

MEMBER ACTIVITIES

(Only Women's Club members are allowed to participate in these activities.)

NEW MEMBER ORIENTATIONS

October 19 7 pm January 12 11 am March 21 7 pm

The Women's Club is a multi-faceted organization and embraces a wide array of programs & activities. It can be confusing! All new members are invited and encouraged to attend one of these orientations. Knowledge is golden!

MEMBER SOCIALS – NEW! September 22, 5-7 pm

Fall Happy Hour December 8, 5-7 pm Hosted by Scholarship Committee February 9, 5-8 pm Covered dish hosted by Concert Committee April 19, 5-7 pm Spring Happy Hour Members and spouse or significant other can bring beverages of their choice and an appetizer to share. Further details will be included in the monthly Newsletter.

AEROBIC FITNESS CLASS

Dance Aerobics Class - Tuesday, Wednesday & Friday 9 am Step Aerobics Class - Monday, Wednesday & Friday 7:30 am

Step Aerobics Class – Tuesday & Thursday 4:00 pm Chairperson: Sondra Crumbacker

A healthy lifestyle is important to wellness and being physically active is a great way to improve your well-being and add years to your life. Easy to follow steps and routines are so much fun that you forget you're exercising. This is the original Jacki Sorensen program of choreographed moves. Only \$2 per class or you can buy a card good for 16 classes for \$30. Cards do not expire, can be shared, and are usable in all the classes. Step classes are M-W-F, 7:30 am and T-Th, 4:00 pm. Dance aerobic classes are held T-W-F, 9 am. Contact Sondra Crumbacker at 301-223-9467 for more information.

BOOK TALK Fourth Tuesday (September - June) 1:00 pm Chairperson: Stephanie Hogue

A book is selected each month to be read and reviewed by the group. The title of the book will be announced in the newsletter the month before it is to be read. It is not necessary to have read the selected book to come and enjoy the discussion. We encourage all with a love of literature to join us for tea and book talk. No Book Talk in December.

BOWLING GROUP Third Monday (August – June) Chairperson: Lois Conrad

Duckpin bowling is a casual, fun activity open to all. No experience is required. We don't compete, compile averages or have set teams. We do have lots of fun while getting some healthy exercise. The group meets on the 3rd Monday of each month starting in August. Please contact Lois Conrad if you are interested in bowling, and she will send you an email invitation and reminder each time a bowling date is scheduled.

CARD MAKING CLASSES First Thursday (September - May) 1 - 3 pm Chairperson: Jane Rozes

Greeting card classes are offered at the home of Jane Rozes. The cards are lovely and easy to make. Jane provides all of the materials and equipment needed to create these memorable designs. Your family and friends will be so touched to receive them! The cost is \$10 for 3 cards. Pre-registration is necessary as class size is limited. Please contact Jane Rozes to sign up.

DUPLICATE BRIDGE Fourth Monday (September-August) 12:15 pm Chairpersons: Joan Schupp & Patrice Slodysko

Duplicate Bridge begins on the fourth Monday in September and will continue through August, except for December. Please call Joan Schupp or Patrice Slodysko to make a reservation by noon on the preceding Friday. Form a partnership and join us!

CROSSROADS GARDEN CLUB Second Tuesday (September – June) 12:30 pm President: Mary Anne Kamas The Crossroads Garden Club is a member of the National Garden Club and the Federated Garden Clubs of Maryland. At each monthly meeting, an interesting program concerning gardening, floral design, or nature is presented. Members enjoy learning, socializing, hands on workshops to create floral arrangements and visiting beautiful gardens. We provide flower arrangements for the Women's Club and maintain the Memorial Garden. Please contact April Zentmeyer, Membership Chair, if you are interested in being a guest or a member.

FIRST WEDNESDAY CARDS First Wednesday (October-June) Chairperson: Betty Morgan

Members of the Club are cordially invited to attend First Wednesday Cards. A non-member may play only twice during the year. All card games - bridge, canasta, five-hundred, etc. may be played. Please supply your own cards, score pads, and tallies. This year you will find your own substitutes. Reservations close on the Monday morning preceding each play date by 9 am. Cancellations and/or substitute names should be given to Betty Morgan.

FOOD BANK Fifth Tuesday, Thursday & Friday of each month 12:45 – 3 pm Chairpersons: April Zentmeyer & Connie Lenhart

Give back to our community by working with friends to meet the needs of others. St. Mark's Food Bank is a non-profit food pantry distribution center, open Tuesday thru Friday, 1-3 pm for qualified clients. Volunteers check in clients and fill their orders. It's fun, rewarding and important. The Food Bank is on the lower level of St. Mark's Lutheran Church on the point of 601 Washington Avenue and West Washington Street. Please call/text April Zentmeyer to volunteer.

LET'S DO LUNCH Bi-Monthly - Sep 28 / Nov 9 / Jan 18 / Mar 28 / May 16 Chairpersons: Jane Chambers & Ann Marshall

Come join us for lunch in a variety of different restaurants in the area. This is a fun activity where you can gather with old friends, meet new ones, plus eat some delicious food! Please watch your Club newsletters for dates and specific locations. Reservations are a must, so please contact Jane Chambers or Ann Marshall to reserve your spot.

MAH JONGG Every Wednesday 1 - 4 pm Chairpersons: Margaret Eisenhower & Dianne Fridinger

Mah Jongg is a fun game combining luck & strategy and is a great way to meet other club members and to make new friends. Participation in Mah Jongg requires the possession of a current year's National Mah Jongg League play card (not a copy of one) and a reservation. Reservations are required to the chairperson by the Monday before Wednesday's play. We celebrate our members' birthdays each month by going to a local restaurant for lunch followed by Mah Jongg. For more information please contact Dianne Fridinger or Margaret Eisenhower.

PICKLEBALL Every Tuesday & Thursday (September – May) 9 am – noon Chairpersons: Kris Turner & Cathy Weaver

Pickleball is a paddle sport created for all ages and skill levels. The rules are simple and the game is fun, fast-paced, and easy to learn. It combines elements of tennis, ping-pong, and badminton. Play is every Tuesday & Thursday at the Leitersburg Community Center. Cost is \$5 per play. Contact Kris Turner or Cathy Weaver for additional info.

WALK 4 FUN Info in the newsletter one month prior to the next scheduled walk. Chairpersons: Joenne Weaver & Cathy Gagnon Nature, history and social time are key with the Dashin' Divas. Walks are typically one a month during the Fall and Spring seasons. Each walk is planned to be a pleasant stroll to enjoy simple outside beauty and a bit of history along the way. Walks conclude with lunch together at or very near the end of the walk. Non-walkers are welcome to join for lunch.

OUT AND ABOUT October 2023 – June 2024

Members and their guests are invited to visit places of interest near and not so near. All trips and tours will require advance reservation and payment. Our first adventure will be a day trip to Mount Vernon, VA on December 16th. Look for details in our monthly newsletter for other trip destinations, dates, cost and deadlines for reservations, registration and payments. Please note that insufficient responses will result in the cancellation of a trip or tour.

THEATRE MATINEE TRIPS Chairpersons: Brenda Horsch & Carol Brashears

The purpose of this activity is to attend productions of the performing arts at theatres in Baltimore, Washington, and other nearby areas. Family members are welcome to attend the performances. Other guests are permitted at a higher cost. Specific trips and details will be in the newsletters.