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Next Meetings

February 3
 March 3
 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 than the **15th of the month** preceding publication.

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

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

 www.iwcl.org

PHOTOS FROM LAST MONTH'S EVENTS



For more picture of the past months events go to our [Dropbox](#)

Calendar of February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
2	3	4	5	6	7	8
<u>Breath, relax...</u> p.10 <u>German</u> p.12 <u>English (US)</u> p.12 <u>Art w/Eva</u> p. 10 Board Meeting	MONTHLY MEETING <u>Italian (Adv.)</u> p.12	<u>English (B.)</u> p.12 <u>Let's Dance</u> p.8	<u>Italian (Int.)</u> p.12 <u>Mahjong</u> p.9			
9	10	11	12	13	14	15
<u>Breath, relax...</u> p.10 <u>KIP</u> p.8 <u>English (US)</u> p.12	<u>Cooking Group</u> p.11 <u>Italian (Adv.)</u> p.12	<u>Golf</u> p.10 <u>English (B.)</u> p.12 <u>Let's Dance</u> p.8 <u>French</u> p.12	<u>Italian (int.)</u> p.12 <u>Mahjong</u> p.9			
16	17	18	19	20	21	22
<u>Breath, relax...</u> p.10 <u>German</u> p.12 <u>English (US)</u> p.12 <u>Art w/Eva</u> p.10	<u>Book group</u> p.9 <u>Italian (Adv.)</u> p.12	<u>Golf</u> p.10 <u>English (B.)</u> p.12	<u>Italian (int.)</u> p.12 <u>Mahjong</u> p.9	<u>Round Table</u> <u>Coffee</u> p.8		
23	24	25	26	27	28	1
<u>Breath, relax...</u> p.10 <u>KIP</u> p.8 <u>English (US)</u> p.12	<u>Exhibition: Belle Epoque</u> p.6 <u>High Tea</u> p.6 <u>Italian (Adv.)</u> p.12	<u>Golf</u> p.10 <u>English (B.)</u> p.12 <u>Let's Dance</u> p.8	<u>Italian (int.)</u> p.12 <u>Mahjong</u> p.9 <u>Sundowner</u> p.6	NEXT MONTHLY MEETING: MARCH 3		

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

Elizabet Ak

IWCLpresident@gmail.com

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

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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

Message from Editor

A Fresh Look for a Fresh Start

You may have noticed something different about this month's newsletter. As we step into the new year, we wanted to give our communications a little "facelift".

Our goal with this refreshed format is simple: To make the newsletter easier to read and navigate, ensuring you can find the information you need quickly and effortlessly. We want to respect your time while keeping you fully connected to all the wonderful activities and updates happening within the club.

We view this as a work in progress, and just like with our club, we believe in building it together. We would love to hear your thoughts. Do you have suggestions for further improvements?

Please feel free to share your feedback. We are listening, and we are committed to making our communications as helpful and engaging as possible for everyone.

IWCL Monthly Meeting

Tuesday, February 3

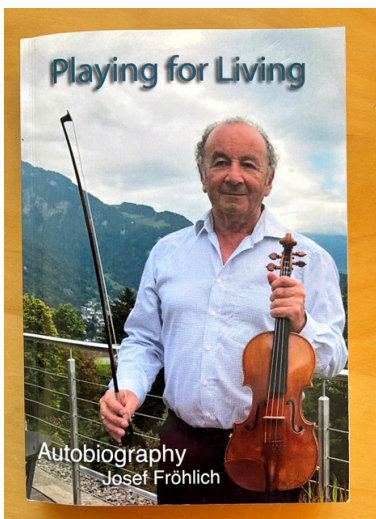
at Hotel Pestalozzi

Via Pietro Bianchi, Piazza Indipendenza 9

6900 Lugano

Time: 9:30

Speaker of the Month



Life as a successful freelance violinist in London's heyday of classical music

Josef Fröhlich will share with us some of his astonishing story: how he, born 1947 in a village in northern Slovakia came as a 19 year old to London, alone, a penny-less refugee, escaping after the Russians invaded Prague in 1968.

