

Newsletter May '26

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Next Meetings

May 5

June 2

September 8

October 6

November 10

December 1

Newsletter

Contributions to the Newsletter must be sent to

Editor@IWCL.org no later than the **15th of the month** preceding publication.

 [@international women's club of Lugano](https://www.facebook.com/internationalwomencluboflugano)

 [@iwclugano](https://www.instagram.com/iwclugano)

 www.iwcl.org

PHOTOS FROM LAST MONTH'S EVENTS



For more picture go to our [Dropbox](#)

May Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
				1	2	3
						<u>Easy Walking</u> p.11
4	5	6	7	8	9	10
<u>Breath, relax...</u> p.13 <u>German</u> p.16 <u>KIP</u> p.14 <u>English (US)</u> p.17 <u>Ital. Lang. Salon</u> p.11 <u>Art</u> p.13	<u>Italian</u> p.16 <u>Italian w/ Joy</u> p.12 <u>Spanish</u> p.16 MONTHLY MEETING	<u>Golf</u> p.14 <u>English (B.)</u> p.17 <u>Let's Dance</u> p.14	<u>Italian (int.)</u> p.16 <u>Ital. Pages</u> p.10 <u>French</u> p.15 <u>Mahjong</u> p.13 <u>Tea&Flix</u> p.11 <u>Padel</u> p.12 <u>Newcomers coffee</u> p.7			
11	12	13	14	15	16	17
<u>Breath, relax...</u> p.13 <u>English (US)</u> p.17 <u>KIP</u> p.14 <u>Ital. Lang. Salon</u> p.11	<u>Italian</u> p.146 <u>Italian w/ Joy</u> p.12 <u>Spanish</u> p.16 <u>Cooking Group</u> p.9 <u>Josef Albers at Villa Panza</u> p.5	<u>Golf</u> p.14 <u>English (B.)</u> p.17 <u>Let's Dance</u> p.14 <u>French (Int.)</u> p.16	<u>Italian (int.)</u> p.16 <u>Mahjong</u> p.13 <u>Padel</u> p.12			
18	19	20	21	22	23	24
<u>Breath, relax...</u> p.13 <u>German</u> p.16 <u>KIP</u> p.14 <u>English (US)</u> p.17 <u>Ital. Lang. Salon</u> p.11 <u>Wellbeing</u> p.15	<u>Italian</u> p.16 <u>Italian w/ Joy</u> p.12 <u>Spanish</u> p.16 <u>Book group</u> p.14	<u>Golf</u> p.14 <u>English (B.)</u> p.17 <u>Let's Dance</u> p.14	<u>Italian (int.)</u> p.16 <u>French</u> p.15 <u>Mahjong</u> p.13 <u>Aperitif Group</u> p.7 <u>Padel</u> p.12	<u>Round Table</u> p.10	NEXT MONTHLY MEETING: June 2	
25	26	27	28	29	30	31
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ADVERTISING

Conditions of acceptance:

- Acceptance will be at the discretion of the IWCL Board.
- All advertisements must reach Iris Frowein Nouwen by email at IWCLeditor@bluewin.ch before the 15th of the month preceding publication.
- The IWCL reserves the right to postpone publication.
- All invoices must be paid within 14 days of date of issue.

1/4 page ad in Newsletter 1 x = CHF 80.- 1/8 page ad in Newsletter 1 x = CHF 40.- 5 x = CHF 350.- 5 x = CHF 175.- 10 x = CHF 600.- 10 x = CHF 300.-

Flyer with email version of Newsletter = CHF 60.-

Flyer with postal and email version of Newsletter = CHF 120.- (plus delivery of material)

Website advertising 6 months = CHF 300.-

12 months = CHF 500.-

Meet the Board



President

Elizabeth Ak
President@IWCL.org
 076 506 9460



Vice-President

Birgid Giorgetti
Vice@IWCL.org
 076 413 7654



Secretary

Andrea Never
Secretary@IWCL.org
 076 413 3275



Treasurer

Oana Stan
Treasurer@IWCL.org
 076 778 6624

Board Assistants

Membership Secretary:

Andrea Never
 076 413 3275
IWCLmembershipsecretary@gmail.com

Hospitality & Group coordinator:

Maura Koopman
 079 576 6144
teupi@yahoo.com

Social Media coordinators:

Website:

Maria-Jose Egas Vallejo
 079 681 1385
mj@mjademy.ch
 Eva Antonini
 079 621 5793
info@eva-antonini.com

WhatsApp group & Facebook:

Maura Koopman
 079 576 6144
 Eva Antonini
 079 621 5793

Special Event Managers:

Hanneke Sillekens
 079 220 93 19
hannekesillekens@gmail.com
 Ilona Pongracz
 076 566 6342

Newsletter Editor:

Iris Frowein Nouwen
 076 746 9231
Editor@IWCL.org

Club Information

The International Women's Club of Lugano (IWCL) was founded over 37 years ago. It's purpose is to bring women together in order to share information, resources, hobbies, interests, skills and contacts via a wide variety of informal and formal activities.

The IWCL is a non-profit, non-denominational and apolitical organization run by volunteers.

Our monthly meeting is always on a Tuesday morning at the Hotel Pestalozzi in Lugano.

MEMBERSHIP

- Membership year runs from January 2026 until December 2026
- Annual membership fee for 2026 is Chf 120.-
- Account / payable via bank transfer only to:
CH76 0900 0000 6900 6056 1
INTERNATIONAL WOMEN'S GROUP, 6900 LUGANO
- Please state your name, surname and Membership fee 2026 in the additional information when making the transfer.

For further information please contact OANA STAN, the club treasurer: Treasurer@IWCL.org

IWCL Website

Please refer to the IWCL website for information on:

- THE CANCELLATION POLICY (CP)
- A COPY IWCL DIRECTORY
- PHOTOS OF RECENT ACTIVITIES
- A COPY OF THE MONTHLY NEWSLETTER
- And much, much more...

