ZIWC
Connecting Women
est. 1967

MAGAZINE

Connect!

JULY / AUGUST 2026 | FOR WOMEN • FOR CONTACT • FOR 59 YEARS



www.ziwc.ch

Connect With Us



When
indulgence
becomes
summer.

19 June | 3 July | 28 August
Swing | Heimatklang | Gaucho

aigu BBQ Nights

When the grill sets the rhythm

**«Three BBQs. Three signature styles.
One summer at aigu»**

aigu
Restaurant & Bar

aigu Restaurant & Bar
Industriestrasse 14 | CH-6302 Zug
+41 41 727 47 47 | welcome@restaurant-aigu.ch

Dear Members,

As summer settles over Zug and many of us move into a season of travel, terrace evenings, visitors, lake swims and slower mornings, this edition of Connect! arrives filled with new plans, familiar faces and exciting moments still ahead for our Club.

One of the things I love most about ZIWC is that every Member experiences the Club in her own way. For some, it is the weekly Stammtisch or a spontaneous coffee. For others, it is joining an Escape, discovering a new hobby, attending inspiring talks, building friendships, or simply knowing there is always a welcoming community waiting somewhere in the calendar.

What continues to impress me year after year is the warmth, openness and energy our Members bring into this community. Whether you joined twenty years ago or only recently discovered us, ZIWC becomes what it is because women continue to show up for one another — with curiosity, kindness, humour, support and friendship.

As we slowly begin preparing for our 60th Anniversary year, it also feels like the perfect moment to appreciate what this Club has already represented for generations of women in Zug: connection, international friendship, new beginnings and countless shared memories.

I hope this summer edition inspires you to try something new, reconnect with familiar faces and enjoy everything our wonderful Club has to offer over the coming months.

Wishing you all a beautiful summer and I very much hope to see many of you soon at one of our upcoming events.



Warm regards,
Émely Steegstra-Hendrix
President ZIWC

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New Members

We warmly welcome our new Members

Donna W, Geneva
Cedella B, Menzingen
Karen C, Steinerberg
Chara P, Zug
Géraldine P, Cham
Olga R, Zug
Esperanza R, Zug
Laura A, Gisikon
Michele H, Zug
Eleonora R, Zug

Ananda S, Maschwanden
Andrea R, Zug
Anja T, Baar
Mariyana H, Zug
Ivana C, Neuägeri
Cecilia F, Cham
Ulrika L, Zug
Andrea L, Zug
Fachera E, Lucerne
Karla K, Zug

Mary-Anne Kedda,
Membership Chairwoman
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6340 Baar
IBAN: CH40 0900 0000 1752 1935 3

The Club's cancellation policy is applicable to all events that involve a reservation and a monetary payment. Unless otherwise specified, the cancellation deadline is the booking deadline. A Member who cancels her participation in an event, after the cancellation deadline, is required to pay the full participation fee of the event. The Club is not responsible for any loss or injury suffered during the course of activities or events.

Club No-Show Policy for 'Free Events': Any Member who makes a reservation for a free event who has not cancelled within the agreed deadline or has not given notice to the event organiser of non attendance will incur a 25 CHF fine.

Accident Insurance: Participation in any club event is at the Member's own risk. It is each participant's responsibility to have personal and accident insurance.

3rd Party Ad Disclaimer: The Club's Newsletter contains advertisements from third party businesses and has no control over their content and the quality of services advertised. The use of such information lies solely at the readers' own discretion or risk. Further, the ZIWC does not explicitly and implicitly endorse third parties in exchange for advertising nor does any advertising influence editorial content, products or services.



This Connect! Magazine Edition: *A Focus on Health & Vitality*

This edition, we've decided to focus and expand upon the many opportunities that the club provides to improve and deepen our understanding of Health and Vitality. You will still find all the great upcoming events, historical insight, and event recaps, with special mentions for many of our wonderful health- and fitness-related interest groups, events, and expertise.

This perennial topic could never be covered extensively in our mere 40-page magazine, but we hope you find something new or interesting within the pages.