He will talk about some of the wonderful people he met on this initially bumpy journey to the top of London's classical music scene, choosing to freelance to keep all options open, becoming the youngest ever concertmaster of the London Mozart players, then touring the world with the famous Academy St. Martin-in-the Fields; parallel also leading the English Chamber Orchestra where he met fantastic soloists and much later had the joy of being asked to play Bach's Double Concerto with Yehudi Menuhin.

He may share with you his knowledge and love of great violins and if we are lucky play for us something on his Nicolai Amati, made in Cremona in 1662!

As this is not a prepared talk but a free sharing of 45 years of his exciting profession as a violinist – this musician will answer your questions. He may talk about touring on very exclusive cruises where world-famous soloist were playing for super-rich enthusiasts of classical music. He may share with you how he got involved in film music and explain what a "jingle" is. He may talk about some of most memorable recording sessions.

Josef published his biography entitled "Playing for Living" after his wife, Irene Fröhlich-Wiener, IWCL member since 2002 – has begged him to do so as a gift for her 70th birthday. She asked him to talk to us – Josef is very modest and despite being used to performing in front of thousands on stages around the world – is really a very private and rather shy person. We are delighted he accepted this invitation to talk and hopefully play something for us.

Welcome to the New Members

A very warm welcome to Charlotte, Monica, Silvia, Susanne and Giovanna.

Susanne speaks French, English, Spanish and Italian and has a curious, open minded and friendly personality. Susann moved to Ticino to retire and grew up in Nidau/Bern.

Susanne Schmalz
 Strada dra Pesà 6
 6968 Sonvico
 M: +41 79 512 7242
susanne.schmalz@bluewin.ch



Silvia describes herself as curious, respectful and persistent. Silvia has just started a new professional challenge in the field of respecting nature, health and beauty and would love to offer a presentation and workshop to our IWCL community. Silvia enjoys sports, cinema, theater and nature.

Silvia Cavaciuti
 Via Riviera 22
 6976 Castagnola
 M: +41 79 773 9276
silvia.cavaciuti@gmail.com

Charlotte moved from Zurich to the USA when she was 9 years old and has just returned to retire in Ticino and enjoy the beautiful nature and landscape. Charlotte loves reading, discussing books and would love to join art activities and cultural visits. Charlotte is looking forward to joining one of the Italian conversation classes.

Charlotte von Salis
 Riva Paradiso 3
 6900 Paradiso
 M: +1 301 537 7419
 P: +41 91 601 8080
charsal@verizon.net

Monica has recently moved from 30 years of life in London to Ticino. Monica grew up in Sweden. Her husband is British and her daughter is still living in London. Monica has worked as a psychodynamic psychotherapist and is a passionate tennis player being the captain of one of the teams back home. Hiking would be something Monica would like to try and is offering to set up a tennis double group for IWCL. Monika also loves art, travel, theater, yoga and film.

Monica Mason
 Riva Paradiso 3
 6900 Paradiso
 M: +1 301 537 7419
 P: +41 91 601 8080
monica@monicamason.com

Giovanna de Lillo, a returning member, organized the cooking group for 6 years, set up a choir group, created the "Music in winter" fundraiser concert for charity and served as IWCL president from 2017-2019. In the past years Giovanna qualified as a yoga teacher, started to play golf, learnt Chinese and created strong bonds with the IWCL sister club in Como. Giovanna rejoined because she believes that IWCL will benefit from new energies and would like to support the change.

Giovanna de Lillo
 Via Aeroporto 5B
 6982 Agno
 M: +41 76 376 4499
giovanna.delillo@gmail.com

Special Events this Month

Exhibition: Lugano Belle Époque - A Journey through Time

80 Historical Photographs (1892–1901)

When: February 24, 2026 – 15:00

Where: Meeting point in front of the Palazzo Civico,
Piazza Riforma

Cost: Free of charge

Interested: Contact **Maura Koopman**
on 079 576 6177 or teupi@yahoo.com

We warmly invite you to discover Lugano Belle Époque, a fascinating photographic exhibition that takes you back to a rarely seen Lugano at the turn of the 20th century.