Please contact IWCLsecretary@gmail.com if you need or forgot your password to access the Member's login section of the website.

IWCL WhatsApp Group

If you would like to join, please send a WhatsApp message to **Maura Koopman** at 079 576 6144, including your full name.

To maintain a respectful and focused environment, please refrain from posting content related to religion, politics and advertising. Additionally, avoid sharing messages without useful content for the entire group.

IWCL Facebook & Instagram

If you would like to join the "**members only**" **Facebook** group then please send a request via Facebook to **Maura Koopman**, the group coordinator.

To maintain a respectful and focused environment, please refrain from posting content related to religion, politics, or commercial promotions. Additionally, avoid sharing messages without useful content for the entire group. If you post a photo we ask that you get consent from the people in the photo prior to posting.

You are welcome to join us on our **Instagram** page [@IWCLugano](https://www.instagram.com/IWCLugano)

CLUB NEWS

If you have any personal news that you would like to share with the club members, e.g. birth, marriage, illness, death etc, please contact our club liaison: **Claude Perrinjaquet Boni**
 079 487 8992 cm.boni@gmail.com

Message from the Editor

New Email Addresses for the Board Members and the Editor:

Dear members,

the board members are working tirelessly on the new website, with a priority to the privacy and security of all members. It should be up and running shortly.

From now on all the official email addresses will be directly connected to the website. It will also make the transition to the next board much more efficient and secure.

Here is a list of all the new emails:

- President Elizabet Ak: President@iwcl.org
- Vice President Birgid Giorgetti: Vice@iwcl.org
- Secretary Andrea Never: Secretary@iwcl.org
- Treasurer Oana Stan: Treasurer@iwcl.org
- Editor Iris Frowein Nouwen: Editor@iwcl.org

Please **do not** use the @gmail accounts any longer for all club business. They are phased out.

Call for Participants:

We are starting a small working group to revise and update our IWCL by-laws (not including Privacy Policy). If you have any experience or would simply like to help, please contact:

Sharon Parlette 079 509 9982 or sep.ticino@bluewin.ch

IWCL Monthly Meeting

Tuesday, May 5

at Hotel Pestalozzi

Via Pietro Bianchi, Piazza Indipendenza 9

6900 Lugano

Time: 9:30

Speaker of the Month



Monica Besomi will tell us about all the opportunities the City of Lugano has to offer.

Monica Besomi is the Business Development Manager at Lugano Convention & Exhibition, part of Division of events and congress of the City of Lugano. With a background in hospitality and marketing and over a decade of experience in tourism, she specializes in promoting Lugano as an international destination for conferences and events.

In her role, she works at the intersection of public and private stakeholders to attract major national and international congresses, contributing to the city's economic development and global visibility. She is also actively involved in building partnerships, fostering local networks, and developing initiatives that create value for the wider community—from tourism and business to academia and innovation.

Known for her collaborative approach and international outlook, Monica brings energy and strategic vision to positioning Lugano as a vibrant, connected and welcoming destination.

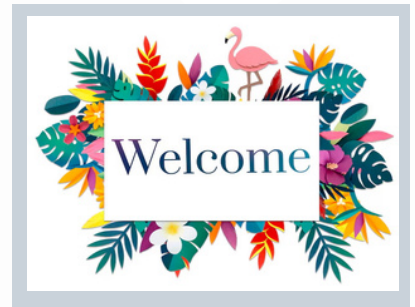
Welcome to the New Members

A warm welcome to Heesoo, Kerstin, Margot & Katia

Heesoo Bolfo joined IWCL to engage in museum, theatre and general cultural activities. Heesoo describes herself as a workaholic and a social as well as adventurous person with global interests.

Heesoo Bolfo

Piazza Bernandino Luini 4, Lugano
M: +1 917 273 7273 - hsbolfo@gmail.com



Kerstin Buitelaar describes herself as an "international Dutch" and lived in several countries. She recently moved from Qatar to Ticino due to her husband's work duties and has two adult children. Kerstin is young at heart, fun, outgoing and very social. She loves padel, shopping and skiing.

Kerstin Buitelaar

M: + 41 76 839 24 03 - kbuitelaar@yahoo.com

Margot Landheer moved from Zug to the Netherlands and back to Switzerland with her Swiss husband. Why Ticino? It has the Italian touch! Both Amsterdam and Lugano are home for Margot with Lugano probably being her favorite. Margot loves flowers, collecting glass from Copier, drawing and learning Italian. Margot has an open and broad minded, and a faithful and cheerful personality. As soon as Margot has settled she would love to organize activities for the Club.

Margot Landheer

Via G. Pocobelli 3, 6900 Lugano
M: +31 613 677735 - m.landheer@planet.nl

Katia Mandelli Ghidini describes herself as honest, trusty and a person with very high expectations. Katia is a very dedicated and passionate. Together with her husband, she takes care of a vibrant family with 2 children and 2 dogs. In her free time Katia reads, walks and recharges her energy with yoga.

Katia Mandelli Ghidini

Via Ceresolo 19, 6913 Carabbia
M: +41 79 336 9908 - katia@visiografika.com

Mentorship for New Members

If you are a new member and need support with doctor visits, vets, household help, home design/renovation, insurance companies, car registration, etc. or just a shoulder to lean on, we are here to help. Please feel free to contact any of the following ladies:

- Isabel Bern - Isabel@bern.life
- Irène Fröhlich - 076 334 5550
- Maura Koopman - teupi@yahoo.com
- Sharon Parlette - sep.ticino@bluewin.ch

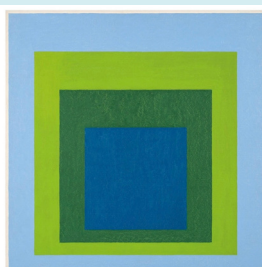
Or contact **Andrea Never**, the club membership secretary:
IWCLmembershipsecretary@gmail.com



Special Events

Josef Albers Meditations

Varese | 9.04.2026 - 10.01.2027



Guided visit to "Josef Albers: Meditations" exhibit at Villa Panza in Varese

When: Tuesday, May 12 - 10.30 at Museum

Where: Piazza Litta, 1, 21100 Varese VA, Italy

Cost: CHF 25.-/person (Not including transportation)

Interested: Contact **Esra Jauch** or **Iris Frowein**

Esra: 076 440 6039 - Iris: 076 746 9231

The museum is a little bit out of the city so the best way to get there is by car. Please let us know if you are willing to drive. You can also take the train to Varese and walk 25 minutes to the museum. We can go into Varese afterwards and have a nice lunch. More information on the **IWCL Culture Events** WhatsApp group.

