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Next Meetings

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/international.women.s.club.of.lugano)

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

 www.iwcl.org

PHOTOS FROM LAST MONTH'S EVENTS



June Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
1	2	3	4	5	6	7
<u>Breath, relax...</u> p.12 <u>German</u> p.14 <u>Art</u> p.11 <u>KIP</u> p.9 <u>English (US)</u> p.14 <u>Ital. Lang. Salon</u> p.10	<u>Italian</u> p.14 <u>Spanish</u> p.14 MONTHLY MEETING	<u>Golf</u> p.12 <u>Let's Dance</u> p.9	<u>Italian (int.)</u> p.14 <u>Ital. Pages</u> p.9 <u>Mahjong</u> p.11 <u>Padel</u> p.11			<u>Easy Walking</u> p.10
8	9	10	11	12	13	14
<u>Breath, relax...</u> p.12 <u>German</u> p.14 <u>English (US)</u> p.14 <u>Ital. Lang. Salon</u> p.10	<u>Italian</u> p.14 <u>Spanish</u> p.14 <u>Cooking group</u> p.8 <u>Tea & Flix</u> p.10	<u>Golf</u> p.12 <u>Let's Dance</u> p.9	<u>Italian (int.)</u> p.14 <u>French</u> p.13 <u>Mahjong</u> p.11 <u>Padel</u> p.11 <u>Foundation Braglia visit & lunch</u> p.6	<u>Spring party</u> p. 5		
15	16	17	18	19	20	21
<u>Breath, relax...</u> p.12 <u>English (US)</u> p.14 <u>KIP</u> p.9 <u>Ital. Lang. Salon</u> p.10 <u>Wellbeing</u> p. 13	<u>Italian</u> p.14 <u>Spanish</u> p.14 <u>Book group</u> p.12	<u>Golf</u> p.12	<u>Italian (int.)</u> p.14 <u>French</u> p.13 <u>Mahjong</u> p.11 <u>Padel</u> p.11	<u>Round Table</u> p.9		
22	23	24	25	26	27	28
<u>Breath, relax...</u> p.12 <u>German</u> p.14 <u>English (US)</u> p.14 <u>Ital. Lang. Salon</u> p.10	<u>Italian</u> p.14 <u>Spanish</u> p.14	<u>Golf</u> p.12	<u>Italian (int.)</u> p.14 <u>French</u> p.13 <u>Mahjong</u> p.11 <u>Aperitif Group</u> p.8 <u>Padel</u> p.11			
29	30					
<u>Breath, relax...</u> p.12 <u>English (US)</u> p.14 <u>KIP</u> p.9 <u>Ital. Lang. Salon</u> p.10 <u>Art</u> p.13	<u>Italian</u> p.14 <u>Spanish</u> p.14				NEXT MONTHLY MEETING: Sept. 8	

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
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Board Assistants

Membership Secretary:

Andrea Never
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IWCLmembershipsecretary@gmail.com

Hospitality & Group coordinator:

Maura Koopman
 079 576 6144
teupi@yahoo.com

Social Media coordinators:

Website:

Maria-Jose Egas Vallejo
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mj@mjademy.ch
 Eva Antonini
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info@eva-antonini.com

WhatsApp group & Facebook:

Maura Koopman
 079 576 6144
 Eva Antonini
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Special Event Managers:

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 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

Summer Break

We will take a break with the Newsletter for the months of July & August. But most of the regular club activities will continue, just check directly with your group leader. The September Newsletter will be send to you by the third week of August.

IWCL Monthly Meeting

Tuesday, June 2

at Hotel Pestalozzi

Via Pietro Bianchi, Piazza Indipendenza 9

6900 Lugano

Time: 9:30

Speaker of the Month



Discovering the Aramaic Heritage with Elizabet

We are delighted to welcome Elizabet, our president from Aramaic descent, who will guide us on a unique cultural and linguistic journey rooted in one of the world's oldest living traditions. Aramaic, the language once spoken by Jesus, is still preserved today by small communities, carrying with it a rich heritage of history, identity, and resilience.

Elizabet brings with her not only a deep personal connection to this culture, but also a wealth of international experience. Having lived and engaged with diverse communities around the world, she is passionate about preserving and sharing her roots through education, storytelling and interactive learning. Her work reflects a strong commitment to cultural exchange and to keeping ancient traditions alive in a modern context.

During this interactive talk, participants will explore the identity of the Aramaic people through a short documentary, followed by engaging, hands-on activities. Together, we will learn the Aramaic alphabet and numbers, sing "Happy Birthday" in Aramaic, and play a memory game using everyday vocabulary. The session will also include simple conversations in Aramaic, encouraging participants to experience the language in a lively and accessible way. The journey concludes with music and dance, offering a joyful immersion into Aramaic culture.

