



## DWN WOMENS CLUB April Newsletter

**Join us for our May 19, 2026 meeting!**

**Did you know that the *Number One* killer of women is heart disease?**

**Do you know what the warning signs are for women having a heart attack?**

Join us on Tuesday, May 19th at 4:00 pm when we welcome a representative for the American Heart Association of St. John's County who will give a presentation on heart health for women. We will learn the symptoms to look for and the preventative steps we can take to help us be aware of this often-overlooked serious disease.

The doors will open at 3:45 pm. Please purchase your beverages from the café as there will not be a bartender available at this event, and don't forget to bring cash to buy your Lady Luck tickets for the drawings!

*Doors open at 3:45 PM*

**To attend**

**[Sign-up Here](#)**



# OUTREACH

Thanks to everyone who so generously contributed to our February outreach! We collected over 2100 items for **The Foster Closet** and **Isaiah House**.



## Our April Outreach

April Outreach benefiting the Betty Griffin Center is in full swing! Thanks to your incredible generosity, we've already received an overwhelming number of clothing items, shoes, and more. Donations will continue to be collected throughout the month of April—thank you for your continued support!

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

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

This month's service was on April 16<sup>th</sup>. Keep an eye out for an email sent after the first of each month with a sign-up link for that month's service if you'd like to take part in this meaningful outreach project.

# COMING SOON!!

The DWN Women's Club is proud to support *Dreams Come True*, a local nonprofit dedicated to bringing hope and joy to children battling life-threatening illnesses. For over 40 years, Dreams Come True has been creating meaningful, lasting memories for families right here in our community.

We are excited to host a special Fundraising Gala on **October 11th**, where residents will come together for an evening of connection, generosity, and purpose. **More details will be coming soon on how you can be part of this meaningful event and help make a child's dream come true.**



## Mark Your Calendars Upcoming Member Meetings

May 19

Sept 15

July 21

Nov 17

# Membership Update

## ***Become a member of the DWN Women's Club!***

Stay connected, inspired, and involved in 2026 by joining the DWN Women's Club. 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 Join:***

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

You can join or 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.

### **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 membership registration is complete once both the online form and your dues have been received.

# Activity Groups!

The Women's Club provides a variety of opportunities to connect with others who share your interests and passions. Explore the group descriptions below to learn more about each activity and see what they've been up to recently. Be sure to review the note that follows for important information about 2026 Activity Group membership and ***be on the lookout for an announcement of new activity groups to come!***



The goal of the **Art & Museum Enthusiasts** group is to expand your knowledge of local museums and art galleries with new friends. In March, the group visited the Brumos Collection in Jacksonville. They discovered how cars can be considered works of art and enjoyed learning about the history of the racing industry.

There are 63 members across five active **Book Clubs** that meet monthly in members' homes to discuss a different book. Three meet during the day and two meet in the evenings. Some groups have even added outings to the movie theater, bringing stories to life by watching film adaptations of books they've recently read.

The **Foodie Friends** group meets twice a month in member's homes where the hostess selects the meal's theme. Each member brings a theme dish and shares the recipes. In March, group members met for a "St. Patrick's Day" theme and others hosted "Pun Foods" theme.



In April, the group will be hosting "Teatime at the Masters". There will also be a "Cocktail Party" themed event.

The **Green Cuisine** group invites women who are interested in learning about delicious plant-based meals. In March, the group celebrated "A Night in Spain", which included paella, Spanish tortilla and cheeses, all the while focusing on healthy food options.



In May, group members will host an "Island Time" party, featuring plant-based dishes from the Caribbean and Hawaiian Islands, French Polynesia, and other tropical islands.



The **Women's History** group focuses on the history and heritage of Northeast Florida by attending lectures and visiting local landmarks. In March the group visited the historic Peña-Peck House for a "Living History Experience". Originally built during the First Spanish Period (1565–1763), the Peña-Peck House offers a glimpse into the city's colonial past.



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 luncheons for small groups. In 2025 some of the restaurants the group sampled were PF Changs, Palm Valley Fish Camp, Coopers Hawk, and Seasons 52.



The **Trailblazers** group does a walk/hike every month, except July and August. It's a great way to enjoy the outdoors and get to know other club members! In March, they stayed close to home with an evening walk along the Pelican Trail in Nocatee. On April 10th, headed to the Jacksonville Timucuan Preserve to walk along the Spanish Pine Trailhead.

The **Career & Beyond Collective** (*formerly **Working Women & Wine activity group***), is a group of professional working and retired career women looking to have fun, while networking and building relationships. The group is looking forward to going to the Alhambra Theatre to see "Morning After Grace" on April 23. Future activities will include a cooking class in St. Augustine in June, a candle making class in August, a day trip to the Mount Dora Craft Fair in October, and the annual holiday dinner in December. All working and retired women are welcome!

## Want to Join a New Activity Group?

Click on the "Members Only" page on the website: [dwnwomensclub.com](http://dwnwomensclub.com) and signup for new groups. *You must be a paid member of the Women's Club in order to participate.*

# A Note from our President

What a great job our members did modeling at our Chico's fashion show! We saw a total of twenty-seven outfits! Lots of tips were given and I hope everyone thoroughly enjoyed it. Next month we will have a speaker from the American Heart Association, St. Johns County Office, give us a presentation. Did you know that heart disease is the leading cause of death for women in the United States and globally? It is responsible for 1 in 5 female deaths! It kills more women than all forms of cancer combined, yet it is often under-recognized. We will learn what the key risk factors are so that we can be heart healthy. Join us on May 19th for this very worthwhile program.



Forty-three members attended the Women's Weekend Workshop on Saturday, April 18th. Roseann DeTommaso taught us a few self-defense moves and gave us tips for protecting ourselves while walking to our cars, etc. It was informative and a lot of fun! We are planning for another Saturday workshop in June. Details to follow.

The Betty Griffin clothing drive for April is in full swing and results have been fantastic! You have all been

so generous, and they are going to be so grateful. Thank you for helping to make a difference in these women's lives.

With gratitude,

Ginger LeBlanc



**Contact Us**

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