

2026

## RAMAPO 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

### FRANKLIN LAKES WOMANS CLUB

“Gentle Vibrations” Program Chairman Barbara Bochet

“Are You a Leader” Leadership skill of every member

### MONTVILLE TOWNSHIP WOMAN’S CLUB, INC.

“Pelvic health “speaker Tracy Sentowski on the importance of pelvic health Core Pelvic Health

[tracy@corepelvichealthpt.com](mailto:tracy@corepelvichealthpt.com)

N.J. Children’s Alliance speaker Debbie Riveros

“How to Prevent People from Pushing your Buttons & Making you Angry “Motivational speaker /author

Janet Pfeiffer Pfeifferpowerseminars.com

### PINES LAKE WOMANS CLUB, INC

“Doctor Seuss” “While wearing the Hat” members took turns reading the first book

### POMPTON LAKES WOMAN’S CLUB

“Strech Lab” presenter from N.J.Doctors of Physical Therapy 973-248-8111

“CUMAC” presenter Andrea Ramalho Chief Development Officer 973-742-5518 extension 18

“Holiday Entertainment” Members read and were entertained by the Lakeside Middle school

### POMPTON PLAINS, SUBURBAN WOMAN’S CLUB OF

“GFWC History” presentation on Convention and how its changed over the years

“Pompton Nutrition” Local business came and spoke about nutrition

“Project Lifesaver” Morris County Sherrif Officer Robert Monaco

“State President” Barbara McCloskey came and spoke

“Mount Rushmore” Speaker Kevin Woyce

“Christmas Program” Sham Rock a music school Choir came and performed carols and songs

### RAMSEY, WOMAN’S CLUB OF

“Several Sources Shelter” Elaine Santiago speaker [mail@severalsources.org](mailto:mail@severalsources.org)

**“Podiatrist presentation”** speaker Dr Elham Nasab DPM

**RIDGEWOOD, WOMAN’S CLUB OF**

**“Guest speaker” Jennifer Lafantant** attended another luncheon

**“Garden Party”** Cello music presentation by one of their members

**“Girl Scouts Gift Wrap”** program with Tea and educational speech on helping others

**“Bee Man”** presenter from Goffle Brook Farm gave a 4-hour lesson on Bees

**UPPER SADDLE RIVER, WOMAN’S CLUB OF**

**“Federation”** speaker St President Barbara McCloskey and member breakout session to engage with club  
more

**“Anniversary Recognition”** signing of Club Tablecloth

**“Federation Honors”** awards of Honor Roll/order of the Lilly

**“AP Essay and Poetry Contest”** Award night for winners

**WEST MILFORD TOWNSHIP, WOMAN’S CLUB OF**

**“Master Gardner”** from Rutgers Cooperative came and spoke on invasive species of flora