



## DWN WOMENS CLUB

# December Newsletter

### Join us for our January 20, 2026 Meeting!

Our featured guests will be DWN yoga teacher, Heidi Gobetz and Emily Brower, life coach and founder of *birch & stone*.

They will help us explore the theme

*"New Year, Fresh Start"*

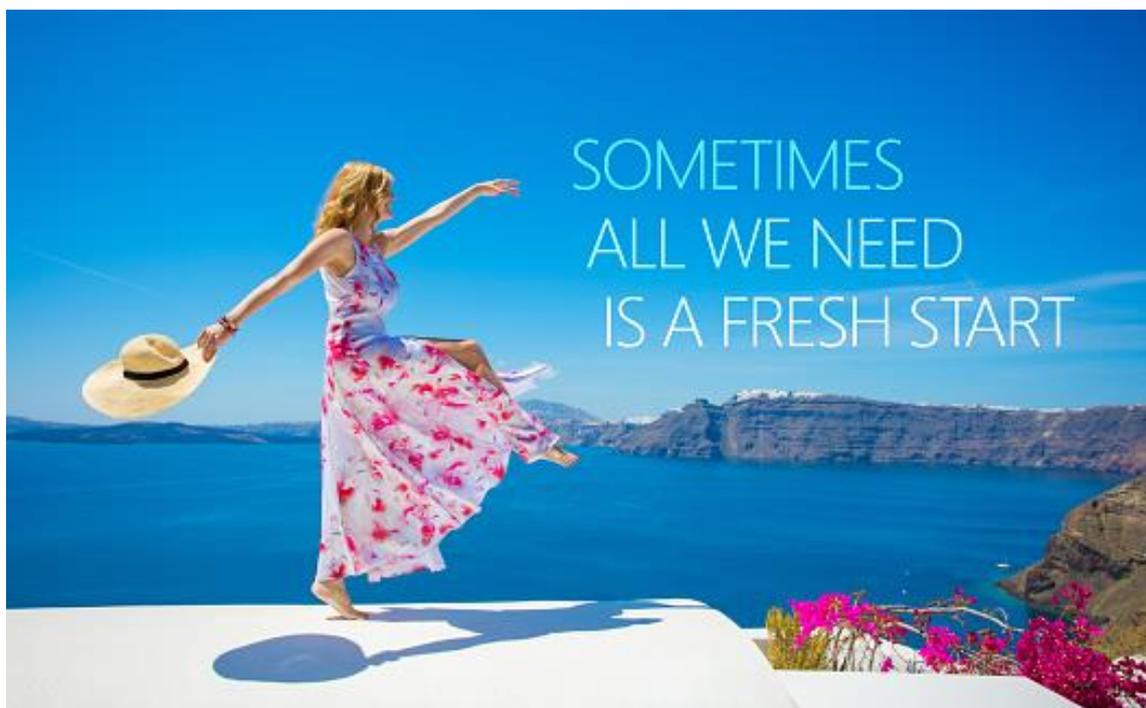
Heidi will lead us through some simple breathing techniques & guided meditation. Emily will help us gain vision, clarity, & sustainable momentum so we can begin the new year with a new chapter.

*Doors open at 3:45 PM & there will be a bartender on-site for wine purchases.*

**To attend**

**[Sign Up Here!](#)**

Remember to bring cash for the **Lady Luck drawings** which feature \$50 gift cards to Ulta, Spavia, Luxury Nails, & Valley Nails.



## About our speakers:

**Emily Brower** is a life coach, teacher, and founder of *birch & stone*. Emily has always wanted to build a large, connected community of women showing up for themselves and for each other, and that's exactly what *birch & stone* is: a coaching collective rooted in compassion, growth, and grounded transformation.

In her work she helps clients integrate new practices that support lasting change—from the inside out. Whether you're navigating weight health, time management, or the messy middle of everyday life, her goal is to help you reconnect to your power, presence, and purpose.