The exhibition features 80 historical photographs, taken between 1892 and 1901, offering a unique glimpse into the city's streets, daily life, and atmosphere during the Belle Époque period. It is a wonderful opportunity to see Lugano through new eyes and rediscover its timeless charm.

To continue the Belle Époque mood, those who wish are welcome to join us after the visit for a delightful High Tea at the Hotel Royal Splendide, at the elegant Belle Époque bar. (Charge applies for the high tea, see below)

Participation in the High Tea is entirely optional—you are very welcome to enjoy the exhibition only. We look forward to sharing this special cultural moment with you and strolling together through Lugano's beautiful past.



High Tea Belle Époque - An Elegant Afternoon in Lugano

When: February 24, 2026 – 16:30

Where: Hotel Royal Splendide

Riva Antonio Caccia 7, 6900 Lugano

Cost: 39CHF/person (Paid directly at the hotel)

Interested: Contact **Maura Koopman**
on 079 576 6177 or teupi@yahoo.com

Cancellation Policy will apply from Friday 20th February

IMPORTANT:

Reservations deadline: Thursday, February 19.

Please note that places are reserved in advance. For this reason, in case of no-shows, the cost will still be charged to registered participants.

This High Tea can be enjoyed on its own or in combination with the visit to the "Lugano Belle Époque" photographic exhibition earlier in the afternoon. Whether you choose to attend both or only the High Tea, you are very welcome to join us for this special moment.

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 secretary: IWCLsecretary@gmail.com



Save the Dates



Guided Museum Visit at the Rosengart Collection in Luzern

Train ride to Luzern for a day of culture
Guided tour of the **Rosengart Collection Lucerne**
followed by a lunch at "Zu Pfistern",
a typical Swiss restaurant
in the heart of Lucerne

Thursday, March 12

More details later!

The IWCL Drama group Presents:

"WHO KILLED THE BRIDE?"

A Murder Mystery performance
and 3-course meal

Tuesday, April 21 - 18:30 at

La Cascina, Sorengo

More details later!



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 6177 or teupi@yahoo.com

Regular Club Events

Aperitif Group: Sundowner at ...

Come & join us for a aperitif & a friendly chat

When: February 26, 2026 – from 18:30 onwards

Where: Seven Alma Lounge, Via Chiarina Stauffacher-Vedani 1, 6901 Lugano

Cost: Cover your own drinks

Interested: Contact **Elizabet Ak**

on 076 506 9460 or iwclevelandgroup1@gmail.com

Everyone will pay for their own drinks. Just sign up, come along, enjoy the company and relax in the heart of Lugano. Looking forward to seeing you there.



“The Round Table” Group

Theme: Chat GPT, a blessing or a threat?

When: Friday February 20, 2026 – 10:30 – 11:30

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

Cost: Cover your own drinks

Interested: Contact **Ina Boonacker**

on 079 467 7457 or inaboonacker-mulder@hotmail.com

Chat GPT is a chatbox and generates human-like text like scrips, fairy tales and essays. We will discuss the pros and cons of this in our daily life.

Knitting Group

Come & join at KIP (Knitting in Public)

When: Alternate Mondays from 14:00 until 16:30

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

Interested: Contact **Pam Blakey**

on 076 229 2250 or pamblakey@yahoo.com

KIP normally get together about twice a month. 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 February 4, 11 and 25 – 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

Art Group With Nadia

Nadia is reviving her watercolor class at the Pettiroso in Savosa.

Interested: Contact **Nadia Dueringer**

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



Regular Club Events

Mahjong - We Need More Players

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

When: Thursdays, 14:30 – 17:00

Where: Hotel Pestalozzi, 6900 Lugano

Interested: Contact **Ruth Sergi-Baumann**

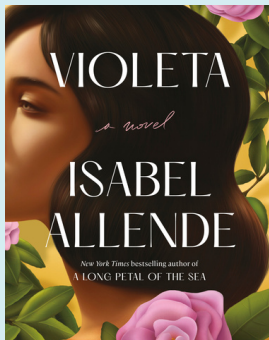
on 079 607 8262 or ruthsergi@bluewin.ch

Since 20 years we play this fascinating game – which is fun, challenging and interesting – on Thursday afternoons.