Special Events (Cont.)

IWCL Family Day on Monte Lema on May 30 (or Rain Day 6 June)



We are excited to invite you to a special **IWCL Family Day in the Mountains**, filled with fresh air, beautiful views and quality time together!

When: Saturday, May 30 – 11:30/12:00
(or in case of a rain day: June 6)

Where: Meeting on Top of Monte Lema

Cost: Everyone pays for their own transportation and picnic

Interested: Contact **Oana Stan**
076 778 6624 – oanastan.1@gmail.com

Join us for a relaxing day of hiking, laughter, and a cozy picnic surrounded by nature. Whether you're up for an adventurous trail walk or simply want to unwind and enjoy the scenery, there will be something for everyone!

What to bring:

- Comfortable walking shoes recommended
- Bring your favorite picnic dish or snacks
- Don't forget water, sunscreen and a hat

How to get there:

- By car to Miglieglia (There is plenty of parking at the Funicolare)
- By Trenino to Magliaso, followed by the Autopostale to Miglieglia (The bus will be waiting for you at the Magliaso trenino stop)
- In Miglieglia you take the Funicolare to the top of Monte Lema and walk 10 minutes to arrive at the top
- For the sporty members, you can hike from Miglieglia to the top (See below)

Let's make wonderful memories together, enjoy the mountain breeze, and spend a joyful day! We can't wait to see you there!

Join "Happy Hiking" on the Family Day with a Hike to & from Monte Lema

This is a challenging 10km hike, with a 840 climb to the picnic area at the top of Monte Lema.

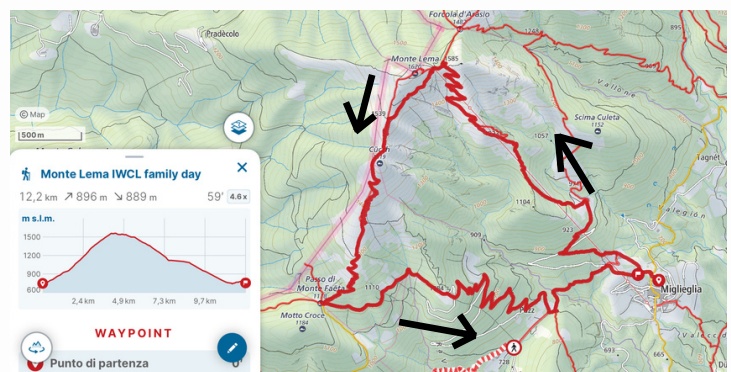
When: Saturday, May 30 – 8:30

Where: Meeting at the parking of

Chiesa Santo Stefano al Colle in Miglieglia

Cost: Everyone pays for their own transportation and bring your own picnic & lots of water!

Interested: Contact Hanneke at 076 220 93 19
Hannekesillekens@gmail.com



This is a challenging hike. The hikers should be at the top by 11:30/12:00 to join the rest of the club members who are enjoying the family day. You can join the hikers for the up and down part of the hike. If this is too much then feel free to just do one part, up or down. You can use the funicolare to bring you up the hill and join the group for the walk down the hill after the picnic. Or join them in the morning and take the funicolare down after the picnic. Bring plenty of water! Contact **Hanneke** with any further questions.

Special Events (Cont.)

Spring Party

**Friday, June 12, 2026, 19:00
at Lido Lugano**

When: Friday, June 12, 2026 - from 19:00

Where: Lido Lugano, Via Lido, 6900 Lugano

Cost: CHF 25.-/Members - CHF 60.-/Guests
(Payable directly on arrival)

Cancellation Policy will apply after June 6

Interested: Sign up with Hanneke before June 1,
ONLY by WhatsApp, SMS or Email
076 220 93 19 - Hannekesillekens@gmail.com



Registration is now open !

Come and enjoy an evening of wild disco beats, even if you're not usually one for the dance floor. The evening will begin with a cocktail-buffet, providing an opportunity to chat in an idyllic setting reminiscent of the lakeside.

Disco beats await you, so get ready to hit the dance floor!

This year, a contribution of **CHF 25.-** is required for members and **CHF 60.-** for guests.

A three course-cocktail is included in this price, as well as your first glass of wine or prosecco and mineral water & coffee.

Sign up only with **Hanneke** before Monday 1st of June to be sure you can join the party (places are limited to 75), but ONLY by WhatsApp, SMS or email : Hannekesillekens@gmail.com - 076 220 93 19.

Cancellation can be made up until 6 June strictly by Hanneke to be valuable, CP will apply from 7 June onwards (CHF 60).

For any requirement, please contact Ilona : 076 566 63 42



Newcomers' Coffee Meetup

If you joined the Club in 2025 or at the beginning of 2026, this invitation is for you.

When: Thursday, May 7 - 10:00 - 11:30

Where: Da Lino, La Prosciutteria, Piazza Riforma 12, 6906 Lugano

Cost: Everyone pays for their own drinks & food

Interested: Reservations are kindly appreciated by WhatsApp

Maura 076 576 6144 or

Eva 079 621 5793

Special Announcements

Connect & Care

We're pleased to introduce **Connect & Care**, a new initiative offering practical support and companionship within our community.

Through a network of volunteers, members can receive help with daily logistics, accompaniment to activities, or simply enjoy some friendly company—because no one should feel alone.