You can find our upcoming events in the Calendars at the back of this Edition, or online at https://ziwc.ch/event-calendar/ and if you haven't found enough to keep you fit and healthy, there are many more events around town, such as at the Zug Library. Check out their health and wellness related events here: https://www.bibliothekzug.ch/-/wohlfuhlkapitel.

New studies suggest one of the key factors in health is relationships, which makes clubs like ZIWC even more important in our increasingly digital society.

Board Member Names *and* Contact Details

President • **Émely Steegstra-Hendrix** • president@ziwc.ch
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Escape Chairwoman • **Alicia Toledo** • escape@ziwc.ch
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Webeditor • **Betsy Ballew** • webeditor@ziwc.ch

Your Board Updates *for 2026-27*



NEW! Advertising Chairwoman • Andrea Lenke

I am very excited to join the Board as Advertising Chairwoman this year. Having been a Member of the Club for the past two years, I truly appreciate not only the wonderful activities and opportunities it offers, but also the friendships, support, and sense of community that make it such a special place. I look forward to carrying on the relationships with our current advertising partners, and to building new relationships with new advertising partners to continue to bring value to our Members and help our Club continue to thrive.

NEW! Magazine Chairwoman • Elizabeth Egli



When I first moved to Switzerland to marry my husband nearly 6 years ago, I really never imagined I would stay here this long. Switzerland is beautiful, but without a job, friends, family, language skills, or a clear path forward, I lost my identity. I think the moment I finally started to feel at home here was not when I learned enough Swiss German to talk with my in-laws, nor when I got a job here in Zug, but rather when I started to make connections and friends, especially through the Club.

I am really looking forward to continuing the great tradition of Connect! Magazine, and hope that, through the stories, events, photos and shared moments, others find their way to that sense of home as well.

NEW ROLE! Webeditor • Betsy Ballew



I chose to join the ZIWC Board in 2023 because I value the sense of community, connection, and support that the Club provides. One of the aspects I appreciate most about ZIWC is the opportunity to connect with women from diverse backgrounds, build friendships, and foster a sense of community and belonging. I wanted an opportunity to contribute my skills and help strengthen the Club for both current and future Members.

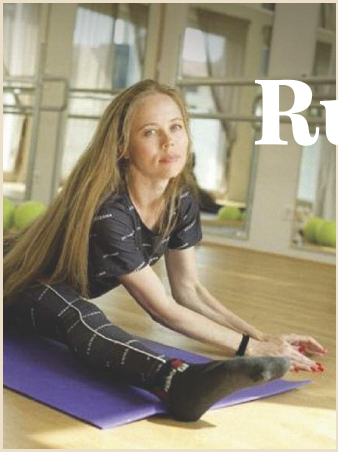
As Web Editor, I look forward to improving visibility and communication through an engaging, up-to-date website that keeps Members informed and showcases all that ZIWC has to offer. I strive to highlight the many opportunities ZIWC provides for connection, friendship, personal growth, and community involvement.

NEW ROLE! Interest Groups Chairwoman • Bettina Bjerregaard



After three rewarding years as Web Editor, I am delighted to be taking on the role of IG Leaders Chair. Over the years, I have had the pleasure of getting to know many of the people and activities that make ZIWC such a vibrant and welcoming community.

I am excited to work more closely with our fantastic Interest Group Leaders. Our Interest Groups are at the heart of ZIWC, bringing people together, creating friendships, and inspiring new interests. I look forward to supporting our leaders and helping our groups continue to grow and thrive.



Meet the Member
Ruslana Tkachuk

Could you tell us about your life in Ukraine before the war and why you chose to live in Switzerland?

Before the war, my life was dedicated to sports, health, and helping people. Although I have a law degree, I realised early on that my true passion was supporting others through movement, fitness and a healthy lifestyle.

For many years, I worked professionally in the fitness industry, earning international certifications in fitness, stretching and well-being. One of the highlights of my career was winning the Ukrainian Fitness Cup.

Before the war, I owned two fitness studios in Kyiv and Zaporizhzhia with around 400 members. These studios were more than fitness clubs—they were places where people improved their health, built confidence, and found support.

My husband is also an entrepreneur. We had our own home, successful businesses, and many plans for the future. The war changed everything. We lost our home, our businesses and the life we had worked hard to build.