It's a game of Chinese origin, using small engraved tiles, for tables of three to four players.

We play the "Western style" (Chinese style is different).

You are very welcome to participate.



Book Group

Book of February "**Violetta**" by Isabel Allende

When: Tuesday, February 17, 2026 – 10:30 promptly

Where: Hotel Pestalozzi, 6900 Lugano

Cost: Please note that we need to pay for the room each month, so now you can either pay CHF 30.- for the year of CHF 3.- per session at the Book Group

Interested: Join when you are able.

We welcome members old and new to the Book Group this month. Our discussion, based on "Violetta" by Isabel Allende will be led by Francesca..... Come and join us for another wonderful book group meeting, even if you haven't read the book. You might be tempted.

Upcoming books:

- 17 March "No Two Persons" by Erica Bauermeister, meeting led by Pam
- 14 April "Dear Mrs Bird" by AJ Pearce, meeting led by Sue
- 19 May "Luckenbooth" by Jenni Fagan, meeting led by Raffaella
- 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! Please send your suggestions as soon as possible. ***Tuesday Choose-day*** (22 September, 20 October, 17 November, 15 December)

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

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.



Regular Club Events

Gardening group

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

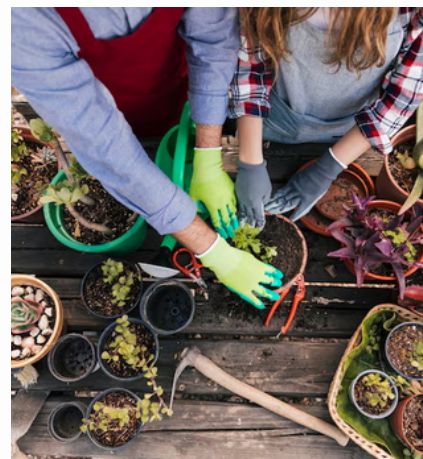
Interested: Contact **Sharon Parlette**

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

This time we'd like the gardening group to be more "hands on". Bring your secateurs and gloves to each other's gardens.

We can exchange seeds and plants, and share experiences and tips. There will, of course, be visits to garden and exhibitions.

Even if you only have a balcony with pots of herbs or a room full of house plants, you are a gardener.



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 controlling your emotions, to develop new habits or to break old ones? We shall be meeting every Monday at 18.00 on Skype.

If you are interested, please send me an email with your Skype ID.

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.

Golf

Come & join the golf group

When: Every Wednesday - 11:00 (Club will be closed until the 7th)

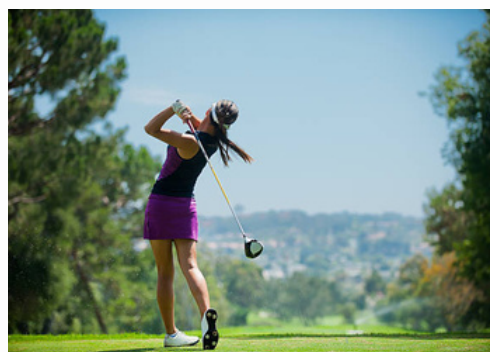
Where: Golf Club "Monticello" near Como (first exit autostrada A2 to Milano after Como)

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



Art Group With Eva

Let our group inspire you!

When: Alternate Mondays from 14:00 until 16:00

Where: Hotel Pestalozzi, 6900 Lugano

Cost: The room is 5CHF/person

Interested: Contact **Eva Wahlqvist**

on 078 846 7545 or Eva@wahlqvist.eu

We would be delighted to have new members in our group.

You are most welcome to come and visit us and just to see what we do and who we are. Then you can decide if you want to be part of our group.

If you want to visit us please call **Eva** in advance, sometimes the dates change.