This promises to be an enriching and memorable experience—an opportunity to connect with a fascinating heritage while sharing moments of learning and joy together.

Mentorship for New Members

We are looking for volunteers to join our Mentor Program.

Many of us remember arriving in Lugano for the first time — trying to navigate a new environment, a long list of practical tasks, and perhaps not yet feeling confident with the Italian language.

Our mentors help new members settle into daily life by sharing useful local knowledge and recommendations, such as car registration process, doctors, trusted builders and repair companies, house cleaning, shopping for daily needs, garden centers and much more.

If you would like to support and welcome a new member to the Lugano community, please contact us at secretary@iwcl.org. Thank you so much for your support 🙏



Welcome to the New Members

A warm welcome to Tina

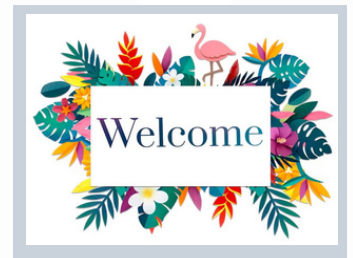
Tina describes herself as social, caring and generous. She enjoys art, culture, travel and has a passion for cars as a true "petrolhead." Originally connected to Lugano through family, she is now enjoying retirement in Ticino.

Tina is CELTA-qualified in English teaching and also a qualified naturopath and is happy to contribute her knowledge and support to the Club community.

Bettina Neumann

Lungolago Motta 60, 6815 Melide

M: +41 79 843 6823 - tina@neumann@bluewin.ch



Special Events

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, **CASH ONLY**)

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, LAST CALL!

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.

**Cancellation can be made until 6 June. Please contact Hanneke directly for confirmation of cancellation.
The cancellation policy will apply from 7 June onwards (CHF 60).**

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



Exotic Lake

art exhibition

Irma Kennaway

3-10 July 2026

Opening hours

Monday to Saturday
14.00 - 19.00

Sunday
10.00 - 12.30; 13.30 - 19.00

Cultural Association VIA DE BENZI, 17 - TORNO - Lake Como

Special Events (Cont.)



Meeting between the IWC Lugano & Como: Visit to Fondazione Braglia & Lunch

We are delighted to invite you to a special shared day trip together with our sisters from the Como Club. It's a wonderful opportunity to connect, spend time together and strengthen the bond between our two clubs.

When: Thursday, June 11 - 10:00

Where: Fondazione Braglia, Riva A. Caccia 6A, 6900 Lugano
 Pizzeria Mary, Piazza Rezzonico 2, 6900 Lugano

Cost: Museum visit is free, the guide's fee of CHF 150.- will be shared between the participants.

Everyone pays for their own drinks & food

Interested: Contact **Elizabet Ak** by WhatsApp or email
 076 506 9460 - president@iwcl.org

We will meet at **10:00** at the Fondazione Braglia at Riva Antonio Caccia 6A, 6900 Lugano to see a beautiful exhibition dedicated to Kandinsky, Jawlensky, Werefkin and the masters of Expressionism.

In celebration of the foundation's 10th anniversary, entrance to the exhibition is free. We will simply share among participants the cost of an English-speaking guide (CHF 150.- total).

After the visit, we will enjoy a pleasant walk through the city of Lugano, followed by lunch at Ristorante Pizzeria Mary at Piazza Riziero Rezzonico 2.

This will be a lovely opportunity to get to know each other better in a warm and friendly atmosphere, while also welcoming our guests from the Como Club.

We truly hope many of you will join us for this special day. Contact our president **Elizabet** for more information.

Help represent IWCL at CIAO TABLE OPEN DAY – VOLUNTEERS NEEDED!

Ciao Table is a non-profit association in Lugano that promotes social connections and supports local volunteer groups.

<https://ciaotable.org/>

On **September 5 (15:00–18:30)**, the Ciao Table Open Day event will take place at Fondazione Maghetti, with IWCL participating and RSI present to film.

We are looking for volunteers to help staff the IWCL information table, welcome visitors, and briefly introduce the club. Even a short shift during the afternoon would be greatly appreciated.

Contact our president **Elizabet Ak** to register at president@iwcl.org

Charity 2027 - Call for Proposals

This November, we will elect the charity project for 2027. All IWCL members are invited to present a charity initiative that you would like to organize next year.

Please note that the President must receive your proposal by **October 5th** in order to include it in the **November Newsletter**. You will be asked to do a personal presentation during the November monthly meeting.

The final election will be in December 2026.



In your submission, describe your project in detail: Who will receive the funds, and for what purpose? How will the funds be managed? What types of activities would you organize to raise money (e.g. flea markets, charity dinners with auctions, concerts, etc.)?

You may also consider forming a charity team to manage the different activities—do you already have members in mind who would like to support you?