Our priority became our family's safety, especially our young son, so we made the difficult decision to leave Ukraine.

We chose Switzerland because we had visited several times and admired its stability, safety, high quality of life and respect for people. Friends living here also supported us in our first months. Later, with assistance from social services and the Canton of Zug, we secured housing and began rebuilding our lives. For this, we are sincerely grateful.

Today, our five-year-old son reminds us every day why it is important to stay strong and keep moving forward.

What are you doing today in Zug?

Today, I continue helping people improve their health and well-being.

One of my main activities is teaching my own method, Combo Stretching, a programme I developed through years of experience. It combines strength training, flexibility, endurance and deep stretching to improve mobility, posture, balance, and overall wellbeing.

I work with women of different ages and fitness levels, helping them feel stronger, healthier and more confident. For me, movement is not only about physical fitness but also emotional well-being and long-term health.

Through the Ruslana Tkachuk Company, I also develop projects focused on health, wellness and handcrafted products. One of these projects is creating handmade candles from 100% natural beeswax, reflecting my passion for natural materials and creating a warm atmosphere.

What message would you like to share with women who are going through difficult times?

Never lose faith in yourself.

Life can change unexpectedly, and sometimes we must start again from the beginning. I know this from personal experience. Yet every challenge can reveal inner strength we never knew we had.

Take care of your health, value your loved ones, keep moving forward, and never stop believing in your dreams. Step by step, even the most difficult journey becomes possible.

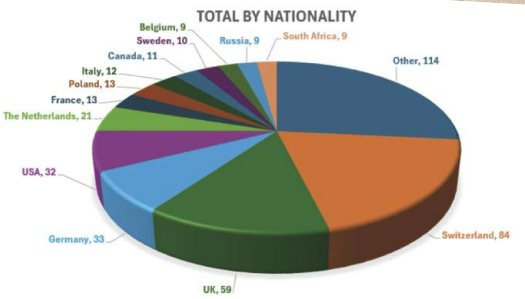
AGM Recap

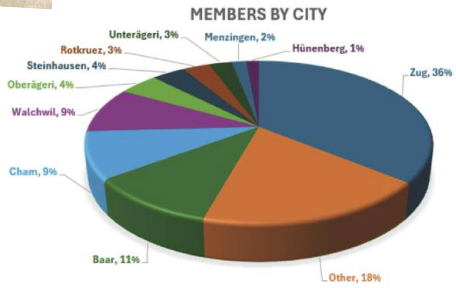
The 2025-26 AGM on 12 May drew nearly 60 Members to the Siehbachsaal to review the Club year and to get a sneak peek into the year ahead.

We said goodbye to Suzy, the Connect! Magazine Chairwoman of four years, and Veerle, the Interest Groups Chairwoman and Board Member for six years. We are sad to see them go and thank them for helping to make the Club what it is today.

We received updates on the depth and breadth of our Club Activities, as well as the diversity of our Members.







Members also come from Albania, Argentina, Australia, Austria, Brazil, Bulgaria, China, Croatia, Cyprus, Czech Republic, Denmark, Ecuador, Estonia, Ethiopia, Finland, Greece, Hungary, India, Indonesia, Iran, Ireland, Israel, Japan, Jordan, Kazakhstan, Kenya, Latvia, Lebanon, Lithuania, Mexico, Morocco, Norway, Pakistan, Peru, Philippines, Romania, Singapore, Slovakia, Spain, Sri Lanka, Turkey, Ukraine, Uruguay, Vietnam

We are truly International!!!





We also voted on a special proposal to use recovered revenue to develop a new ZIWC App, something we can all look forward to.

For those looking to delve deeper, the Minutes can be found on our website here: ziwc.ch/agm-board-meeting-minutes/

We thank the record number of Members who turned out for the AGM, and look forward to yet another fantastic and ever-expanding Club year.

Charity Project 2026-2027

It is a great pleasure and honour to present the charity project we have chosen to support this year: **Stiftung Wunderlampe.**

The mission of the Foundation is both simple and deeply touching: to fulfil the heartfelt wishes of seriously ill, injured or disabled children and young people. Through unforgettable experiences tailored to each child, the Foundation brings moments of joy, hope and relief into lives that are often marked by pain, uncertainty and daily challenges.

