

2026

PALASADES DISTRICT PROGRAM INFORMATION

At the January council meeting or through your sent Program report sheets, clubs shared the following information. If your club is interested in a particular program and there is no contact or information about the program, please contact the club that sponsored the program. Many of the programs are either done for a cause or to keep members engaged or for fun, and many of the programs are town sponsored. I Hope this gives you some great ideas for programs to be held at your meetings. If you are interested in what other clubs are doing from other districts, information can be found on the NJSFWC Website under Materials under Program Assistance

BOOK AND NEEDLE,, WOMAN'S CLUB OF ORADELL

"Heart Health Awareness " speaker spoke on heart health

"Women's Suffrage and the Founding and Global Traditions of International "Women's Day" Speaker
Dr.Arlene Holpp Scalla

"Cozy Mysteries" Peggy Ehrhart Author spoke

"Fall Preventions & Strategies for Recovery for Seniors" speaker from Core Care Rehab Plus

"Club History" program celebrating 110 Anniversary of the Book and Needel club given by member

"Food for Thought Tea" guests GCI and HOBY Attendees and House mother spoke

"Frank Sinatra" Speaker Bruce Hammer remembers the greats

CRESKILL WOMANS CLUB

"Remembering Lucy" speaker Bruce Hammer

"Hoby-GCI" candidate spoke of her experience

Destination Lecture on Ellis Island Mario Medici Price \$175.00

ENGLEWOOD

"Financial Planning" Dan Smith USB Paramus

"History of Black Colleges " J.Wisner NJSFWC Board member

"Find that Pause" speaker Miranda Lee

"Spring Planting" Speaker Christine from the Plant Shed

"Resources for Seniors" Bergen County Senior Services

"Legislation" J Wisner NJSFWC Legislation and Resolutions Chairman

"Menstrual Equity" Bergen County YWCA

GREATER PASCACK VALLEY WOMAN'S CLUB

"Family Emergency notebook" Conducted by Club member

"Fraud Protection" Parkridge Police Department

"Chair Yoga" Instructor Dr.Cathy Gorman from Westwood Chiropractic

"Selling on EBAY" speaker Steve Germina

HAWORTH, WOMAN'S CLUB OF

"Central Park" a New York City Gem presented by Mario Medici Fee: \$125.00

"Save -A Tree" speaker Loriane Brunack HBSGF 201-891-5379

"The Garden State" Where ideas grow speaker Linda Barth 908-240-0488

'Antarctica' Dr. Kevin Rielly spoke about a trip to Antarctica 201-384-5548

"World of Antiques 'speaker Maureen de Montfaucon of Eclectrics in Haworth

'The Foggetts' Christmas Music entertainment 973-744-5755

LEONIA, WOMAN'S CLUB OF

N.J. Gold Resources Speaker/Appraiser came to club to evaluate members gold klevy@juno.com

NEW MILFORD WOMAN'S CLUB

"Scams & Fraud" New Milford Police Dept Division of Consumer Affairs

"Improving your Memory" Susan Breithaupt Vally Health Care 201-389-0812

NORWOOD-NORTHVALE, WOMAN'S CLUB

"Remembering Elvis" Entertainer Bruce Hammer 646-436-2698

"Chair Yoga" Instructor Joshua Grinstead 201-881-8284

"Senior Services Resources" Speaker Lorraine Joewono Bergen county Division

PARAMUS, WOMAN'S CLUB OF

"Health & Wellness "Aromatherapy" led by Member Laura Allan

"Palliative Care " discussion by member Inge DiPasquale

"Organ Donation" NJ Sharing network speaker Ametra Burton

"GCI" delegate spoke about her experience

"Holiday Show" led by Club music department