Please note that all raised funds must be paid directly into the IWCL charity account via TWINT or bank transfer and will be transferred to the beneficiary once the charity initiative is concluded.

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



Regular Club Events



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!

Aperitif Group: Special Sundowner at Villa Principe Leopoldo

Come & join us for a aperitif & a friendly chat

When: Thursday, June 25, 2026 – from 17:30 onwards

Where: Villa Principe Leopoldo,
Via Montalbano 5, 6900 Lugano

Cost: CHF 53.- (To be prepaid before June 15)

Interested: Contact **Elizabet Ak**
on 076 506 9460 or
president@iwcl.org

Finger food, a glass of wine or processo and a non-alcoholic are included.

To complete your registration, please pay CHF 53.- to the IWCL account by scanning the TWINT or E-Banking QR code (deadline is June 15). Your spot will be confirmed once the payment has been received.

Cancellation policy applies from June 19.

Special
SUNDOWNER
**VILLA PRINCIPE
LEOPOLDO**
Thursday, June 25
17.30 onwards
Finger foods & Prosecco or wine and
non-alcoholic cocktail included.
53.- Chf

To complete your registration, please pay to the IWCL account by scanning the QR code and send an email to:
president@iwcl.org
Your spot will be confirmed once the payment has been received. Please note that the payment deadline is June 15
The C.P. applies from June 19 onwards.

Twint E-Banking



Cooking Group

"A South African Dinner"

When: Tuesday, June 9, 18:30 onwards

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

Cost: CHF 50.- per participant. **C. P. will apply by Saturday June 4**

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

We continue our exciting Cooking Group year with **"A SOUTH AFRICAN DINNER"** hosted by Irene.
Our dress code for the evening is "Happy Hats"

The Menu:

Starters:

Sweet Potato Soup

Mains:

Bobotie - Slightly spicy
(Lean minced beef and 13 spices)

Dessert:

The famous South African Crunchies & Ice cream

Wine pairing by Nerida

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.

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 12 people) please contact **Sue March**.

Regular Club Events

Italian Pages - Book Group

A Monthly Book Club Celebrating Italian Literature and Culture

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

Where: At Raffaella's Home in Gentilino

Interested: Contact Raffaella Reverberi
on 079 941 7203 or lella.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: “Should I stay or should I go”

When: Friday June 19, 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.

“Shoud I stay or should I go” (title of the song by the English punk band the Clash)

Leaving my homeland to go and live in Lugano for work, pleasure or any other reason, is both challenging and enjoyable. At some point, we will ask ourselves whether we will stay or return to our homeland.

What is your answer?

Yes? No? Maybe? I don't know?

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 June 3 & 10 – 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

“Tea & Flix” Group

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

When: Tuesday June 9, 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!)



This group is full but a "binge watching" session with a potluck lunch, date TBD (maximum of 8 persons) is to be scheduled in June and/or July. People who already signed up: please stay in touch for updates on the Whatsapp chat.



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 – 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.



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.

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).



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.

Padel Group

When: Usually on Thursdays, 14:00-15:00

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

Cost: Rental of a court for 2 people is about Chf 40.-/hour

Interested: Contact **Giovanna De Lillo** by WhatsApp

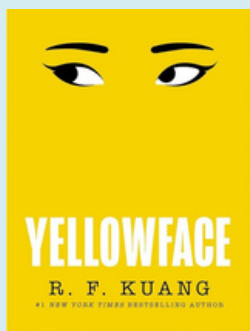
on 076 376 4499



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.

Regular Club Events (Cont.)



Book Group

Book of June "Yellowface" by R.F. Kuang

When: Tuesday, June 16, 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 "Yellowface" by R.F. Kuang will be led by Danielle. Come and join us for another wonderful book group meeting, even if you haven't read the book. You might be tempted.

Upcoming books:

- September 22 "The Botticelli secret" by Marina Fiorato, meeting led by Francesca
- October 20 "The women" by Kristin Hannah, meeting led by Sue
- November ? "Rivers in the Sky" by Elif Shafak, meeting led by Angela
- December 15 "We'll prescribe you a cat" by Syou Ishida, meeting led by Pam

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

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 septicino@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.



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.

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



Regular Club Events (Cont.)

French Conversation Group

Improve your French Language Skills!

When: Thursday, 16:00 – 17:30 (Dates in June are 11, 18 and 25)

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!



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 June 15, 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

Happy Hiking

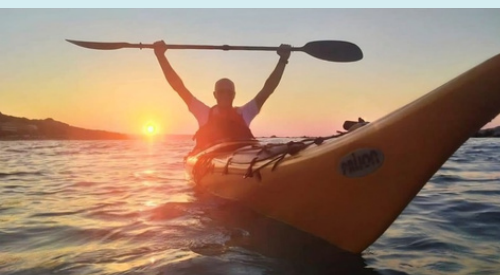
If you are interested in hiking in the Ticino area, then join the “Happy Hiking” group

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.



