

**131st NJSFWC ANNUAL CONVENTION MAY 5-7, 2025**  
**WORKSHOP DESCRIPTIONS**

**MONDAY – MAY 5<sup>th</sup> WORKSHOP 8:00 AM- 9:15 AM**

**DRUM2BFIT-** Led by Judy Bonato and Valerie Gouse. Cardio Drumming made fun for everyone. Limited to 20 participants so sign up early.

**MONDAY- MAY 5<sup>th</sup> WORKSHOP 9:30 AM- 10:45 AM**

**“FUN” in FUNDRAISING-** NJSFWC Financial Secretary, Debbie Cibelli, will lead us in this interactive workshop, filled with ideas and best projects to help your clubs raise the monies needed to disperse to various charity endeavors.

**MONDAY- MAY 5<sup>th</sup> WORKSHOP 11:30 AM- 12:45 PM**

**“CELEBRATE, CONNECT, and CONVERSE”-** Second Vice-President, Patricia Dahl- Come to a Meet and Greet before Convention starts. Bring your lunch, sit down, and get to know someone new from NJSFWC!

**TUESDAY- MAY 6<sup>th</sup> WORKSHOP 8:00 AM – 9:15 AM**

**DRUM2BFIT** –Another session of Cardio Drumming made fun for everyone. Limited to 20 **different** participants.

**“STRESS FREE SOLUTIONS”: A Workshop for Real Impact** led by NJSFWC Legislation/Resolutions Chairman, Jacqueline Wisner. Advocacy means to publicly recommend or support an issue that matters to us and our communities. The resolution process, a cornerstone from our founding fathers, ensures that all citizens have a voice and a solution in shaping policies. You will leave this interactive workshop armed with handouts to prepare you to navigate through this process.

**TUESDAY – MAY 7<sup>th</sup> LUNCH & LEARN 12:30 PM - 2:00 PM**

**BOOK DISCUSSION** – Joyce Dreger will lead a book discussion of “The First Ladies” written by Marie Benedict and Victoria Christopher Murray.

**CRAFT WORKSHOP-** Join Marie Sullivan for **DRIED FLORAL ART** project. You will be making a beautiful spring craft using real pressed flowers and 3D butterflies in glass frames. Limited to 40 participants. Cost is \$15.

**“ALL MEMBERS ARE LEADERS”** Come and find ways to help members become active parts of club leadership. Open to new and seasoned members. Led by President Elect, Susie Chambers, and Second Vice President, Patricia Dahl.

**“LET’S TAKE TIME TO CELEBRATE OUR SUCCESSES”** led by First Vice President, Chris Sienkielewski. In the midst of our club work and projects, some wonderful things happen to us and to those we support. In this workshop, participants will share their success stories and the many positive qualities that lead to meaningful outcomes for our members, our communities, and our Federation. Let’s celebrate!