Since its founding in 2001, the Foundation has fulfilled nearly two thousand wishes. Behind every single wish is a unique story - a child longing to experience something extraordinary, to forget hospital visits and treatments for a moment and simply feel happiness again.

What makes the work of the Foundation so remarkable is the extraordinary dedication with which every dream is realised. The team, composed of staff and committed volunteers, approaches each child and family with compassion, sensitivity, professionalism and genuine heart.

These wishes are far more than beautiful moments. They create precious memories for entire families. They offer emotional strength, comfort and encouragement during the most difficult periods of life.

The Foundation operates throughout Switzerland and has earned an outstanding reputation for its integrity, professionalism and meaningful impact.

As an International Women's Club, we strongly believe in solidarity, compassion and the importance of supporting those who need hope the most. This is why we felt deeply inspired by the work of the Foundation and proud to choose it as our charity project.

With our support, we hope to help create more magical moments and unforgettable memories for children and families facing incredibly difficult circumstances.

Because sometimes, a single fulfilled dream can bring light where it is needed most.

Save your 5rp Coins for Charity!

Yes, we know…..most of us are practically cashless these days. Cards, phones, watches, some people haven't seen a coin purse since 2019.

But those little 5rp coins still have a purpose! Instead of letting them disappear into drawers, car cup holders or mysterious jacket pockets, save them up for our charity collection.

Here's how it works:

- Collect your 5rp coins whenever you come across them
- Bring them along to events or the Stammtisch
- Hand them to Susan or Saakje
- We'll count them and pay the full amount directly into the charity account.

Tiny coins, big smiles, and together those little forgotten 5 Räppler can make a real difference.

So start your own "micro charity treasure jar" at home and see how quickly it fills up.

Or donate digitally!

For those looking to donate remotely, you are also welcome to use this dedicated QR code, which we will collect in a special fund and donate at the end of the year.

Find out more at www.wunderlampe.ch

ZIWC Business Network Apéro - *it works!*

Our Drop-In Apéro is a great way to get to know Members and to build connections. Held once a month, usually on a Tuesday from 18.00 - 19.30 the Apéro provides a lovely opportunity to move from the working day to a more relaxed evening - and Members and guests love it!



We asked our "regulars" to tell us why they liked it and here is what they said:

"Great opportunity to network and exchange ideas, expertise and experience with like-minded women in business."

"Apart from learning many new things, it is such a pleasure to meet interesting, knowledgeable and friendly women."

"It's a friendly and open place to network, exchange ideas and offer support. I enjoy the mix of meeting women who are employed or those who are entrepreneurs."

"A safe and welcoming space for women from very different backgrounds; it's an opportunity to see my work through fresh eyes, share experiences, meet interesting women and hear a range of viewpoints."

"I joined ZIWC reluctantly and found the unexpected: warmth, wit, generational wisdom, support, confidence, lifelong friends and, when I needed it most, a new career."

"I have joined many groups and networking events over the years and was also reluctant because so many people network to get something and I found ZIWC amazing that so many people give something without any expectations. That is so refreshing and humbling."

"ZIWC Business Network is a great place to start making connections with likeminded women for work and business. Always filled by positive energy and people ❤ Major appreciation and thanks to Ailbhe"

"I'm a new Member and joined one meetup apéro: easygoing, spontaneous connections. Friendly welcome, no self promotion contrary to other clubs so very pleasant good chats. Looking forward to the next one!"





"A wonderful and empowering network that supports women in business, encourages collaboration, and inspires growth. Truly a great group to be part of."

"For me ZIWC BN is about being surrounded by incredible, inspiring women. I truly believe in women's power — and being part of such a community is not only motivating, but also a beautiful opportunity for my own growth. I'm deeply grateful for the chance to connect, learn, and rise together."

Our next Apéro dates are:

Tuesday July 21 & **Tuesday August 18**
18.00 - 19.30 at Àigu Bar & Lounge at ParkHotel
Members & guests are welcome but you must register on the ZIWC website (in the Events calendar for the date).