Respect, discretion, and privacy are at the heart of every interaction.

We warmly invite members to get involved:

- * **Occasional Support** – for those who can help from time to time in short-term situations (e.g. picking up medication, grocery shopping, or offering support during a brief illness).
- * **Regular Support** – for those who would like to offer a small, ongoing commitment (e.g. one hour twice a month) to provide companionship or consistent support.

Every gesture makes a difference.

If this resonates with you, we would love to hear from you!
 Birgid Giorgetti – vice@iwcl.org



Advertising

25 APRIL
08:00 PM

F. CHOPIN
 24 PRELUDES OP. 28

J. BRAHMS
 SONATA No. 2
 IN A MAJOR

Duration: 1 hour



VIOLIN **ROSTISLAV KARCHAGIN**

An Evening
 of Romantic Depth
 & Musical Poetry



Advance ticket purchase
 via QR code
 is recommended



PIANO **ALEXANDER PALEY**

26 APRIL
04:00 PM

W. A. MOZART
 SONATAS FOR VIOLIN
 AND PIANO

Duration: 1 hour

30 CHF
per concert

MA CULTURE.SPACE.LUGANO
 Via Monte Brè 1, 6900
 Lugano

Advertising





Pearls
A dialogue between Western art and the Japanese spirit

Thursday 7 May 4.00 pm
MUSEC - Museo delle Culture - Via Antonio Caccia 5 - Lugano
+41.058.866.69.60

Admission is free;
we recommend registering at: press@musec.ch

Language: Italian with English summary paper guide

Launching my new book at the end of the conference

"La via della Perla"
A journey of discovery into the world of pearls, packed with information and delightful, little-known anecdotes.

**LA VIA DELLA PERLA:
TRA ARTE OCCIDENTALE
E SPIRITO GIAPPONESE**

con **Makiko Shiraishi Mariani**

Giovedì **7 maggio** 2026, ore **16:00**

L'incontro invita il pubblico a esplorare il fascino della perla, gemma che da secoli rappresenta un legame simbolico tra Europa e Oriente. Il cuore dell'esperienza sarà dedicato al rapporto tra la perla e l'etica del Chūshingura, celebre racconto giapponese dei 47 rōnin, emblema di lealtà, resilienza e purezza. In seguito saranno presentate le diverse tipologie di perle oggi esistenti, per comprenderne caratteristiche e valore. L'evento si concluderà con la scoperta del significato profondo de "La Via della Perla".

Durata: **2 ore**
Ingresso **gratuito**

Posti limitati, è consigliata l'iscrizione: press@musec.ch

MUSEC - Museo delle Culture, Lugano, +41(0)58 866 69 60
Villa Maipensata, Riva Caccia 5/ Via G. Mazzini 5
www.musec.ch

Regular Club Events

Cooking Group

"Treats from Thailand"

When: Tuesday, May 12, 18:30 onwards

Where: Il Grottino Viganello, Via Pergola 5, Viganello
(Look for the courtyard and the CRS sign)

Cost: CHF 50.- per participant.

Cancellation Policy will apply by Saturday May 9

Please note that the Comune is levying a small charge for the rental, which will be reflected as a share of each participant's cost for the evening.

Interested: Contact **Sue March**

on 077 924 1676 or marchsue@hotmail.com

Our cooking group is open to ALL MEMBERS each month. The only requirements are to reserve your place early and to clear up afterwards before you leave! Come and join us so we can learn, cook and eat together. Several members have been disappointed when the group has been full. Sign up early.



We continue our exciting Cooking Group year with
"A FEAST OF TREATS FROM THAILAND" hosted by Christine.

The Menu:

Starters:

Fish Cakes with Sweet and Sour Sauce
Green Papaya Salad
Beef Salad

Main:

Green Chicken Curry
Prawns in Red Curry Sauce
Jasmin Rice

Dessert:

Fresh Mango and Pineapple

*Wine pairings by **Nerida***

Parking: There is ample kerbside parking, and the Autosilo Ospedale Italiano on the corner. There is space outside for the host to leave their car, as you are bringing heavy items, and a bus stop next door!

Required: Tea towel, apron, MAKING THE PLACE SPOTLESS before you leave!

To book your place or for more information (we can accommodate up to 14 people) please contact **Sue March**.

Italian Pages - Book Group

A Monthly Book Club Celebrating Italian Literature and Culture

When: First Thursday of the month starting May 7, 15:00 – 16:30

Where: At Raffaella's Home in Gentilino

Interested: Contact Raffaella Reverberi
on 079 941 7203 or Iella.reverberi@gmail.com

Book group for curious, open-minded women who want to explore Italy's rich literary and cultural heritage. From timeless classics and contemporary novels to biographies and historical works, we dive into stories that define the Italian experience.

Our reading journey will include novels and biographies, as well as works that explore Italian culture, society, history, and traditions. Each month, we will select a different book that reflects the depth and diversity of Italy's literary heritage.



"The Round Table" Group

Theme: "Online"

When: Friday May 22, 2026 – 10:30 – 11:30

Where: Coop City Ristorante, Via Nassa 22, 6900 Lugano

Cost: Pay for your own drinks

Interested: Contact **Ina Boonacker**
on 079 467 7457 or inaboonacker-mulder@hotmail.com

If you would like to participate, you are most welcome. Let me know by email or WhatsApp.

Online shopping, online banking, buying online tickets for trains, planes, hotels, concerts etc.
Share your opinion and experiences.

