

Newsletter April '26

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Next Meetings

April 14

May 5

June 2

September 8

October 6

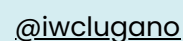
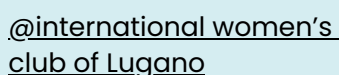
November 10

December 1

Newsletter

Contributions to the Newsletter must be send to

IWCLEditor@bluewin.ch no later
then the **15th of the month**
preceding publication.



www www.iwcl.org

PHOTOS FROM LAST MONTH'S EVENTS



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

April Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
		1	2	3	4	5
		<u>Golf</u> p.11 <u>English (B.)</u> p.15 <u>Let's Dance</u> p.11	<u>Italian (Int.)</u> p.14 <u>French</u> p.14 <u>Mahjong</u> p.10			Easter
6	7	8	9	10	11	12
<u>Breath, relax...</u> p.10 <u>German</u> p.14 <u>KIP</u> p.11 <u>English (US)</u> p.15 <u>Ital. Lang. Salon</u> p.8 <u>Art</u> p.13	<u>Italian</u> p.14 <u>Italian w/ Joy</u> p.9 <u>Spanish</u> p.14	<u>Golf</u> p.11 <u>English (B.)</u> p.15 <u>Let's Dance</u> p.11	<u>Italian (int.)</u> p.14 <u>French</u> p.14 <u>Mahjong</u> p.10			<u>Easy Walking</u> p.8
13	14	15	16	17	18	19
<u>Breath, relax...</u> p.10 <u>English (US)</u> p.15 <u>KIP</u> p.11 <u>Ital. Lang. Salon</u> p.8	<u>Italian</u> p.14 <u>Italian w/ Joy</u> p.9 <u>Spanish</u> p.14 MONTHLY MEETING	<u>Golf</u> p.11 <u>English (B.)</u> p.15 <u>Let's Dance</u> p.11 <u>Book group</u> p.11 <u>French (Int.)</u> p.14	<u>Italian (int.)</u> p.14 <u>French</u> p.14 <u>Mahjong</u> p.10			<u>Easy Walking</u> p.8
20	21	22	23	24	25	26
<u>Breath, relax...</u> p.10 <u>German</u> p.14 <u>KIP</u> p.11 <u>English (US)</u> p.15 <u>Round Table</u> p.7 <u>Ital. Lang. Salon</u> p.8	<u>Italian</u> p.14 <u>Italian w/ Joy</u> p.9 <u>Spanish</u> p.14 <u>Cooking group</u> p. 13 <u>DRAMA GROUP:</u> <u>"WHO KILLED THE BRIDE?"</u> p. 5	<u>Golf</u> p.11 <u>English (B.)</u> p.15 <u>Let's Dance</u> p.11	<u>Italian (int.)</u> p.14 <u>French</u> p.14 <u>Mahjong</u> p.10 <u>Aperitif Group</u> p.7 <u>Color Analysis WORKSHOP</u> p. 5			<u>Easy Walking</u> p.8
27	28	29	30			
<u>Breath, relax...</u> p.10 <u>English (US)</u> p.15 <u>KIP</u> p.11 <u>Ital. Lang. Salon</u> p.8 <u>Art</u> p.13 <u>Wellbeing</u> p. 12	<u>Italian</u> p.14 <u>Italian w/ Joy</u> p.9 <u>Spanish</u> p.15	<u>Golf</u> p.11 <u>English (B.)</u> p.15 <u>Tea & Flix</u> p.8 <u>Let's Dance</u> p.11	<u>Italian (int.)</u> p.14 <u>French</u> p.14 <u>Mahjong</u> p.10	NEXT MONTHLY MEETING: May 5		

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
IWCLvicepresident@gmail.com
 076 413 7654



Secretary

Andrea Never
IWCLsecretary@gmail.com
 076 413 3275



Treasurer

Oana Stan
IWCLtreasurer@gmail.com
 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
IWCLEditor@bluewin.ch

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: IWCLtreasurer@gmail.com

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

Agenda for the Monthly Meeting

Instead of a Speaker this will be a Round Table discussion over coffee and small bites. Here are the topics that will be discussed:

1- Trip to Stockholm

- A short presentation by the IWCL delegation who attended the IWC Stockholm Club's anniversary.