Some tips for enjoyable networking:

Stand Up! It's much easier to move around and mingle;
Introduce yourself to someone you don't know, then introduce them to someone you do;
Wear your name tag and repeat the name of the person you are introduced to;
Move through the group talking to different people;
introduce people from one group to another group;
Involve anyone who is on their own;
Exchange contacts and follow up!

ENGEL&VÖLKERS

Key Moment



ZUG

+41 41 728 77 11 | zug@engelvoelkers.com
engelvoelkers.com/zug

Hospitality

Fanny van Dyck
Hospitality Chairwoman

Organises regular social events for long-standing and new Members. Welcomes new Club Members and serves as a point of contact for all Club events.

For more info about all the coffees, please contact Fanny Van Dyck (Hospitality Chairwoman) at hospitality@ziwc.ch

Stammtisch



Everyone is welcome at the Park Hotel in Zug for a relaxed coffee morning with wonderful women from our ZIWC community. A chance to connect, chat and make new friends over a warm cuppa. No need to register or sign up – just pop in for as long or short as you have time for.

When: Every Wednesday from 10:00-12:00 (except public holidays)
Where: Park Hotel, Industriestrasse 14, 6302 Zug

Ägeri Coffee

(July and August no Coffee)
Come join us for a friendly coffee and connect with other women living in the Aegeri area. Everyone is welcome whether you are new in the neighbourhood or have been here for years. To stay in the loop, just ask Vivi to be added to the Aegeri Coffee WhatsApp group.

When: Second Thursday of the month from 10:00- 12:00
Where: Café Brändle, Zugerstrasse 23, 6314 Unterägeri
Contact: Vivi Jensen on 076 824 4898 or at vivi.jensen@icloud.com

Cham Coffee

Do you live in Cham, Hünenberg, Knonau,…? Come and join the Cham local coffee morning hosted by Karin. To stay updated, ask Karin to add you to the Cham Coffee WhatsApp group.

When: Third Thursday of the month from 10:00-11:45
Where: Café Speck, Neudorf Centre, Zugerstrasse 17, 6330 Cham
Contact: Karin Resch on +43 664 421 2775 or at karin-resch@bluewin.ch

Walchwil Coffee

Living in Walchwil? Join Sarah, our Walchwil host for a cozy coffee morning on the last Thursday of every month. It's a great way to meet new ladies, share a laugh and enjoy a warm drink together. Everyone is welcome! Ask Sarah to be put in the Walchwil Coffee WhatsApp group.

When: Last Thursday of the month from 9:30 till 11:30
Where: Hotel Aesch, Hinterbergstrasse 31, 6318 Walchwil
Contact: Sarah Paul on 079 279 9748 or at paulfamily@bluewin.ch

Life's too short for boring drinks and dull company. Join the Cheeky Cocktail Club!

Cheeky Cocktail Club

Ladies of ZIWC, are you ready to shake things up? Join us for a monthly dose of fun, friendship, and fabulous drinks!
Whether you're a cocktail connoisseur or just looking for a great night out, the Cheeky Cocktail Club is your ticket to a world of flavour and friendship. No mixology skills required – just bring your smile and sense of adventure!
Ready to join the most spirited group in town? Sign up now and let's raise a glass to new friendships and unforgettable evenings!



July • IMMER DU

Date: Friday 10 July 2026
Time: 19:00 till late
Where: IMMER DU, Seestrasse 1, 6300 Zug
For our July edition, we're trying something completely new! IMMER DU only recently opened its doors and describes itself as a place where creativity, connection and good times come together. With its stylish atmosphere, innovative drinks and fresh energy, it feels like the perfect setting for a summer evening with the Cheeky Cocktail Club. Join us for cocktails, conversation, and the chance to discover one of Zug's newest hotspots together. After all, finding a great new bar is always more fun when shared with friends.
How to get there: IMMER DU is conveniently located near the Postplatz (bus 602, 604, 605, 611, 612, 613, 614)

August • FLANAGAN'S IRISH PUB

Date: Tuesday 25 August 2026
Time: 19:00 till late
Where: Flanagan's Irish Pub, Bahnhofstrasse 15, Zug
For our August edition, we're bringing a little Irish pub energy into the Cheeky Cocktail Club! Flanagan's is lively, relaxed and full of atmosphere — the kind of place where one drink easily turns into a wonderfully fun evening. Expect good cocktails, plenty of laughter and that warm pub feeling that makes chatting for hours feel effortless. A perfect late-summer evening with the ZIWC ladies.
How to get there: Flanagan's is located directly down the road from Zug main station (150m) and is very easy to reach by both train and bus.