Aperitif Group: Sundowner at Caffè Retro Ristorante Tivoli in Paradiso

Come & join us for a aperitif & a friendly chat

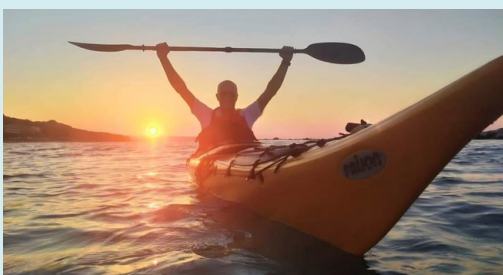
When: Thursday, May 21, 2026 – from 18:30 onwards

Where: Caffè Retrò Ristorante Tivoli, Via Generale Guisan 6, 6900 Paradiso

Cost: Pay for your own drinks

Interested: Contact **Elizabet Ak**
on 076 506 9460 or iwclevengroup1@gmail.com

Everyone pays for their own drinks, the venue offers a buffet/finger foods when you purchase a beverage. Please don't just show up but **sign up** so that Elizabet has an idea of how many ladies are expected. Come along, enjoy the company and relax in the heart of Lugano. Looking forward to seeing you there.



Kayaking Group

Discover Lugano Lake and Rivers on a Kayak

When: Lessons dates to be agreed upon

Where: Ticino Kayak club, Canottieri Lugano,
Via Foce, 6900 Lugano

Interested: For information and registration contact **Eva Antonini**
on 079 621 5793 or info@eva-antonini.com

An opportunity to explore and discover the Lugano area and beyond from a whole new viewpoint! Our group is all about movement, fresh air, water, and fun. Beginner lessons upon request.

“Tea & Flix” Group

And Irresistible Cocktail: Lots of laughs, witty dialogues and glamorous Sixties fashion!

When: Thursday May 7, 16:00 – 18:00

Where: Address and parking details on the Tea&Flix group chat

Interested: Contact **Giovanna De Lillo** to be included in the Tea & Flix group chat on 076 376 4499 (No emails!)



We'll watch two episodes of a comic series in English together, with English subtitles (to make understanding easier for non-native English speakers). We chat, have fun and top it all off with an afternoon tea or coffee. Maximum 6 participants!

Other upcoming dates: June 3 (14.00–16:00)



Italian Language Salon

Conversation, Culture and the Stories Behind Words. A welcoming space dedicated to the pleasure of Italian language and culture.

When: Mondays, from 15:00 – 16:30

Where: At Raffaella's Home in Gentilino

Interested: Contact **Raffaella Reverberi** on 079 941 7203 or lella.reverberi@gmail.com

If you want to improve your Italian language skills then this group is for you. Each meeting gently weaves together **Italian** conversation, culture and meaning: carefully chosen touches of grammar to keep the language precise and effortless; current affairs and cultural reflections explored through the words of Italian journalists, writers and artists; anecdotes, curiosities, and Greek and Latin etymologies revealing where Italian words come from and the stories they carry.

All of this unfolds over a good Italian coffee, in an atmosphere of simplicity, warmth and shared curiosity. You are warmly invited at Raffaella's home.

Dog Walk Club Group

When: Day and time to be determined

Where: Will be announced on the group chat

Interested: Contact **Maura Koopman** to be included in the Sunday dog walk club group chat on 079 576 6144

A small, friendly WhatsApp group that meets for relaxed walks with our furry babies.

Easy walks, good chats and, whenever possible a coffee together.

Dates are shared from time to time, depending on everyone's availability, keeping things flexible and informal.



Sunday Easy Walking Group

Join us for a relaxed Sunday morning walk followed by a lunch.

When: First Sunday of the month, May 3 – 10:30

Where: Will be announced by group leader

Cost: Pay for your own food & drinks

Interested: Contact **Marlene Mugglin** by phone or email on 079 423 6847 or tourservices.lugano@sunrise.ch

If you are looking for a little exercise on a Sunday morning and/or you don't want to eat Sunday lunch alone, then this group is for you. We will take a relaxing walk of about 1 hour to 1 1/2 hour in the Lugano area to end up in a local restaurant or grotto for a light lunch.

Regular Club Events (Cont.)

Learn Italian with Joy! Apprendere con Gioia l'Italiano!

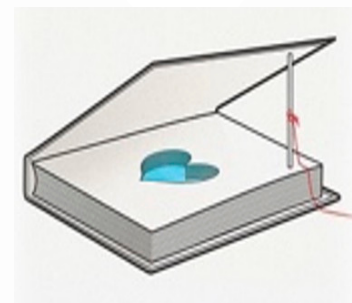
Reading, Conversation, Learning and Friendship.

When: Every Tuesday, 10:00 – 11:30

Where: Hotel Pestalozzi, 6900 Lugano

Cost: Room hire cost will be shared

Interested: Contact **Roberta Guidotti** by phone or email
on 079 341 7242 or robertaguidotti@hotmail.com



"The mind is not a vessel to be filled, but a fire to be lit."

"Words create worlds: reading them together is the most beautiful way to inhabit them."

"Language lives when we read it with attention and care."

Lecture – Conversation – Friendship and Togetherness



Cultural Group

We plan to organize regular outings to Museums, Concerts, Theater, Dance and other Cultural Events in the area and other cities around Switzerland and Italy.

Interested: Contact **Esra Jauch**
on 079 440 6039 or esra.jauch@gmail.com

For the more casual, spontaneous outings, there is an informal WhatsApp group to keep everyone informed. Send a WhatsApp to Esra if you want to be added to the IWCL Cultural group. Feel free to drop ideas or suggestions into the WhatsApp group, this is a group effort!

Padel Group

When: Usually on Thursdays, 2:00–3:00

Where: GoAcademy, Agno (Unless otherwise noted on the WhatsApp group)

Cost: Rental of a court for 2 people is about Chf 20.-/hour each

Interested: Contact **Giovanna De Lillo** by WhatsApp
on 076 376 4499



Padel is a racquet sport that combines elements of tennis and squash.

It is usually played in doubles on a small enclosed court with glass and mesh walls that are part of the game. Easier than Tennis, it's a good way to burn calories while having fun.



Tennis Group

Ladies Double Tennis

When: To be decided jointly

Where: Lido Tennis Club Lugano, Viale Castagnola 10, 6906 Lugano

Cost: There will be a small guest fee per person for the court hire fee

Interested: Contact **Monica Mason** by phone or email
on 076 804 9939 or monica@monicamason.com

The level is intermediate, not suitable for complete beginners. However, if someone hasn't played for some time or is a bit rusty, that's perfectly fine. The emphasis is on having good fun and friendly games.