2- Financial situation

- Purpose of the meeting is to provide transparency about the club's financial situation, review the financial history of previous years, and present proposed changes to ensure the club's long-term sustainability.

3- Privacy Policy

- A short presentation of the new privacy policy: "How We Protect Your Information."

4- Open Table Discussions

- Members will be invited to discuss topics in small groups and share feedback.

5- Information Tables

- Deeper discussions on the following topics: Financial Situation, Privacy Policy, how to use the WhatsApp Groups, Facebook, how to find pictures on Dropbox, how to manage a Charity ...



IWCL Monthly Meeting

Tuesday, April 14

at Hotel Pestalozzi

Via Pietro Bianchi, Piazza Indipendenza 9

6900 Lugano

Time: 9:30

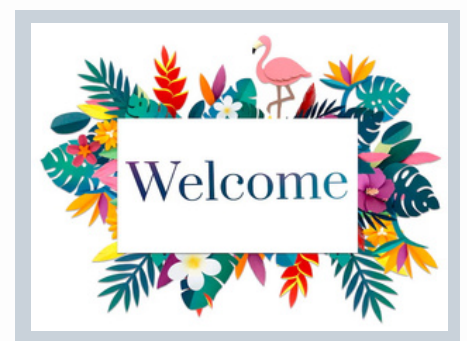
Welcome to the New Members

A warm welcome to Andreina, Gizem and Sylvia

Andreina Maffei is from Italy and has recently moved to Ticino for work and studies. Fluent in English, French, and German, Andreina connects easily across cultures. Her cheerful personality is complemented by hobbies such as reading, yoga, golf, art, and classical music. Ina embraces new opportunities and enjoys the vibrant life in her new Swiss home.

Andreina Maffei

M: +39 335 623 3265 - a.maffei@bluewin.ch



Gizem Kilic is a doctor of medicine, born in Turkey, and fluent in Italian, English, German, and French. She joined the IWCL because Gizem's mother was a long-time member and greatly enjoyed her membership, which inspired Gizem to become part of the club as well.

Gizem Kilic

M: +41 76 543 9890 - WhatsApp: +39 334 332 6514 - GizemKilicMD@gmail.com

Sylvia de Angelis is German and speaks Italian, English, French, and a bit of Spanish. Sylvia describes herself as respectful and open-minded. Interests include reading, golf, culture, and music. Sylvia moved to Ticino because of fond holiday memories here with her parents. Later came marriage and raising children, and today Sylvia lives in the centre of Lugano. Sylvia also loves to travel and to spend time with her grandchildren.

Sylvia de Angelis

M: +41 76 341 1434 - SylviaDeAngelis@bluewin.ch

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 this Month

The IWCL Drama Group Presents:

Tuesday, April 21

"WHO KILLED THE BRIDE?"

An Interactive Murder Mystery performance
with 3-course dinner
(Incl. a glass of Prosecco)

There will be prizes!

When: Tuesday, April 21, 2026 - from 18:30

Where: La Cascina, Via Cremignone 4G, 6924 Sorengo

Cost: CHF 45.-/pp

Cancellation Policy will apply after April 17

Interested: Places are limited, reserve yours by emailing **Sue March**
at marchsue@hotmail.com



Menu:

Death in the Afternoon cocktail (Absinth & Prosecco) with nibbles
Tapenade Tarts with Black olives, a purple endive salad and a balsamic vinegar dressing
Coq au Vin with riso venere and cavolo nero
Black Wedding Cake with blood sauce

Color Analysis Workshop

Unlock your Best Colors!

When: April 23, 2026 - 14:00 - 16:00

Where: Ate Atelier, Via Monte Bré 12, 6900 Lugano

Cost: CHF 60.-/pp *Advance payment required

Reservation is confirmed upon receipt of payment

Interested: Contact **Maura Koopman** by WhatsApp
on 079 576 6144
(Max. 10 participants)

A Color Analysis Workshop is a two-hour session led by a professional image consultant with 20 years of experience.

Participants receive a personalized color palette and practical tips on how to choose clothing, makeup, and accessories that enhance their natural features.