Host a Contact Coffee/Apéro

Would you enjoy welcoming new faces into our ZIWC community over coffee, wine and warm conversation?

We're looking for hosts to open their homes for a **Contact Coffee or Apéro**—small, informal gatherings that help new Members feel instantly at ease and connected. You don't need a big house or fancy setup—just a welcoming spirit and a little time.

It's one of the simplest yet most meaningful ways to support the Club—and who knows, you might make a new friend (or three) along the way.

If you're curious or ready to host, contact Fanny at hospitality@ziwc.ch—she'll be happy to guide you.

Together, we make ZIWC feel like home.

ZIWC LUNCH CLUB

a great way to meet and make new friends

Our Lunch Club is a monthly social event where Members meet over a relaxed lunch, to chat, discuss and make friendships. Our lunches are Member-only events and for Members new to our Club this is a lovely way to meet other Members in a smaller group (usually 8-12 people). Each person pays for the food and beverages they consume.

Our next lunch venues continue the lake-side theme with lunch at established favourites:



July Lunch

July Lunch will take place on **Tuesday 14 July** at **12:15** at the

Restaurant Casino, Zug

www.theatercasino.ch/restaurant



August Lunch

Our **August Lunch** will take place on **Wednesday 19 August** at **12:15** at the

Villa Villette, Cham

www.villavillette.ch/

Please register on the Club Website or - if you have no web access - by calling or texting Ailbhe Fallon on +41 78 698 5160 (no WhatsApp please).

Once the reserved places are filled, you can contact Ailbhe by email or text (see below) to be placed on the waiting list for cancellations.

CANCELLATIONS:
Restaurant Theater Casino: mid-day 13 July
Villa Villette: mid-day 18 August

If you need to cancel please do so as soon as you are aware so that your place can be assigned to another Member. Please cancel by email before the deadline to ailbhe.fallon@fallon-currie.com or by calling/texting 078 698 5160 (no WhatsApp please) so that your place can be released and/or allocated to those on the waiting list.
The Club's Cancellation Policy will apply.

July Monthly Dinner

ZIWC DINNER CLUB

An Evening in Bollywood Following the tremendous success of last year's event, which sold out completely, we're bringing back our much-loved Bollywood evening — bigger, brighter, and even more festive! Join us for an evening filled with delicious home-cooked Punjabi cuisine, vibrant music, laughter, and dancing. We'll begin with a traditional Indian dinner lovingly prepared at home, showcasing the rich flavours and hospitality of Punjab. After dinner, get ready to immerse yourself in the colourful world of Bollywood with an entertaining dance lesson suitable for all levels, followed by an evening of dancing and celebration. Whether you're a seasoned dancer or have never tried Bollywood before, come prepared to have fun, learn a few moves, and enjoy a memorable summer evening with friends. Guests are warmly encouraged to wear Indian attire if they wish and add to the festive atmosphere.

When: **Saturday, 18 July,** 18:30
Where: **Dee's home in Baar** (See the ZIWC Calendar for directions).
Group limit: 12 Members. Please register online (or send an email to webeditor@ziwc.ch if you are unable to register online)
Booking deadline: Friday, 10 July
Contact: Maja Stankovic at majasta@yahoo.com or on 079 285 43 55 for any questions.
Menu: Home-cooked Punjabi specialties (meat and vegetarian). Please select your preferred menu when registering. Cost **40.00 CHF** per person. Please send your payment via TWINT to Dee when registering. Please bring: A bottle of your favourite wine, beer, or beverage to share.