We play twice a month depending on how many players are available. The locations might vary; one of them is the TC Lido in Lugano. There is guest fee p/p paid on the day or a court hire fee if we play at other places.

Regular Club Events (Cont.)



Art Group With Nadia

Nadia is reviving her watercolor class at the Pettirosso.

When: Every first and last Monday of the month – 14:15 – 16:15

Where: Centro Pettirosso, Via Cantonale 7, 6942 Savosa

Cost: CHF 5,- per class + one beverage at the establishment

Interested: Contact **Nadia Dueringer**

on 077 436 4574 or nadia.duringer@gmail.com

Unleash your creativity in a relaxed, friendly atmosphere where every splash of color is celebrated. Whether you're a total beginner or just looking to play with paints, our watercolor classes are all about having fun and finding your flow. Please bring your own material.

Mahjong

Do you like to play board games, why not try MAHJONG?

When: Thursdays, 14:30 – 17:00

Where: Hotel Pestalozzi, 6900 Lugano

Cost: Room hire cost will be shared

Interested: Contact **Ruth Sergi-Baumann**

on 079 607 8262 or ruthsergi@bluewin.ch

An Australian lady started this Mahjong group; she brought all the equipment from Perth, Western Australia, to Switzerland.

It's a game of Chinese origin using small engraved tiles and is played in groups of three or four.

We play the 'Western style' (as the Chinese style is different).



Breathe, Relax, Feel

Learn to use mindfulness in your daily life...

When: Every Monday 18:00 via Skype

Interested: Contact **Maria Teresa Paladino**

on 091 994 3941 or info@counselor.ch

Would you like to begin to deepen your self-awareness, to learn something about "surfing" your emotions, developing new habits or breaking old ones?

Learn the kind of meditation, which aims to be more connected to the reality around us, and become more efficient in dealing with life difficulties.

Let's experience mindfulness together, under the guidance of a fully trained and qualified teacher, who is also a well-known member of our Club.

Gardening group

Our Gardening Group is re-awakening after a long pause!

When: Meetings by mutual arrangement

Interested: Contact **Sharon Parlette**

on 079 509 9982 or sep.ticino@bluewin.ch

Not a group of experts but rather for those who find peace and joy in tending house plants and growing flowers and vegetables.

We share seeds and seedlings as well as tips and experiences, bring secateurs and gloves to each other's gardens, and visit gardens and exhibitions.



Regular Club Events (Cont.)

Golf

Come & join the golf group

When: Every Wednesday - 11:00

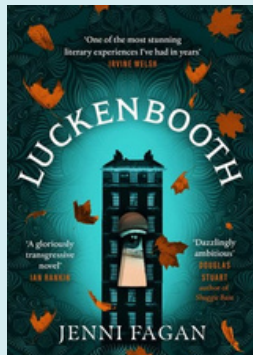
Where: Golf Club "Monticello" near Como (first exit autostrada A2 to Milano after Como)

Via Volta 63, I-22070 Cassina Rizzardi (Como)

Cost: 45.-Euro (fee for 9 holes) during the week

Interested: Contact **Marlene Mugglin**

on 079 423 6847 or tourservices.lugano@freesurf.ch



Book Group

Book of March "Luckenbooth" by Jenni Fagan

When: Tuesday, May 19, 2026 - 10:30 promptly

Where: Hotel Pestalozzi, 6900 Lugano

Cost: Please note that we need to pay for the room each month, so now we pay Chf 3.- per session at the Book Group

Interested: Join when you are able, Cat & Sue

catorelli3@gmail.com or marchsue@hotmail.com

We welcome members old and new to the Book Group this month. Our discussion, based on "Luckenbooth" by Jenni Fagan will be a whole-group effort. Come and join us for another wonderful book group meeting, even if you haven't read the book. You might be tempted.

Upcoming books:

- 16 June "Yellowface" by R F Kuang, meeting led by Danielle
- 22 September "The Botticelli secret" by Marina Fiorato, meeting let by Francesca

For the rest of the year, we will need to choose some new titles! Don't forget to send your suggestions as soon as possible. ***Tuesday Choose-day*** (20 October, ? November, 15 December)

We look forward to seeing you all soon. Happy reading!

Knitting Group

Come & join KIP (Knitting in Public)

When: Mondays from 14:00 until 16:30

Where: Coop City Ristorante, Via Nassa 22, 6900 Lugano

Interested: Contact **Pam Blakey** to be added to the WhatsApp group

on 076 229 2250 or pamblakey@yahoo.com

KIP normally get together every Monday. We welcome all makers... Knitting, crochet, embroidery, needlepoint etc.



Let's Dance

Keep fit, have fun, make friends and learn a Show dance with Heike.

When: Wednesday May 6, 13, 20 & 27 - 10:30 - 12:00

Where: Hotel Pestalozzi, 6900 Lugano

Cost: The room rental is Chf 300.- for 10 sessions, divided by the number of participants; to be paid on your first session.

Interested: Contact **Marina Marsaglia**
at marinaporza@gmail.com

Regular Club Events (Cont.)

Happy Hiking

If you are interested in hiking in the Ticino area, then join the “Happy Hiking” group

Interested: Contact **Hanneke Sillekens** or **Maria de la Cámara** to be included via Whasapp on the distribution list.
Maria on 079 263 0465 or María.delcamara@gmail.com
Hanneke on 076 220 9319 or Hannekesillekens@gmail.com

There is no designated hike leader for this group.

Members are encouraged to propose and lead hikes either scheduled or impromptu providing the group with details of meeting place, parking area, departure time, duration and difficulty of the hike.

This is a member-led activity intended to explore the mountains, valleys and views of the Ticino region, to spend time in nature and to meet friends/make new friends.



