



OUR FIRST YEAR OF  
LADIES GATHERINGS!  
AND, AWAY  
WE GO!

# 2023 Gatherings

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04/23/2023

Time/Location: 2:30pm-4:30 pm 218th St & Indian Rd

## FIRST MEET & GREET

THANK YOU TO ALL THE LADIES WHO CAME TO OUR FIRST GATHERING! IT WAS WONDERFUL TO MEET ALL OF YOU! CHECK BACK FOR OUR NEXT DATE... MIGHT BE THIS COMING SUNDAY AT A NEW LOCATION!

Meet women+ of Inwood at Muscota Marsh. This is our first meet-up. Come as you are, no dress code. Bring a sharable snack or beverage, if you can. If you can't, come anyway! Bring a friend or a neighbor, if you can.

Any Inwood ladies are invited. There are a number of women on the June 27th ballot from our neighborhood who are part of Uptown Community Democrats... let's see if we can get to know them!?

Directions: Use the Inwood Farm restaurant address to get the most accurate directions to the correct Inwood Hill Park entrance, 600 W 218th St, New York, NY 10034.

Enter Inwood Hill Park from 218th Street & Indian Road. Muscota Marsh is accessible to the right, through the open gates in the stone wall. The picnic tables are located at the landing after descending the wood.

Weather Permitting: The weather looks partly sunny between 11am and 5pm on Sunday, and around 68° from 2:30pm - 4:30pm. We are using this forecast service for the best estimate on the possibility of rain: [www.bit.ly/IHPweather](http://www.bit.ly/IHPweather) Brings layers it can get breezy, since we are near the waterfront.

Set Up & Break Down: Nik will set up around 2:00pm and she is happy to stick around and make sure the park is tidy after everyone leaves.

[ladieslemonade.com](http://ladieslemonade.com)



04/30/2023

Time/Location: 2:30pm-4:30pm / Near Isham Park

## FIRST RAINY-DAY INDOOR GATHERING

It didn't rain yesterday, it poured! So impressed with the gals who got together yesterday. I love the dedication to our fellow women in the community.

We are moving this weekend's gathering indoors, looks like rain this Sunday. Let's make our own sunshine! I am emailing and texting to figure out who can join us and balancing it with how many ladies I can fit in my apartment! xo

05/07/2023

Time/Location: 2:30pm-4:30pm in Isham Park

## MEETUP IN ISHAM PARK

WOMEN AGES 15 - 80+ YEARS OLD CAME TO OUR GATHERING. WE HAD SO MUCH FUN! WE GOT TO MEET AN AMAZING YOUNG LADY WHO IS RUNNING FOR DISTRICT LEADER - SO INSPIRING! THERE WAS ONE OF OUR NEIGHBORHOOD'S AMAZING VOLUNTEERS & COMMUNITY ORGANIZERS PRESENT, SHE BROUGHT CONVERSATION CARDS THAT STARTED SOME OF MY FAVORITE CHATS SINCE WE STARTED THIS FOUR WEEKS AGO. SO EXCITED FOR OUR NEXT GATHERING! THANK YOU, TO ALL THE WONDERFUL WOMEN IN OUR NEIGHBORHOOD.

Join us in Inwood's Isham Park! The weather forecast shows sunshine and 73°. There are four easy entrances to Isham Park that do not have stairs. We are going to be meeting up at the top of the park where there are lots of park benches, lawn areas and tree shade. Tell all your lady-neighbors to come say hi. Excited to see you there!

WHEN: Sunday, May 07 from 2:30-4:30pm

WHERE: Isham Park, near the park benches and water fountain.

DIRECTIONS: Enter the park without stairs from the end of Park Terrace East, or use the entrances along Park Terrace West or Broadway. Here is a map with the entrances marked, a few ladies who have lived in the neighborhood for years have never been to Isham Park. [Click here to see the map](#)

MORE: Casual, come as you are. Bring sharable snack or beverage, if possible, or just bring yourself! Nik will have Prosecco, lemonade, sparkling cider and small bites. Let's meet up and get to know one another and meet more ladies from the neighborhood.

05/14/2023

Time/Location: xoxo

## No event on Mother's Day

Hey ladies! We are not planning an official gathering on Mother's Day. If you are a woman who is looking for someone to hang out with on Mother's Day... come to the May 7th gathering and ask around. You can also reach out, connect & make plans together by writing in the comments of our instagram or facebook posts.