August Monthly Dinner



Gaucho BBQ Join us for a lively South American evening full of joie de vivre at Aigu's Gaucho BBQ Night. Gaucho BBQ brings the spirit of an authentic gaucho gathering to Aigu, with hearty barbecue specialties, an Argentinian-inspired atmosphere, and live music by Domingo Rey y Los Brillantes Paraguayos. Their vibrant performance creates an energy that needs no explanation—you can simply feel it. Gaucho BBQ is an evening for everyone who wants to do more than quietly enjoy the summer. Come and celebrate it with great food, music, passion, and a touch of Argentina.

When: **Friday, 28 August**, 18:00
Where: **Aigu Restaurant**, Industriestrasse 14, Zug. Walking distance is about 5 minutes from Zug train station. Parking options- Parkgarage Metalli or Park Hotel Zug.
Group limit: 12 Members. Please register online (or send an email to webeditor@ziwc.ch if you're unable to register online)
Booking deadline: Wednesday, 15 July
Contact: Maja Stankovic at majasta@yahoo.com or on 079 285 43 55 for any questions.
Menu: BBQ buffet: CHF 78.00 per person. View the menu here: Aigu Gaucho BBQ – aigu Gaucho BBQ - aigu BBQ Nights - Our Restaurant - restaurant-aigu.ch
After registration a WhatsApp group will be created to communicate the payment details.

Please note that prepayment is required for these events, and the Club's Cancellation Policy applies. If you need to cancel your dinner reservation, please inform Maja via WhatsApp no later than **three days after the booking deadline**. This will allow us to offer your place to someone else if you are unable to attend.

Escape Swiss National Day Brunch and Celebration

Date: Sunday 1 August 2026

The Experience: Join us to celebrate Swiss National Day by enjoying Buurezmorge together in Cham followed by celebrations in Old Town Zug. Buurezmorge is a newer tradition of a farmer's breakfast or brunch on a local farm where we will enjoy baked goods, dairy products, cereals and hearty dishes of rösti and eggs, and cold cut meats. If you have never attended an August 1 Farmer's Brunch, this is a wonderful event to start the National Day supporting a local farm. Afterwards, we will make our way to Zug Old Town to enjoy the rest of the day's festivities.





Location: Cham and Old Town Zug

Time: 9:00-17:00

Cost: 40 CHF

Registration Limit: 20 person table reserved but can request more seats if there is enough interest in the event.

Booking Details: Open to ZIWC Members. Register via the ZIWC Calendar on the website.

Booking Deadline: Please RSVP by 22 July 2026.

Contact: For questions or more information, please contact Alicia Toledo at Escape@ziwc.ch ZIWC Cancellation and Accident Insurance policies apply.

Escape Open House Zurich

Date: 27-28 September

The Experience: This exciting annual event offers a unique opportunity to explore some of Zürich's most fascinating buildings, architectural landmarks, and hidden spaces that are not always open to the public. Whether you are interested in design, history, urban development, or simply discovering new corners of the city, Open House Zürich promises an inspiring and enriching experience. Join fellow Club Members for a weekend of exploration, conversation, and discovery as we celebrate the architecture and culture that make Zürich such a remarkable place. We hope to see you there!

OPEN HOUSE ZÜRICH 26–27 SEP 2026

Location: Multiple Locations in Zurich

Cost: no cost

Registration Limit: 12 ladies

Booking Details: Open to ZIWC Members. Register via the ZIWC Calendar on the website. When spots are taken, a waitlist will be started.

Booking Deadline: Please RSVP by 31 August 2026.

Contact: For questions or more information, please contact Alicia Toledo at Escape@ziwc.ch ZIWC Cancellation and Accident Insurance policies apply

LISA EDELS
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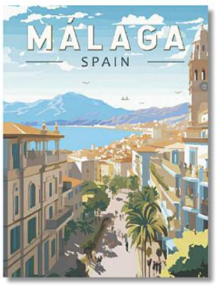
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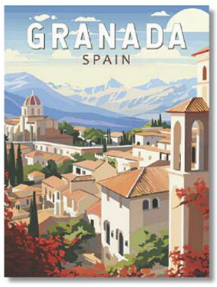
www.lisaedels.com