Wellbeing Circle: The Love Train

All aboard! Join us once a month for a feel-good gathering where connection, conversation, and emotional wellbeing take center stage.

When: Monday May 18, 18:00 -19:00

Where: Hotel Pestalozzi, 6900 Lugano

Interested: Contact **Mary Lyn Campbell**

on 091 994 3941 or marylyncampbell@gmail.com

or **Amaal Hassan**

on 079 245 1682 or amaal.ahassan@gmail.com

Each month, the Love Train rolls into a new topic, creating space to share, listen, and explore together in a fun relaxed, and non-judgmental atmosphere. Come as you are — everyone is welcome. Facilitated with care by **Mary Lyn** and **Amaal**.

For more info join our whatsapp group:

https://chat.whatsapp.com/I8os3W6HuNT3rECrmyYXvY?mode=gi_t

French Conversation Group

Improve your French Language Skills!

When: Thursday, 16:00 - 17:30 (Dates in May are 7, 21 and 28)

Where: Pastificio Canvetto Luganese, Via R. Simen 14B, 6900 Lugano

Interested: Contact **Ilona Pongracz** by email or phone
on 076 566 6342 or ipongracz@ethika.ch

Level: We welcome all participants and will find the way to combine pleasure and improvement. As a native French speaker, I am delighted to speak my language with you!



IDEA FOR A NEW GROUP, SHARE IT WITH US

If you have an idea for a new group but you are not sure how to go about organizing it yourself, or you would like other members to do it with, you can contact the group coordinator: **Maura Koopman**
at 079 576 6144 or teupi@yahoo.com

Language Classes



Italian for Beginners with Isabella

Where: At Isabella's house in Breganzona

Interested: Contact **Isabella Zardi**
on 079 375 2414



Italian Conversation with Eleonora (Interm.)

When: Every Thursday, 10:45 – 11:45

Where: Coop City Ristorante, Via Nassa 22, 6900 Lugano

Interested: Contact **Eleonora Giraldi**
on 079 849 0996 or epastoris@gmail.com



Italian Conversation with Oana and Roberta (All levels)

When: Usually every Tuesday, 15:00 – 16:30

Where: Coop City Restaurant, Via Nassa 22, 6900 Lugano

Interested: Contact **Oana Stan**
on 076 778 6624 or oanastan.1@gmail.com
or **Roberta Guidotti**
on 079 341 7242 or robertaguidotti@hotmail.com



Italian Language Salon with Raffaella (See info in Club Events)

When: Usually every Monday of the month, 15:00 – 16:30

Where: At Raffaella's house

Interested: Contact **Raffaella Reverberi**
on 079 941 7203 or lella.reverberi@gmail.com



Italian with Joy with Roberta (See info in Club Events)

When: Usually every Tuesday, 10:00 – 11:30

Where: Hotel Pestalozzi, 6900 Lugano

Interested: Contact **Roberta Guidotti**
on 079 341 7242 or robertaguidotti@hotmail.com



French Conversation with Ilona (See info in Club Events)

When: Thursday, 16:00 – 17:30 (contact Ilona for dates in May)

Where: Pastificio Canvetto Luganese, Via R. Simen 14B, 6900 Lugano

Interested: Contact **Ilona Pongracz** by email or phone
on 091 825 3303 or ipongracz@ethika.ch



French Conversation with Claude (Interm.)

When: Wednesday, May 13, 14:00

Where: Bar Martini Café, Via Funicolare 2, 6900 Lugano

Interested: Contact **Claude Perronjaquet**
on 079 487 8992 or cm.boni@gmail.com



German Conversation with Daniela (Level B2)

When: Usually every first and third Monday of the month, 10:30 – 12:00

Where: At Daniela's house

Interested: Contact **Daniela Mannu**
on 079 120 7196 or danielamannu@hotmail.com



Spanish Conversation with Elisabet (All levels)

When: Tuesday, 16:00

Where: Cafeteria Agora, Via Orti 8, 6900 Lugano

Interested: Contact **Elisabet Subirana**
on 079 253 5698 or esubiranacata@gmail.com

Language Classes (Cont.)



English Conversation with Karen

When: Every Monday, 10:00 –11:00 and once a month in the late afternoon (Date TBD)

Where: Cafe Agora, Via Orti 8, 6900 Lugano (at Piazza Molino Nuovo)

Interested: Contact **Karen Claus**
on 076 224 9001 or karenclaus600@gmail.com



English Conversation with Linda

When: Wednesday, 14:30 – 15:30

Where: Bar Rosy, Via Preluna 22, 6949 Comano

Interested: Contact **Linda Denkinger**
on 076 541 9202 or linflags@bluewin.ch

Notes of Last IWCL Monthly Meeting – April 2026

Charity Initiative:

The club will prioritize a local association. Proposals are to be submitted to the President by October 4th. Selected candidates will present in November, followed by a member vote in December.

Events & Proposals:

All proposals must be submitted to the President for board review. Please note that written approval is required for any event involving club funds.

Monthly Meetings:

Guests are welcome; a contribution of CHF 10 will apply.

New Groups:

Members are invited to contact Maura with new group ideas to ensure coordination and avoid overlaps.

New Members:

Andrea will oversee initial introduction and required paperwork. Upon completion, new members will receive access to the members-only section on the website.

Website & Communication:

An updated members-only area, including key resources and documents, will be available soon. Thank you for your patience during implementation.

WhatsApp & Privacy:

Group leaders are kindly asked to keep their groups updated, ensuring only active members are included.

Additional Notes:

Oana shared a financial update. (see next page)

Extras:

Members who attended the Stockholm gala weekend delighted us with photos and highlights.