**Heidi Gobetz** is a Nocatee resident and excited to share her love of yoga and travel with the community. She started practicing yoga while training for mini triathlons, raising a family and working full-time and found yoga to be a perfect way to balance her life. She became curious about learning more about yoga, signed up for a teacher training course and got hooked. Heidi has her RYT500 certification, including 200 hours of Yin training, and has trained under Baron

Baptiste and others. Since moving to Nocatee in February 2020 she and her husband, Scott, have been leading various classes throughout the community including in Del Webb Nocatee, teaching vinyasa flow, yin restorative, power flow, and meditation. After retiring from her corporate job as a Consulting Actuary in 2021, she teaches several classes of yoga every week, loves exploring the world and enjoys planning travel for her friends and family. She looks forward to spreading her love of yoga and travel.

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# OUTREACH

Thru your generosity the DWN Women's Club awarded four year-end donations to organizations that we have supported during the last two years:

Betty Griffin House - \$2,000

Florida School for the Deaf and Blind - \$2,000

Port in the Storm - \$1,000

St. Francis House - \$1,000



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**Our February Outreach Project will be announced at the January membership meeting!**

*There will be many great opportunities in 2026 for our club to help make a difference in the lives of others.*

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## **On-Going Outreach Project to Benefit *St. Francis House***

This outreach program is done on the third Thursday of every month. Women's Club volunteers prepare and serve a meal to residents at the shelter in St. Augustine.

In September, and again on October 16, forty-five shelter residents were served a delicious meal that was prepared by 35 of our members.

**Our November 20th serving was a BIG deal to our club and to the residents!** A huge thank you to all who helped prepare & serve a full traditional Thanksgiving meal, (turkey and gravy, stuffing, mashed potatoes, sweet potato casserole, green bean casserole, pumpkin pie, and

apple pie with ice cream), to 30-40 shelter residents, many of whom are families with small children. All leftovers were then served the next afternoon at a meal which was open to all. Traditionally, this service sees many people seeking a warm meal.

This month's service was on 12/18 and January's will be on the 15<sup>th</sup>. Look for the email after the first of the year if you would like to participate in this incredibly meaningful outreach project.

## Mark Your Calendars! 2026 Meetings

Doors open at 3:45!

January 20 <sup>th</sup>	March 17 <sup>th</sup>	May 19 <sup>th</sup>
July 21 <sup>st</sup>	September 15 <sup>th</sup>	November 17 <sup>th</sup>



# Membership Update

## ***Renew Your DWN Women's Club Membership For 2026!***

Stay connected, inspired, and involved in 2026 by renewing your DWN Women's Club membership. We truly value our members and all that you bring to the club. Your support keeps our community thriving and helps us continue to offer programs that make Del Webb Nocatee shine.

As a renewing member, you already know the joy, friendship, and community spirit the Women's Club creates. From social gatherings and interesting speakers to volunteer projects and special events, your membership helps make it all possible.

### ***How To Renew For 2026:***

#### **Step 1: Complete the 2026 Membership Form**

You can renew your membership in either of these ways

- Scan the QR code in this newsletter with your phone



- ***Or***

visit <https://www.signupgenius.com/go/10C0B4CAFA82AABF5C16-58950157-membership>

This will take you to the 2026 Membership Form. Please review your contact information and update anything that has changed so we can keep you informed throughout the year.

#### **Step 2: Submit your dues**

After you have registered online

- Write a check for \$20 made out to DWN Women's Club
- Place your check in the club binder located in the lobby of the Canopy Club.

Your 2026 renewal is complete once both the online form and your dues have been received.

## ***Share With Friends And Neighbors***

If you enjoy being part of the DWN Women's Club, please tell your friends and neighbors who are not yet members. You are welcome to share the QR code or the membership link with them so they can register as new members.

Thank you for renewing and for all you do to keep our Women's Club active, welcoming, and fun. We look forward to another wonderful year together in 2026.

## ***Make Sure You Receive Women's Club Emails***

The DWN Women's Club uses SignUpGenius for most club communication, including reminders and information about meetings and events. Recently, several messages have been returned because email addresses in SignUpGenius are incorrect or our messages are being blocked.

To help ensure you receive all future emails from the club, please:

- add SignUpGenius to your email contacts or safe sender list
- check that your email address is correct in your SignUpGenius profile

These simple steps will help you stay up to date on all Women's Club news and activities.



## Activity Groups!

The Women's Club offers many opportunities for you to meet others who share your interests and passions. Take a look at what the group descriptions are and what they've done in the past year. See the note that follows these descriptions for information about 2026 Activity Group membership.