CROMO ARMONIA

A 2 HOURS WORKSHOP
BY A PROFESSIONAL IMAGE CONSULTANT

- ✓ Personal Color Analysis
- ✓ Makeup Color Harmony
- ✓ Find Your Signature Palette
- ✓ CHF 60 pp - Only 10 spots available

Save the Dates

Spring Party “Disco Night”

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

Put this date in your agenda : a fun 70' evening in a summer setting.

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 / prosecco and mineral water / coffee.

More info about this great party in the next Newsletter.



IWCL Family Day on Monte Lema

Join us for a IWCL Family Day in the Mountains, filled with fresh air, beautiful views and quality time together!

When: Saturday, May 30 - 11:30
 (or in case of a rain day: June 6)

Where: Top of Monte Lema

Cost: Everyone pays for their own transportation and picnic

How to get there:

- By car to Miglieglia
- By Trenino to Magliaso followed by the Autopostale to Miglieglia
- In Miglieglia you take the Funicolare to the top of Monte Lema or you can hike to the top (3-4 hours)

Let's make wonderful memories together, enjoy the mountain breeze and spend a joyful day!

More info about this great party in the next Newsletter.

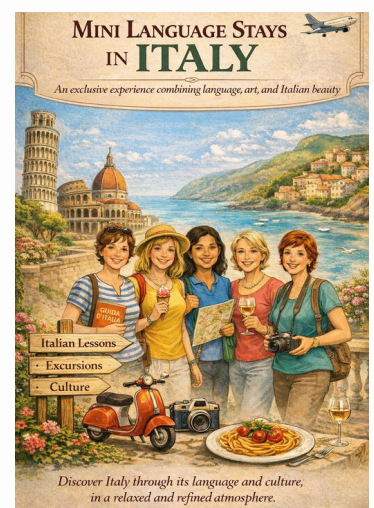
Mini Stay in Italy - A Short Cultural & Language Escape

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

"This trip is not only a language course or simply a holiday. It is a shared experience that allow us to learn, explore and grow together. Through language, culture, and friendship, we discover Italy's history, customs, and contemporary identity in a more authentic way."

Raffaella is proposing to host this wonderful 3-5 day trip to Cinque Terre or Genoa in September or October, depending on participation.

A separate email with all the details was already sent to every club member, but feel free to contact Raffaella for more information.



New Club Groups

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.



Regular Club Events



“The Round Table” Group

Theme: “Special Olympics”

When: Friday April 20, 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.

Apart from the Olympic Games and the Paralympics (Winter games Milano Cortina 2026) there is also the Special Olympics (Winter Games Switzerland 2029), which has the following mission:

“To provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community”

Some questions that may arise during the Round Table discussion are:

- Are you familiar with Special Olympics in your country?
- Do you have any experiences with sports for children and adults with an intellectual disability?
- What is your opinion on sports in general for this group of our society?

Aperitif Group: Sundowner at ...

Come & join us for a aperitif & a friendly chat

When: April 23, 2026 – from 18:30 onwards

Where: Joia Sapore & Saponi, Via Pretorio 20, 6900 Lugano

Cost: Pay for your own drinks

Interested: Contact **Elizabet Ak**
on 076 506 9460 or iwclevelandgroup1@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.



“Tea & Flix” Group

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

When: April 29 (Last Wednesday of the month), 14:00 – 16:00

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: May TBD, June 3



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: Sunday, April 12 – 10:30

(From May on it will be the 1st Sunday of the month)

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!

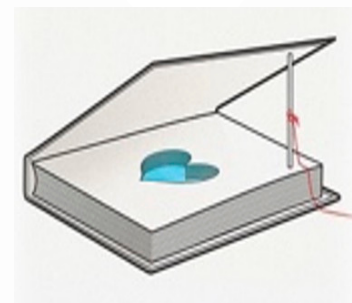
Reading, Conversation, Learning and Friendship.

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

Padel, anyone?

When: To Be Determined

Where: To Be Determined

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

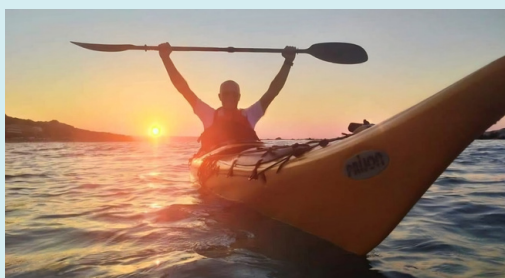
Cost: There will be a small guest fee per person for the court hire fee

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.)



