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Next Meetings

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



September Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
	<u>Italian</u> p.11 <u>Spanish</u> p.11	<u>Golf</u> p.9 <u>English (UK)</u> p.11	<u>Italian (int.)</u> p.11 <u>French</u> p. 11 <u>Ital. Pages</u> p.6 <u>Mahjong</u> p.6 <u>Padel</u> p.10 <u>Tennis</u> p.9		<u>Ciao Table</u> p.5	<u>Easy Walking</u> p.8
7	8	9	10	11	12	13
<u>Breath, relax...</u> p.10 <u>German</u> p.11 <u>English (US)</u> p.11 <u>Ital. Lang. Salon</u> p.6 <u>KIP</u> p.7 <u>Art</u> p.9	<u>Italian</u> p.11 <u>Spanish</u> p.11 <u>Cooking group</u> p.7 <u>Tea & Flix</u> p.8 MONTHLY MEETING: <u>Welcome Back</u> <u>Brunch</u> p. 3	<u>Golf</u> p.9 <u>English (UK)</u> p.11	<u>Italian (int.)</u> p.11 <u>French</u> p.11 <u>Mahjong</u> p.6 <u>Padel</u> p.10 <u>Tennis</u> p.9			
14	15	16	17	18	19	20
<u>Breath, relax...</u> p.10 <u>English (US)</u> p.11 <u>Ital. Lang. Salon</u> p.6	<u>Italian</u> p.11 <u>Spanish</u> p.11	<u>Golf</u> p.9 <u>English (UK)</u> p.11 <u>Tea & Flix</u> p. 8	<u>Italian (int.)</u> p.11 <u>Mahjong</u> p.6 <u>Padel</u> p.11 <u>Tennis</u> p.9 <u>Wine tasting</u> p.5	<u>Round Table</u> p.8		
21	22	23	24	25	26	27
<u>Breath, relax...</u> p.10 <u>German</u> p.11 <u>English (US)</u> p.11 <u>Ital. Lang. Salon</u> p.6 <u>KIP</u> p.7	<u>Italian</u> p.11 <u>Spanish</u> p.11 <u>Book group</u> p.10	<u>Golf</u> p.9 <u>English (UK)</u> p.11 <u>French</u> p.11	<u>Italian (int.)</u> p.14 <u>French</u> p.13 <u>Mahjong</u> p.6 <u>Padel</u> p.10 <u>Tennis</u> p.9 <u>Gardening</u> p.8			
28	29	30				
<u>Breath, relax...</u> p.10 <u>English (US)</u> p.11 <u>Ital. Lang. Salon</u> p.6 <u>Art</u> p.9 <u>Wellbeing</u> p. 9	<u>Italian</u> p.11 <u>Spanish</u> p.11	<u>Golf</u> p.9 <u>English (UK)</u> p.11	NEXT MONTHLY MEETING: October 6			

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.-

Letter From The President

🌸 Welcome Back, Ladies!

After a long and hopefully wonderful summer break, we are delighted to welcome all our members back! We hope you enjoyed the sunshine, relaxed, travelled, and made the most of the beautiful summer months — even if the temperatures were sometimes a little too warm! ☀️

We are especially looking forward to coming together again on 8 September in Paradiso for our Welcome Back Brunch, a lovely occasion to reconnect, share our summer stories and begin a new season together.

This gathering will also be a very special one, as we will have the pleasure of honoring our members who have been part of the International Women's Club Lugano for 25 years. Their long-standing commitment and friendship are a wonderful part of our club's history, and we look forward to celebrating this important milestone with them. 🌺

We will also take this opportunity to welcome and introduce our new members. Going forward, we would like to make this a regular part of our meetings, so that every new member has the opportunity to introduce herself and, most importantly, feel welcomed and connected from the very beginning.

💖 Giving Back Together

As you know, charity and supporting our community have always been an important part of IWCL. Looking ahead to next year, we would like to continue this tradition and once again support a charitable cause together.

We would therefore love to hear from our members: Is there a charity or organisation you feel IWCL could support? If you have a suggestion, please share it with us. We look forward to hearing your ideas and choosing a cause that we can support together as a club.

Finally, regarding our 25-year members, if you believe you have reached this wonderful milestone but have not yet received a notification from us, please let us know. It is possible that we may have unintentionally overlooked someone, and we would be very happy to correct this.