The **Art & Museum Enthusiasts** goal is to **expand** your knowledge of local museums and art galleries with new friends. In 2025 the group organized 8 visits to museums and other area attractions throughout the state and area including some in Jacksonville, St. Augustine & Deland.

There are 49 members in 4 **Book Clubs** that meet each month in member's homes to discuss a different book. Past books include *Eleanor Oliphant is Completely Fine*, *Tell No One* and *Time is a River*.

The **Culinary Adventures** group seeks to attend local cooking classes or chef demonstrations as a group. This year they hosted chef Paulo Sebess, founder of Le Pain de Paul.



**Foodie Friends** group meets in member's homes where hostess select the meal's theme. Each member brings a theme dish and shares recipes. These twice-monthly get togethers have included a Pajama Party, a sixties theme night, and a Mexican Fiesta.

The **Green Cuisine group** invites women who are interested in learning about delicious plant-based meals. The group exchanges favorite recipes and enjoys exploring local restaurants that offer vegetarian/vegan options. In 2025 the group shared smoothie recipes, learned how to make hummus, & explored how food choices influence the way we age.

The **Women's History activity group** focuses on the history and heritage of NE Florida by attending lectures and visiting local landmarks. Past trips included the Downtown Jacksonville, "Top to Bottom" walking tour, the Historic Springfield Tour of Homes and Gardens, and a public walking tour of the Ortega neighborhood.



The **LADIES (Life After Death in Every Step)** provides widows a safe space to share and honor lost spouses. The group seeks to support and uplift in a positive, fun, and creative way to live life to its fullest.

The **Lunch with Friends group** coordinates bi-monthly luncheon's for small groups. In 2025 some of the restaurants the group sampled were PF Changs, Palm Valley Fish Camp, Coopers Hawk, and Seasons 52.



**Trailblazers** invites members to discover local trails with new friends. Past walks/hikes have been to Ravine Gardens State Park, Losco Regional State Park and a sunset walk at Vilano Beach.

The **Career & Beyond Collective** (formerly **Working Women & Wine** activity group), feel that all work and no play makes Jane a dull girl!" This group of professional working and retired career women look to have fun while networking and building relationships among professional women who share the common bond of currently working or retired from their careers. The group meets in the evening or on Saturday every other month, opposite the Women's Club meetings, with a variety of scheduled activity offerings which have included dinner at The Chop House, a visit to Coastal Wine, and a recent afternoon at a Corks & Forks walking tour of St. Augustine



## Want to Join a New Activity Group Next Year?

After 1/1/26 all paid members will be able to log into the "Members Only" page on the website and signup for new groups. ***If you are already in a group and have paid your dues, you don't need to do anything!*** You will automatically be included in the groups emails, etc.

***After 1/31/26 all non-paid members will be removed from Activity Groups; you must be a paid member of the Women's Club in order to participate.***



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# A Note from our Retiring President

## Holiday Greetings!

During this holiday season, it's a time for reflection on those who have contributed to our happiness throughout the year. For me, that reflection brings to mind all of you—my dear friends of the DWN Women's Club. Thank you for your generosity and support over the past two years. Together, we have built something meaningful and sustainable for our community, and I am deeply grateful.



Ginger, I wish you every success as you lead the Women's Club into its next chapter. I can't wait to see what lies ahead!  
With a full heart,  
*Kathy Reynolds*

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# A Note from our New President

## *Why Did I Run For President?*

In September, I volunteered to greet members as they came through the door for the Women's Club meeting. I had no idea that I would be inspired that day to take on a more permanent role with this amazing group of women. In fact, I didn't want any part of volunteering for any Club Board. But something changed for me at that meeting and I committed right then and there that I was going to run for office and get more involved. As each woman enthusiastically came through the door, you could feel the energy in the room change. Everyone was so anxious to find their friends to chat and catch up. They were delighted to be there and their excitement was contagious. A room full of almost 200 excited women is quite powerful!



With the accomplishments that our previous Board has made thanks to all of you, I know my role will not be easy. With your help and continued donations of your time and talents, I know we

can accomplish even more next year. We all need to do our part to help out and it is with pleasure that I take on this opportunity to do that with all of you in 2026!

Fondly,

*Ginger LeBlanc*

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## **Contact Us**

Email us at [dwnwomensclub@gmail.com](mailto:dwnwomensclub@gmail.com)