Regular Club Events

Cooking Group

"A Lombardian Feast"

When: Tuesday, February 10, 18:30 onwards

Where: Il Grotto Viganello, Via della Pergola 5, 6962 Lugano

Cost: Up to 50CHF- per participant (usually less.) Our cancellation policy applies. 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 begin our exciting Cooking Group year with "A TYPICAL LOMBARDIAN FEAST" hosted by Dania and Marina.



The Menu:

Appetiser:

Crostini Fantasia di Polenta al Forno

Starter:

Assagio di Salumi Tipici

Main:

Uccelli Scappati (Osei) con Risotto

Dessert:

Tiramisu

*Wine pairings by **Nerida***

Our dress code for the evening is "CLASSY!"

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**.



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: Location will be announced before each meetup.

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**.

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

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

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](mailto: robertaguidotti@hotmail.com)



German Conversation with Daniela

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



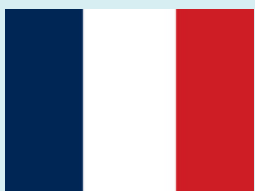
English Conversation with Karen

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



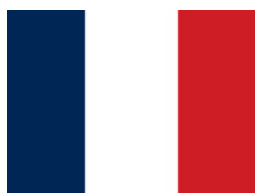
English Conversation with Linda

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



French Conversation with Claude

When: Wednesday, February 11, 14:00
Where: Bar Martini Café, Via Funicolare 2, 6900 Lugano
Interested: Contact **Claude Perronjaquet**
on 079 487 8792 or cm.boni@gmail.com



French Conversation with Ilona

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



Interest Groups of the IWCL

GROUP	GROUP LEADER	EMAIL	PHONE
Aperitif Group	Elizabet Ak	iwclevengroup1@gmail.com	076 506 9460
Art Group	Eva Wahlqvist	eva@wahlqvist.eu	091 971 35 64
Art Group (Watercolor)	Nadia Dueringer	nadia.dueringer@gmail.com	077 436 45 74
Book Group	Sue March	marchsue@hotmail.com	077 924 1676
	Cat Orelli	catorelli3@gmail.com	079 902 5754
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
Culture Group	Roberta Guidotti	robertaguidotti@hotmail.com	079 341 7242
Dance	Marina Marsaglia	marinaporza@gmail.com	
English conversation (American)	Karen Claus	karenclaus600@gmail.com	076 224 90 01
English conversation (British)	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 3303
French Conversation	Claude Perrinjaquet Boni	cm.boni@gmail.com	079 487 89 92
French Conversation	Ilona Pongracz	ipongracz@ethika.ch	091 825 3303
Gardening Group	Sharon Parlette	sep.ticino@bluewin.ch	079 509 9982
German Conversation	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)	Isabella Zardi	isazardi@bluewin.ch	079 375 24 14
Italian Conversation (Int.)	Eleanora Giraldi	epastoris@gmail.com	079 849 09 96
Italian Conversation (Adv)	Oana Stan	oanastan.1@gmail.com	076 778 6624
	Roberta Guidotti	robertaguidotti@hotmail.com	079 341 7242
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
Round Table Group	Ina Boonacker	inaboonacker-mulder@hotmail.com	079 487 89 92
Sundowner Group	Elizabet Ak	iwclevengroup1@gmail.com	076 506 9460
Wellbeing Group	Amaal Hassan	amaal.ahassan@gmail.com	079 245 1682
	Mary Lan Campbell	marylyncampbell@gmail.com	091 994 3941
WhatsApp Group	Maura Koopman		079 576 61 44

Notes of Last IWCL Monthly Meeting

IWCL Lugano – Listening to Our Members & Moving Forward

Dear Members,

Thank you to everyone who took the time to complete the recent survey. Your responses gave us a clear and heartfelt picture of what our community truly needs right now.

What emerged most strongly is a shared desire for connection, belonging, and meaningful relationships. IWCL is seen not only as a place for activities, but as a welcoming space where friendships grow, support is found, and joyful moments are shared. Learning new things, improving language skills, and staying active remain important—but always within a warm, human, and inclusive environment.