Kayaking Group

Discover Lugano Lake and Rivers on a Kayak

When: Lessons start in April

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.

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

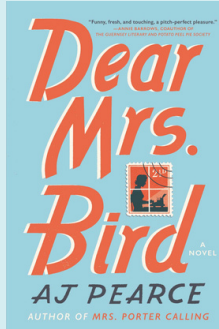
Where: Golf Club "Monticello" near Como (first exit autostrada A2 to Milano after Como)

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 "Dear Mrs. Bird" by AJ Pearce

When: Wednesday, April 15, 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 "Dear Mrs. Bird" by AJ Pearce will be led by Sue. Come and join us for another wonderful book group meeting, even if you haven't read the book. You might be tempted.

Upcoming books:

- 19 May "Luckenbooth" by Jenni Fagan, meeting led by Raffaella (Tuesday Choose-day!)
- 16 June "Yellowface" by R F Kuang, meeting led by Danielle

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*** (22 September, 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 April 1, 15, 22 and 29 - 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 April 27, 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 (contact Ilona for dates in April)

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!



Regular Club Events (Cont.)

Cooking Group

"Murder Mystery Evening"

When: Tuesday, April 21, 18:30 onwards

Where: La Cascina, Via Cremignone 4G, 6924 Sorengo

Cost: CHF 45.- per participant.

Cancellation Policy will apply after April 17

Interested: Contact **Sue March**

on 077 924 1676 or marchsue@hotmail.com

This month our cooking group is delighted to host the

"Murder Mystery Evening"

More details can be found on [page 5](#)



Art Group With Nadia

Nadia is reviving her watercolor class at the Pettiroso.

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

Where: Centro Pettiroso, 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.

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](mailto: 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

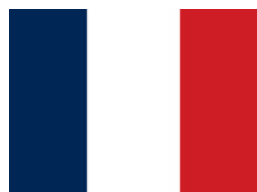


Italian with Joy with Roberta (See info in Club Events)

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

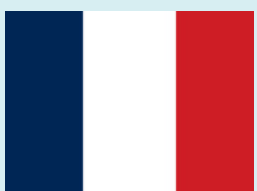


French Conversation with Ilona (See info in Club Events)

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

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, April 15, 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

Summary of Last IWCL Monthly Meeting – March 2026

Vice President Birgid Giorgetti inaugurated the meeting with an emphasis on the extensive work being conducted behind the scenes, particularly concerning administrative matters. Attention was given to the IWCL registration at the „Registro Commercio, commercial activities, power of attorney over the IWCL bank account, IWCL finances, and privacy policy.

Members were kindly requested to notify the organization via email or phone if they wish to terminate their membership, along with the reason for their departure. This initiative aims to keep the IWCL informed and improve member retention.

It was announced that IWCL can now issue receipts for charity donations, which are valid for tax deductions. Additionally, Birgid proposed the creation of a contingency fund to cover emergency financial obligations.

Maura presented new activity groups. These groups provide a variety of offerings, including sports activities, cultural events, a Netflix afternoon, a new Spanish conversation class, new member coffee meetups and aperitivo and a well-being circle.

Raffaella Reverberi is planning an Italian trip to Genova and Rolli in October for up to ten members, with Italian as the primary language of communication.

The meeting featured guest speaker Elettra Fiumi, founder of Fiumi Studios in Lugano, who discussed the benefits, opportunities, dangers, and risks associated with artificial intelligence. She highlighted the ambiguity of Anthropic Claude and encouraged members to engage with AI tools and resources. Elettra emphasized the growing importance of AI in daily life and motivated members to research widely, consult diverse sources, and experiment with AI applications. Examples mentioned included Substack for tutorials and news, Google Stitch for design, Lovable for website creation, and Notebook LM as an efficient book-writing assistant.

Our March meeting provided valuable administrative updates, introduced new opportunities for member involvement and enhanced members' understanding of AI technologies.

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