<https://www.instagram.com/ladies.lemonade/>

<https://www.facebook.com/LadiesLemonadeInwood>



05/21/2023

Time/Location: 2:30pm-4:30pm in Isham Park

## SECOND MEET UP IN ISHAM PARK

A SURPRISE REMIX EDITION! OUR LADIES LEMONADE HOSTED A CAMPAIGN LAUNCH FOR A LOCAL GAL. THANK YOU TO EVERYONE WHO HELPED PULLED THIS TOGETHER!

Keeping things simple... the next gathering is in Isham Park again. The invite is the same as before, please spread the word:

WHEN: Sunday, May 21 from 2:30-4:30pm

WHERE: Isham Park, near the park benches and water fountain.

DIRECTIONS: Enter the park without stairs from the end of Park Terrace East, or use the entrances along Park Terrace West, Broadway or Isham Street. We made a map with the entrances marked, just in case, there are a few ladies who have lived in the neighborhood for years have never been to Isham Park. [Click here to see the map](#)

MORE: Casual, come as you are. Bring sharable snack or beverage, if possible, or just bring yourself! Nik will have Prosecco, lemonade, sparkling cider and small bites. Let's meet up and get to know one another and meet more ladies from the neighborhood.

SPREAD THE WORD: Post about the event on your building's message board, or slip an invite under your lady-neighbor's door:

1. [Click here for the 8x8" poster/print out \(1MB JPG\).](#)
2. [Click here for the 8.5x11" print out with four invitations \(1MB PDF\).](#)

At the May 21st gathering we can all decide if we want to meet again on May 28th. We would like to add at least one gathering in Fort Tryon Park, in June. There are so many ladies who have moved to Washington Heights from Inwood. We need to stay connected. Any Washington Heights Ladies who can make suggestions about a June gathering in Fort Tryon Park, please reach out via social media so we can plan this successfully!



05/28/2023

Time/Location: xoxo

## No event on Memorial Day Weekend

Hey ladies! We are not planning an official gathering on Memorial Day weekend. If you are a woman who is looking for someone to hang out with this weekend reach out, connect & make plans together by writing in the comments of our instagram or facebook posts.

06/04/2023

Time/Location: 2:30pm-4:30pm at Muscota Marsh

## OUR FIRST JUNE GATHERING

Just us ladies! No surprise guests at this gathering. Phew! We are thinking of heading to Muscota Marsh where we held our very first Ladies Lemonade!?

**WHEN:** Sunday, June 04 from 2:30-4:30pm

**WHERE:** We are going to return to the original location, where it all began! At the picnic tables in Muscota Marsh.

**DIRECTIONS:** Use the Inwood Farm restaurant address to get the most accurate directions to the correct Inwood Hill Park entrance, 600 W 218th St, New York, NY 10034. Enter Inwood Hill Park from 218th Street & Indian Road. Muscota Marsh is accessible to the right, through the open gates in the stone wall. The picnic tables are located at the landing after descending the wood ramp.

**MORE:** Casual, come as you are. Bring sharable snack or beverage, if possible, or just bring yourself! Nik will have Prosecco, lemonade, sparkling cider and small bites. Let's meet up and get to know one another and meet more ladies from the neighborhood.

**SPREAD THE WORD:** Post about the event on your building's message board, or slip an invite under your lady-neighbor's door.

06/25/2023

Time/Location: 3:30pm-5:30pm at Muscota Marsh

## END OF JUNE GATHERING

The first ladies are all discussing what works best for everyone's schedule and calling around... this event may kick off later than the previous events, we are going to try a new time for this weekend, it will be from 3:30pm - 5:30pm.

**WHEN:** Sunday, the last week in June from 3:30-5:30pm

**WHERE:** At the picnic tables in Muscota Marsh.

**DIRECTIONS:** Use the Inwood Farm restaurant address to get the most accurate directions to the correct Inwood Hill Park entrance, 600 W 218th St, New York, NY 10034. Enter Inwood Hill Park from 218th Street & Indian Road. Muscota Marsh is accessible to the right, through the open gates in the stone wall. The picnic tables are located at the landing after descending the wood ramp.

**MORE:** Casual, come as you are. Bring sharable snack or beverage, if possible, or just bring yourself! Patricia is hosting officially. We will have Prosecco, lemonade, sparkling cider and small bites. Let's meet up and get to know one another and meet more ladies from the neighborhood.

