth sense. It is a guide and a tool given to us at birth and meant to be embraced and used as the gift it is. This class will provide intelligible ways to recognize and understand the meaning behind the messages we receive in dreams, intuitive ideas, and in synchronistic events. The goal of using the gift of spiritual intuition is to remember we are never alone, and never without help. And best of all, you will be provided easy and understandable ways to ask for the guidance and messages Spirit so willingly wants to provide.

Rita Williams 4/25/24

“Self-Care for Women”

What is self-care? Self-care is any activity that we do deliberately in order to take care of our whole selves -- including our mental, emotional, physical and spiritual health. This may include a wide array of activities. Self-care is not selfish; in fact, it is necessary. Join Rita Williams for a healthy discussion about self-care -- what it is, identifying needs, discussing barriers, sharing successes and creating a personalized self-care plan that can help you on a path to a happier, healthier you!

Lewes Police Officer 5/2/24

“How to Avoid Being a Target”

A Lewes City Police officer will provide pragmatic advice on how to avoid being vulnerable to criminal danger, including, but not limited to scams. In recent years, “phishing” and scamming has been on the rise; learn how to recognize tell-tale signs of duplicitous behavior and protect yourself from becoming a victim.