We are looking forward to seeing you all again, welcoming our new members, celebrating our long-standing members, and starting another wonderful year of friendship, connection and shared experiences at IWCL.

Welcome back, ladies — we have missed you! 💖

Warm wishes,
Elizabet & the IWCL Board

Monthly Meeting: “Welcome Back Brunch”

Tuesday, September 8, 2026

10:30 – 13:00

at Sutenhotel Parco Paradiso

Via Carona 27, 6900 Lugano

Cost: CHF 10.- / Members, payable via TWINT, E-banking or in cash on arrival

Registration: Sign up with **Hanneke** before September 1, ONLY by WhatsApp or Email
076 220 93 19 – Hannekesillekens@gmail.com

Cancellation until Sept. 1, strictly by Hanneke
Cancellation Policy (CHF38,-) will apply from Sept. 2

Members who have already signed up with our President Elizabet are still asked to register with Hanneke.



We start our Monthly Meeting program with the traditional buffet brunch in a wonderful place! It will be a nice opportunity to get together to chat and catch up.

Buffet: A rich warm and cold buffet with local delicacies.

Drinks: Various fruit juices, large selection of tea, hot chocolate, coffee and one glass of prosecco.

Parking: Car parking is available but we recommend car-sharing or public transport.

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

Welcome to the New Members

A warm welcome to Nicole, Julia, Catherine & Ally

Nicole relocated to Lugano at the end of 2025 drawn by the quality of life, cultural diversity and proximity to Italy. She worked for more than 20 years as an interim manager and management consultant in Germany focusing on transformation, restructuring and leadership culture. Nicole is also the author of several books on leadership and toxic structures in organizations. She founded the association Hertzlichtführung e.V. which supports women in toxic or narcissistic work environments and would be willing to offer a talk or workshop on these issues. Her hobbies are choir, singing, writing, leadership and organizational topics, astrology and human design as reflective frameworks for personal development, sports and hiking.

Nicole Dildei

Via Cantonale 16, 6900 Lugano
M: +41 76 785 8572 - nd@nicole-dildei.com

Julia moved to Ticino after her husband's retirement. She spent 20 years in Canada as a "land immigrant" and worked as an art teacher as well as a museum consultant. While her 2 children are still studying, she is focusing on her art and immersing herself into the Ticino way of life. Julia loves making art, ceramic, sculpture, painting, visiting art exhibitions, concerts, dancing, swimming, nature walks, singing, reading, movies, parties, dining out and traveling. She is always open to adventures, meeting interesting people and sharing different experiences. She would eventually like to offer art related workshops.

Julia Heine-Saabel

Via Nosedà 2, 6977 Ruvigliana
M: +49 173 657 7300 - j.heine-saabel@web.de

Catherine has been living in Ticino for 21 years. Catherine teaches French, loves hiking in nature and the mountains. She very much enjoys learning a new foreign language like German and Spanish and is also very fond of art craft and photography.

Catherine Thomas Di Pietro

Via Chiesuola 15G, 6987 Caslano
M: +41 78 916 5432 - Cathy.dipietro@bluewin.ch

Ally moved to Lugano after 30 years as a Director of Technology at an Independent School in Pebble Beach, CA. She is now embarking on a new chapter in life to explore Switzerland. Community is important to her and so she has come to work at TASIS as a dorm head. She is looking forward to spending more time with her sister who also lives in Switzerland. Ally loves to bike, hike, read and explore the natural world. She has lots of technical knowledge with computers, software, smartphones and networks and could eventually contribute her knowledge to the club once she has landed and got settled.

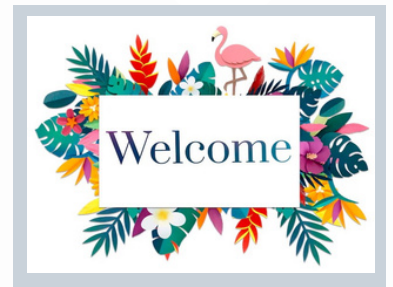
Ally Wenzel

Via Collina D'Oro 15, 6926 Montagnola
M: +1 831 277 5822 - Awenzel512@gmail.com

Christine moved to Ticino for business, is an avid runner and enjoys cycling. She loves fashion and travel and describes herself as being open minded, optimistic and cosmopolitan. Christine offered to set up a running group eventually.