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.

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

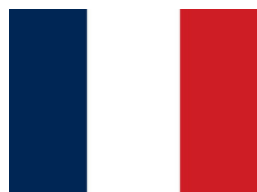


English Conversation with Karen

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

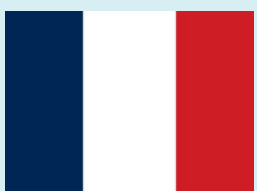


French Conversation with Ilona (See info in Club Events)

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, June 10, 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

Notes of Last IWCL Monthly Meeting – May 2026

Monthly Meeting 05/05/2026 Summary

Elizabet opened the meeting and asked the members to vote either for a round table meeting or a speaker set up at the June 2026. The majority voted for a speaker.

Andrea Never shortly presented how the new Privacy Policy was constructed followed by a Q&A session. Members misunderstood the acceptance note thinking that they would not get any information from the IWCL if they do not consent to their image being published. **This is not the case.** It is just very important for members to say that they read and accept the Privacy Policy regardless of their image consent.

The most important points of the Privacy Policy are:

1. Please do not send the Newsletter to non-members
2. Consent or do not consent to images being published
3. If you write an email to several members put the addresses into bcc

Every member should check their Spam folders if they have not seen the Privacy Policy acceptance forms in their normal inbox.

There will be a sign-in sheet at every IWCL event for members who do not wish to appear on images for that particular event.

All photos on the IWCL Instagram page, IWCL website, the Dropbox and Facebook will be cancelled until we have received the Privacy Policy notes from all members.

Very important as well: Who takes a photo needs to make sure that the ladies on the photo consent to being on the image.

We also need to cancel the gmail addresses by the end of May. Our new email addresses are in the Newsletter next to the board member photos.

If members didn't receive the NL they should please write Iris, the IWCL editor.

Maura highlighted the visit of the Villa Fogazzaro on June 11, 2026 and the new Connect & Care initiative offering practical support and companionship within our community.

Members support other members with daily logistics, accompany them to activities or enjoy some friendly company. No one should feel alone.

Monica Besomi gave us a brief and very informative presentation about all the opportunities the City of Lugano has to offer. Monika left a brochure published by the Città di Lugano and here is a copy of the presentation. <https://www.swisstransfer.com/d/fd5881ff-182c-40e8-bffd-89d41b3e5c72>

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.

The meeting was adjourned at 12 pm.

Interest Groups of the IWCL

GROUP	GROUP LEADER	EMAIL	PHONE
Art Group (Watercolor)	Nadia Dueringer	nadia.duringer@gmail.com	077 436 4574
Book Group	Sue March	marchsue@hotmail.com	077 924 1676
Breath, Relax, Feel	Maria Teresa Paladino	info@counselor.ch	091 994 3941
Cooking group	Sue March	marchsue@hotmail.com	077 924 1676
Connect & Care	Birgid Giorgetti Maura Koopman	vice@iwcl.org teupi@yahoo.com	076 413 76 54 079 576 6144
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 9001
Evening Group	Hanneke Sillekens Ilona Pongracz	hannekesillekens@gmail.com ipongracz@ethika.ch	076 220 9319 076 566 6342
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 6847
Happy Hiking	Maria de la Camara Hanneke Sillekens	maria.delacamara@gmail.com hannekesillekens@gmail.com	079 263 0465 076 220 9319
Italian Conversation (Beg. + Adv.)	Isabella Zardi	isazardi@bluewin.ch	079 375 2414
Italian Conversation (Int.)	Eleanora Giraldi	epastoris@gmail.com	079 849 0996
Italian Conversation (All levels)	Oana Stan Roberta Guidotti	oanastan.1@gmail.com robertaguidotti@hotmail.com	076 778 6624 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
Kayaking Group	Eva Antonini	info@eva-antonini.com	079 621 5793
Knitting Group	Pam Blakey	pam.blakey@yahoo.com	091 980 4507
Liasion	Claude Perrinjaquet Boni	cm.boni@gmail.com	079 487 8992
Mahjong Group	Ruth Sergi-Baumann	ruthsergi@bluewin.ch	079 607 8262
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 6144
Sunday Easy Walking Group	Marlene Mugglin	tourservices.lugano@freesurf.ch	079 423 6847
Sundowner Group	Elizabet Ak	iwclevengroup1@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 Mary Lyn Campbell	amaal.ahassan@gmail.com marylyncampbell@gmail.com	079 245 1682 091 994 3941
WhatsApp Group	Maura Koopman		079 576 6144