Your ideas reflected curiosity, creativity, and a strong community spirit. Many of you expressed interest in more casual and spontaneous social moments, evening gatherings, shared meals, cultural outings, trips, language practice, wellbeing activities, and practical support—especially for newcomers navigating everyday life in Switzerland.

We are happy to share that several members have already stepped forward to lead new groups, and many exciting initiatives are ready to begin.

At the February Monthly Meeting, you will have the opportunity to sign up for the groups that interest you most. Groups will be launched where there is sufficient interest—your participation truly helps shape the life of the Club.

Below you will find the list, subject to interest.

Potential Groups – Ready to Start

- Tennis – Monica Masom & Roberta Guidotti
Friendly tennis sessions focused on movement, fun, and connection.
- Kayaking – Eva Antonini
Relaxed kayaking outings to enjoy nature, fresh air, and good company.
- Cinema Group (mostly Italian movies) – Elisabet Subirana
Watching Italian films together, followed by informal discussion and social time.
- Cooking & Spanish Conversation – Elisabet Subirana
Cooking together while practicing Spanish in a relaxed, social setting.
- Happy Tails Walk – Sunday Morning Walks with Dogs – Maura Koopman, MJ Egas Vallejo & Elisabet Subirana
Easy Sunday walks with dogs, fresh air, and friendly conversations.
- Tea and Flicks – Giovanna de Lillo
A monthly get-together to enjoy tea, coffee, and homemade delicacies while watching an episode of a comic series in English, followed by a short and relaxed chat. Maximum 6 participants.
Every last Wednesday of the month, from 14:30 to 16:00, at Giovanna's home in Agno.
- Cultural Visits – Roberta Guidotti
Guided visits to museums, exhibitions, and cultural events, shared with IWCL friends.
- Italian Salotto Letterario – Roberta Guidotti
Dedicated to members who are native Italian speakers or who speak Italian fluently, in a canton where Italian is the official language. A relaxed and friendly space to read and discuss Italian books together.
- The Wellbeing Circle: The Love Train – Mary Lyn Campbell & Amaal Hassan
A monthly feel-good gathering focused on connection, conversation, and emotional well-being, in a welcoming and non-judgmental space. (See above)
- A Space to Breathe – Gabriele Perret
A supportive space offering a listening ear during personal challenges. This is not therapy, but human presence, empathy, and support when life feels heavy.

Notes of Last IWCL Monthly Meeting (Cont.)

- Evergreen Dance Vibes – Luana Marinucci

A relaxed and friendly group that meets occasionally in local clubs to dance to timeless hits and classic club favorites. These are not private events, but regular club nights enjoyed together.

The group is open to everyone, including non-IWCL members.

- Bridge for Beginners – Yvonne Amiconi & Maura Koopman

The IWCL Club is inviting members, their partners, and friends who are seriously interested in learning to play bridge to meet their future teacher in person: Prof. Massimo Trofino

FRIDAY, FEBRUARY 6TH – 5:00PM AT HOTEL PESTALOZZI

Prof. Massimo will introduce us to this fascinating card game by presenting his “Lesson No. 0.”

The presentation will last approximately one hour.

We kindly ask you to confirm your presence as soon as possible, in order to allow us to rent a room equipped with a screen.

This “Lesson No. 0” will be offered by Prof. Massimo; we will only share the cost of the room rental.

Please confirm your attendance directly with Yvonne 079 280 86 05 or Maura 079 576 61 44

To keep groups enjoyable and sustainable, co-leaders are warmly encouraged. Sharing responsibilities helps keep the experience light and fun for everyone. If you enjoy organizing, connecting people, or simply helping out, this is a wonderful way to get involved.

Finally, remember that not every initiative needs to be a long-term commitment. Members are encouraged to organize spontaneous or one-off events, such as coffee meet-ups, guided visits, cultural outings, or outdoor activities. A dedicated WhatsApp group for spontaneous events will be opened very soon. In the meantime, ideas can be shared in the WhatsApp Help Group or directly with Maura Koopman. The Board will be happy to support and help communicate your initiative.

We truly look forward to seeing these ideas come to life—together.