Christine Milsman

Via Guidino 30, 6900 Paradiso
M: +49 172 753 8494 - cm@style-icon.eu



Charity 2027 - Call for Proposals

This November, we will select 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 voting 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.

ENJOY A PRIVATE WINERY TOUR!

A wine tasting, delicious organic food, and a stroll through the estate

**17 Sept. 2026
6:00-8.30 PM**

Cassina d'Agno

IWCL members only



Private Winery Tour at Tenuta San Giorgio

What to Bring: Casual clothes & comfortable shoes

When: Thursday, 17 September – 18:00 – 20:30

Where: Tenuta San Giorgio, Via al Bosco 39, Cassina d'Agno

Cost: CHF 40.- Payable before 10 September

Your reservation will be confirmed once we have received your payment.
Please let us know if you have allergies or dietary restrictions.

Payment:

- **Account name:** International Women's Club Lugano
- **IBAN:** CH76 0900 0000 6900 6056 1
- **BIC/Swift:** POFICHBEXXX – Bank: PostFinance, Bern
- **Payment reference:** Wine tasting + "your name"

Interested: Contact **Maura Koopman** by WhatsApp or email
079 576 6144 – teupi@yahoo.com

Tenuta San Giorgio is synonymous with craftsmanship, dedication, experience and passion.

From the careful cultivation of the vineyard to the delicate handling of the grapes, the work in the cellar blends tradition with a desire to innovate, keeping intervention to a minimum during vinification. The results of this labor are small quantities of genuine wine of extraordinary quality.

Thanks to trusted local producers, the estate offers genuine seasonal food from non-intensive farming, where quality goes hand in hand with love and respect for nature.

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

PORTE APERTE
CIAO TABLE
OPEN DAY

IWCL
We need your help
CALL FOR VOLUNTEERS

WE ARE LOOKING FOR:

volunteer members who would be willing to staff the IWCL information table at Maghetti, welcome visitors, and briefly introduce our club during the event.

PRESIDENT@IWCL.ORG

↓
iwclpresident@gmail.com

 **SATURDAY**
5 SEPTEMBER 2026
15.00 - 18.30

QUARTIERE MAGHETTI
LUGANO



Con il patrocinio di:

 Città di Lugano



OPEN DOORS CIAO TABLE 2023
Fair of Cultural Activities for Free Time
offered by the Associations
Saturday 2 September, 3.00pm-6.00pm
Under the arcades of the Quartiere Maghetti (Central Lugano)
At "Porte Aperte Ciao Table"

you will meet city clubs ready to welcome you: chess, bridge, buraco, theatre...
You will be able to try a dance, test your voice in a choir.
There will be a section in English with many proposals for activities throughout the year such as walking, cooking, mahjong, aperitifs, cultural trips.
Come and browse and find out about indoor and outdoor activities offered all year round by non-profit associations.

Free entrance

Advertising

CARACALLA
[NAILS - FACE - BODY]

Caracalla Beauty Center
+41 91 225 20 20 | WA: +41 76 506 44 47
Via G.Bagutti 16a, 6900 Lugano | Free parking
www.caracalla.ch | Book online on Fresha.com

RECOVER YOUR RADIANCE | Advanced Beauty & Skincare

Discover tailor-made treatments designed for visible, lasting results:

- Advanced Anti-Aging & PDRN Bio-Stimulation
- Body Sculpting & Lymphatic Drainage
- Gentle Brazilian Waxing
- Manicure & Pedicure

Enjoy 10% off your first treatment, including a complimentary skin analysis.

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 🙏



Regular Club Events

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).



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 to Raffaella's home.

Italian Pages - Book Group

A Monthly Book Club Celebrating Italian Literature & Culture

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

Where: At Raffaella's Home in Gentilino

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





Let's Dance

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

When: No dance group this month, new dates in October

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

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 **Iris Frowein** to be added to the WhatsApp group
on 076 746 9231

KIP normally gets together every other Monday. We welcome all makers, knitting, crochet, embroidery, etc.