International Women's Club Lugano Bookkeeping 2025

ASSETS	31.12.2025	%	31.12.2024
Petty Cash	50.00	0.4%	50.00
Postfinance - 69-6056-1	12'131.25	95.3%	9'030.93
Postfinance - 65-88389-5 - Charity	269.47	2.1%	644.28
Prepayments	274.90	2.2%	231.10
Web site	1.00		1.00
TOTAL ASSETS	12'726.62		9'957.31

LIABILITIES	31.12.2025	%	31.12.2024
Accruals	1'500.00	11.8%	1'500.00
Deferred income	4'080.00	32.1%	8'700.00
Retained Earnings	-242.69	-1.9%	3'972.46
Profit and Loss	7'389.31	58.1%	-4'215.15
TOTAL LIABILITIES	12'726.62		9'957.31

EXPENSES	2025	%	2024
Pestalozzi expenses	5'866.99	22.8%	6'299.71
Business meetings	.-		344.10
Speakers	485.95	1.9%	.-
Equipment Supplies	.-		701.60
Cultural Events	899.65	3.5%	-242.71
Postage	.-		176.00
Office Material re Newsletter	145.95	0.6%	97.30
Insurance	231.10	0.9%	231.10
Office Supplies	562.75	2.2%	394.95
Administrative Expenses	210.05	0.8%	50.00
Accounting/Legal Expenses	1'500.00	5.8%	1'500.00
Internet Related Expenses	1'000.00	3.9%	2'618.52
Miscellaneous	215.00	0.8%	-96.00
Special Events	6'273.00	24.4%	9'626.63
Charity and donations	8'000.00	31.1%	5'000.00
Post/Bank expenses	171.27	0.7%	180.89
Extraordinary costs	156.65	0.6%	218.75
TOTAL EXPENSES	25'718.36		27'100.84

REVENUES	2025	%	2024
Member Fee's current year	22'020.00	66.5%	21'635.69
Member Fee's next year	.-		.-
Initiation Fee	1'440.00	4.3%	900.00
Printed Newsletter	100.00	0.3%	.-
Miscellaneous Income	9'117.67	27.5%	270.00
Special events	.-		30.00
Charity	430.00	1.3%	.-
Contributions	.-		50.00
TOTAL REVENUE	33'107.67		22'885.69

Interest Groups of the IWCL

GROUP	GROUP LEADER	EMAIL	PHONE
Art Group (Watercolor)	Nadia Dueringer	nadia.duringer@gmail.com	077 436 45 74
Book Group	Sue March	marchsue@hotmail.com	077 924 1676
Breath, Relax, Feel	Maria Teresa Paladino	info@counselor.ch	091 994 39 41
Club Photographer	Ruth Sergi	ruthsergi@bluewin.ch	079 607 82 62
Cooking group	Sue March	marchsue@hotmail.com	077 924 1676
Cultural Group	Esra Jauch	esra.jauch@gmail.com	079 440 6039
Dance Group	Marina Marsaglia	marinaporza@gmail.com	076 410 7103
Drama Group	Sue March	marchsue@hotmail.com	077 924 1676
English conversation (Am.) Adv.	Karen Claus	karenclaus600@gmail.com	076 224 90 01
English conversation (Br.) All levels	Linda Denkinger	linflags@bluewin.ch	079 541 92 02
Evening Group	Hanneke Sillekens	hannekesillekens@gmail.com	076 220 93 19
	Ilona Pongracz	ipongracz@ethika.ch	091 825 33 03
French Conversation (Int.)	Claude Perrinjaquet Boni	cm.boni@gmail.com	079 487 89 92
French Conversation (All levels)	Ilona Pongracz	ipongracz@ethika.ch	091 825 3303
Gardening Group	Sharon Parlette	sep.ticino@bluewin.ch	079 509 9982
German Conversation (Int.)	Daniela Mannu	danielamannu@hotmail.com	079 120 7196
Golf	Marlene Mugglin	tourservices.lugano@freesurf.ch	079 423 68 47
Happy Hiking	Maria de la Camara	maria.delacamara@gmail.com	079 263 04 65
	Hanneke Sillekens	hannekesillekens@gmail.com	076 220 93 19
Italian Conversation (Beg. + Adv.)	Isabella Zardi	isazardi@bluewin.ch	079 375 24 14
Italian Conversation (Int.)	Eleanora Giraldi	epastoris@gmail.com	079 849 09 96
Italian Conversation (All levels)	Oana Stan	oanastan.1@gmail.com	076 778 6624
	Roberta Guidotti	robertaguidotti@hotmail.com	079 341 7242
Italian Language Salon (Med.- Adv.)	Rafaella Reverberi	lella.reverberi@gmail.com	079 941 7203
Italian Pages - Book Group (Adv.)	Rafaella Reverberi	lella.reverberi@gmail.com	079 941 7203
Italian Conversation (Adv.)	Roberta Guidotti	robertaguidotti@hotmail.com	079 341 7242
Kayaking Group	Eva Antonini	info@eva-antonini.com	079 621 5793
Knitting Group	Pam Blakey	pam.blakey@yahoo.com	091 980 45 07
Liasion	Claude Perrinjaquet Boni	cm.boni@gmail.com	079 487 89 92
Mahjong Group	Ruth Sergi-Baumann	ruthsergi@bluewin.ch	079 607 82 62
Padel Group	Giovanna De Lillo		076 376 4499
Round Table Group	Ina Boonacker	inaboonacker-mulder@hotmail.com	079 467 7457
Spanish Conversation	Elisabet Subirana Catá	esubiranacata@gmail.com	079 253 5698
Sunday Dog Walk Group	Maura Koopman		079 576 61 44
Sunday Easy Walking Group	Marlene Mugglin	tourservices.lugano@freesurf.ch	079 423 68 47
Sundowner Group	Elizabet Ak	iwclevenginggroup1@gmail.com	076 506 9460
Tea & Flix Group	Giovanna De Lillo		076 376 4499
Tennis Group	Monica Mason	monica@monicamason.com	076 804 9939
Wellbeing Group	Amaal Hassan	amaal.ahassan@gmail.com	079 245 1682
	Mary Lyn Campbell	marylyncampbell@gmail.com	091 994 3941
WhatsApp Group	Maura Koopman		079 576 61 44