**SPREAD THE WORD:** Post about the event on your building's message board, or slip an invite under your lady-neighbor's door. You can download a flyer at this link: [click here](#)

07/23/2023

Time/Location: 3:30pm-5:30pm at Muscota Marsh

## IMPROMPTU GATHERING

Thanks to everyone who came to this last minute gathering. Lots of ladies were out of town for July, then we received a bunch of texts and emails asking if we could have a smaller get together... so we did!

Happy Birthday to Janet, in advance!

08/13/2023

Time/Location: 3:30pm-5:30pm in Isham Park

## BIG SUMMER GATHERING

Please spread the word! To view the email invite, please click [here](#).

WHEN: Sunday, August 13th from 3:30-5:30pm

WHERE: Isham Park, near the park benches and water fountain.

DIRECTIONS: Enter the park without stairs from the end of Park Terrace East, or use the entrances along Park Terrace West, Broadway or Isham Street. We made a map with the entrances marked, just in case, there are a few ladies who have lived in the neighborhood for years have never been to Isham Park. Click [here](#) to see the map.

MORE: Casual, come as you are. Bring sharable snack or beverage, if possible, or just bring yourself! We will have Prosecco, lemonade, sparkling cider and small bites.

SPREAD THE WORD: Post about the event on your building's message board, or slip an invite under your lady-neighbor's door.

Let's meet up and get to know one another.

09/17/2023

Time/Location: 3:30pm-5:30pm in Isham Park

## Fall Gathering

Please spread the word!

WHEN: Sunday, September 17th from 3:30-5:30pm

WHERE: Isham Park, near the park benches and water fountain. [Click here for directions to our location.](#)

MORE: Casual, come as you are. Bring a sharable snack or beverage, if possible, or just bring yourself! We will have Prosecco, lemonade, sparkling cider and small bites.

SPREAD THE WORD: Post about the event on your building's message board, or slip an invite under your lady-neighbor's door.

Let's meet up and get to know one another.



10/22/2023

Time/Location: 3:30pm-5:30pm at Nik's Apt.

## October Gathering

Please spread the word!

**WHEN:** Sunday, October 22nd. Come help setup at 2:30pm. Most ladies RSVPd they'd be arriving around 3:30pm. We should be wrapping things up by 5:30pm.

**WHERE:** Location is updated to Nik's apartment on Park Terrace East. You can text Nik at 917-634-0989 for the address. Don't worry, it is only 2 blocks from Isham Park where we usually meet.

**MORE:** Casual, come as you are. Bring a sharable snack or beverage, if possible, or just bring yourself! We will have Prosecco, lemonade, sparkling cider and small bites.

**SPREAD THE WORD:** Remember to update your friends and neighbors about the location! Everyone on the email list will get a reminder email tomorrow with the address.

Click here for the address and 1pg flyer!



11/19/2023

Time/Location: 3:30pm-5:30pm at Nik's Apt.

## November Ladies Lemonade

Thanks to everyone who came! We all have so much to do, it means a lot when we can gather together!

**WHEN:** Sunday, November 19th. From 3pm - 5pm.

**WHERE:** We will meet at Chandra or Nik's apartment, 1-2 blocks from our recent location in Isham Park. Please RSVP for the address, [click here](#).

**MORE:** Come as you are. Bring a sharable snack or beverage, if possible, or just bring yourself! We will have Prosecco, lemonade, sparkling cider and small bites.

**SPREAD THE WORD:** Tell your friends and neighbors!



12/17/2023

Time/Location: 5pm-7pm at Morris-Jumel Mansion

## Holiday Party!

THANK YOU TO ALL THE WOMAN WHO MADE LAST NIGHT SO SPECIAL! FOR ALL THE WOMEN WHO COULD NOT ATTEND, WE WILL CATCH YOU UP ON SOCIAL MEDIA AND ADD LINKS HERE TO DETAILS ABOUT THE WOMEN'S HEALTH CONVERSATION. CLICK HERE FOR OUR OFFICIAL THANK YOU PAGE. XO, NIK

<https://ladieslemonade.com/thank-you-2023>

Click here for information & to purchase all-inclusive tickets! Get on our list for the updates! We will be gathering at a beautiful and historic location, The Morris-Jumel Mansion at 162nd Street. Let's celebrate each other as we look back at what we have "built together" and "created for one other" this year. Please purchase tickets as soon as possible. There is a limited space and we would like to get the guest list to the woman who manages events at the mansion as soon as possible.