Cooking Group

"The Greek Experience"

When: Tuesday, September 15, 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 September 12**
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 (Max. 12 people)**
on 077 924 1676 or marchsue@hotmail.com



We continue our exciting Cooking Group year with "The Greek Experience" hosted by Sue.
Our dress code for the evening is "Mediterranean Vibes"

The Menu:

Appetizers: Hummus & pita bread, Greek salad

Starters: Spanakopita (Cheese, egg & spinach pie), Kimadopita (Spicy meat & onion pie)

Mains: Tigania (Slow cooked pork with peppers & white wine), Kotopoulo me patates sto fourno (Lemon-herb roasted chicken & potatoes w/ olive oil, lemon juice, garlic and oregano)

Dessert: Baklava (Walnut & pistachio pastries w/ honey & syrup)

Wine pairing by Nerida, to include ouzo & retsina

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.

Contact **Sue March** for more details and parking questions

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 WhatsApp 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.



Regular Club Events (Cont.)

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!



“The Round Table” Group

Theme: “Climate Change”

When: Friday September 18, 2026 - 10:30 - 11:30

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

Cost: Pay for your own drinks

Interested: Contact **Ina Boonacker** for details

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.

“Tea & Flix” Group

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

When: Wednesday September 16, 10:15

Where: Jôia - Sapore & Saporì Cafe, Via Pretorio 20, 6900 Lugano

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



We start by getting together for a relaxed morning coffee where we brainstorm organisational details and choose which series/movies to watch this season. Everyone's welcome to join us!



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 to 1 1/2 hours in the Lugano area to end up in a local restaurant or grotto for a light lunch.

Gardening group

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

When: Thursday, September 24 - 10:00

Interested: Contact **Sharon Parlette** for further details

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.





Art Group With Nadia

Nadia revived 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.

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



Tennis Group

Ladies Doubles Tennis

When: Usually Thursdays, 10:00

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 a guest fee p/p paid on the day or a court hire fee if we play at other places.

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 September 28, 18:00 -19:00

Where: Location to be announced

Interested: Contact **Mary Lyn Campbell**

on 091 994 3941 or marylyncampbell@gmail.com

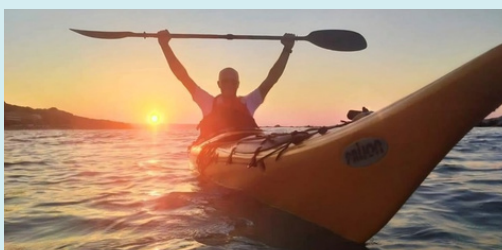
or **Amaal Hassan**

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



Kayaking Group

Discover Lugano Lake and Rivers in 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

Regular Club Events (Cont.)



Book Group

Book of September: "The Botticelli secret" by Marina Fiorato

When: Tuesday, September 22, 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 "The Botticelli secret" by Marina Fiorato, meeting 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:

- 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!

Happy Hiking

If you love hiking in the Ticino area, then join the "Happy Hiking" group

Interested: Contact **Hanneke Sillekens** to be included via WhatsApp on the distribution list.

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. And the success of this activity relies on members stepping up to lead hikes.

A description of each hike is provided indicating the approximate distance, duration and elevation. It is a hiking, not a walking group, and participants are kindly asked to sign up for excursions in line with their capabilities.



Breathe, Relax, Feel

Learn to use mindfulness in your daily life...

When: Every Monday 18:00 – 18:30

Where: Online

Interested: Contact **Maria Teresa Paladino** for details
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.

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 p. CHF 40.-/hour – 4 p. CHF60.-/hour

Interested: Contact **Giovanna De Lillo** by WhatsApp to be added to the WhatsApp chat group 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. All levels welcome, beginners to pros!

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 Girdi**
 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

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



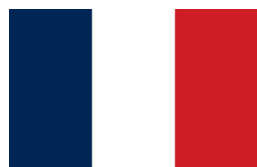
English Guided Conversation with Tina

When: Wednesday, 14:30 – 15:30
Where: Coop City Restaurant, Via Nassa 22, 6900 Lugano
Interested: Contact **Tina Neumann**
 on 078 479 4225 or tinalneumann@bluewin.ch



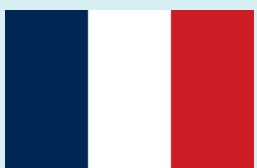
Spanish Conversation with Elisabet (All levels)

When: Tuesday, 16:00
Where: Cafeteria Agora, Via Orti 8, 6900 Lugano
Interested: Contact **Elisabet Subirana**
 on 079 253 5698 or esubiranacata@gmail.com



French Conversation with Ilona

When: Thursday, 16:00 – 17:30 (contact Ilona for dates in September)
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 September 23, 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

Notes of Last IWCL Monthly Meeting – June 2026

News & Community Updates:

Newsletter:

- Our next regular newsletter will be published in mid-August, bringing you all the latest club news and upcoming events.

Ciao Table Event:

- We are delighted to share that IWCL will be participating in the “Ciao Table” event organized by Piera della Serra on 5 September at Quartiere Maghetti. We look forward to meeting new faces and introducing more women to our wonderful community.

New Activity Groups:

- We are always excited to hear new ideas from our members! Several new activities have been suggested, including:
 1. Boccia
 2. Drawing and Painting
 3. 19th-Century Dance Sessions
 4. Canasta Card Group (currently being explored)
 5. We are also pleased to announce that our popular Bridge Group will resume in September.

Thank You to Our Group Leaders:

- A heartfelt thank you goes to all our activity group leaders for their enthusiasm, dedication, and invaluable support. Your efforts help make our club such a welcoming and engaging place for everyone.

Connect and Care:

- Our Connect and Care initiative continues to strengthen the spirit of friendship and support within the club. Members offering assistance through the program are encouraged to review their personal insurance coverage, particularly third-party liability protection. A dedicated “Sisterhood” form is also being developed to support the program.

Farewell and Best Wishes:

- We extend our warmest wishes to Pam Blakey and Pat Camillo as they begin exciting new chapters in Scotland and France. Thank you both for your friendship, contribution, and involvement in our club. You will be greatly missed, and we wish you every happiness in your new homes.

Get Involved!:

- IWCL is a platform created by and for its members. Whether you would like to organize an event, start a new activity group, host an informal gathering, or simply share an idea, we encourage everyone to get involved. Together we make our club the vibrant, supportive, and inspiring community that it is.

Speaker of the month: A Journey into Aramaic Culture

- Elizabet treated us to a fascinating and engaging presentation about her Aramaic heritage. She shared insights into the rich history of the Aramaic people, the origins of the language, traditional cuisine, and the vibrant customs and celebrations that continue to be an important part of Aramaic culture today.
- We were delighted to learn about Aramaic phonetics and even practiced some of the most common greetings together, speaking in unison and enjoying the sounds of this ancient language.
- To conclude her lively and interactive presentation, Elizabet invited us to join a traditional Aramaic group dance. It was a wonderful experience filled with laughter, energy and a true sense of togetherness.
- A heartfelt thank you, Elizabet, for sharing your culture, knowledge, and enthusiasm with us. We had a fantastic time and greatly appreciated this memorable cultural journey!

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



Meet the Board



President

Elizabeth Ak
President@IWCL.org
 076 506 9460



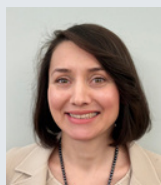
Vice-President

Birgid Giorgetti
Vice@IWCL.org
 076 413 7654



Secretary

Andrea Never
Secretary@IWCL.org
 076 413 3275



Treasurer

Oana Stan
Treasurer@IWCL.org
 076 778 6624

Board Assistants

Membership Secretary:

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IWCLmembershipsecretary@gmail.com

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Maura Koopman
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teupi@yahoo.com

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Website:

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 Eva Antonini
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info@eva-antonini.com

WhatsApp group & Facebook:

Maura Koopman
 079 576 6144
 Eva Antonini
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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. Its 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.

DUES & 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 CLUB, 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 OF THE IWCL DIRECTORY
- PHOTOS OF RECENT ACTIVITIES
- A COPY OF THE MONTHLY NEWSLETTER
- And much, much more...

Please contact secretary@IWCL.org if you need or have forgotten your password to access the Member's login section of the website.

IWCL WhatsApp Group

If you would like to join, then 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

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
English conversation (UK) Adv.	Tina Neumann	tina1neumann@bluewin.ch	078 479 4225
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	Hanneke Sillekens	hannekesillekens@gmail.com	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	Iris Frowein Nouwen	irisnouwen@mac.com	076 746 9231
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	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 Mary Lyn Campbell	amaal.ahassan@gmail.com marylyncampbell@gmail.com	079 245 1682 091 994 3941
WhatsApp Group	Maura Koopman		079 576 6144