Escape

Trip to Granada and Sevilla







Date: **6-12 September 2026** (Shorter Options Available)

The Experience: Join us for an unforgettable Spanish Escape beginning with a delightful evening in Málaga before travelling comfortably by train through the heart of Andalucía. Spend two enchanting nights in Granada, where Moorish history, elegant gardens, and vibrant Spanish culture come together in spectacular fashion. Highlights include the magnificent Alhambra, one of Spain's most treasured landmarks. Savour local specialties such as tapas, jamón ibérico, and the region's famous piononos pastries. Along the way, enjoy browsing artisan shops featuring handcrafted ceramics, leather goods, and colourful Spanish textiles that make wonderful keepsakes.

Our journey continues by train to vibrant Seville for three nights immersed in the beauty and romance of Andalucía's capital. Let's marvel at the grandeur of the Seville Cathedral and the iconic La Giralda, stroll through the fragrant gardens of the Royal Alcázar of Seville, and soak up the atmosphere of picturesque neighbourhoods lined with orange trees and lively cafés. Food lovers will delight in authentic Andalusian cuisine, from fresh seafood and gazpacho to churros with chocolate and local wines. There will also be time to explore elegant boutiques, traditional fan and flamenco accessory shops, and bustling markets filled with Spanish fashion, jewellery, and gourmet treats.

Combining rich history, world-famous landmarks, delicious cuisine, and scenic rail travel, this thoughtfully paced journey offers the perfect blend of culture, relaxation, and discovery for our ladies!

Location: Spain

Cost: TBD

Registration Limit: 12 ladies

Booking Details: Open to ZIWC Members. Register via the ZIWC Calendar on the website. When spots are taken, a waitlist will be started.

Booking Deadline: Please RSVP by July 31 2026.

Contact: For questions or more information, please contact Alicia Toledo at Escape@ziwc.ch
ZIWC Cancellation and Accident Insurance policies apply

Expat Expo

Our Reach is growing!



As we learned at the AGM, most of our Members come to us through word-of-mouth. That makes events like the Expat Expo especially useful for us, allowing us to connect 1-on-1 with women who might not know what we are about!



We collected a whopping 78 names and their contact details during this year's Expat Expo and our reach at the Expo is growing:
2024 - 30 names collected
2025 - 64 names collected
2026 - 78 names collected

Thanks to everyone who was there and helped welcome potential new Members throughout the day.

ZIWC connecting with Frauenzentrale Zug

Representatives of the International Women's Club Zug were delighted to attend the Annual General Meeting of Frauenzentrale Zug on 27 May 2026. For many years, the organisation has provided valuable support to women and families across the canton through its professional counselling services, financial guidance, legal advice and information on family, workplace and social issues.



Frauenzentrale Zug also plays an important role in advocating for the interests of women, promoting equal opportunities and helping individuals navigate challenges at different stages of life. As fellow members of Zug's women's community, we are proud to support their work and to contribute to a strong network of organisations dedicated to improving the lives of women and families in our region.
www.frauenzentralezug.ch

Frauenzentrale has a wide range of opportunities and events. For example, the **Femmes-Tische and Männer-Tische** are meetings for immigrants. Attendees discuss topics such as parenting, daily life, and health in their first language. They can make new contacts, exchange experiences, and receive information about further services and advice centers.

https://www.frauenzentralezug.ch/angebot/femmes-tische-maenner-tische

Good Morning Longevity Booster

by CRYODYNAMIC for ZIWC Members



This is an exclusive opportunity for our ZIWC Members, who are warmly invited to experience an extraordinary start to the day at the CRYODYNAMIC Longevity Institute, an event designed to provide fresh impulses for everyday life and lasting inspiration.

In an introductory talk, we will gain a deeper understanding of how the body functions down to the cellular level. It will be demonstrated how the systems within our body significantly influence our vitality and long-term health, and which simple, often underestimated everyday factors play a decisive role. This fosters a more conscious approach to one's own health and quality of life, while also offering insight into some of the most advanced longevity technologies.

The programme also includes a practical experience:

Participants can choose between the Ice & Fire effect or the Ice & Relax effect.

- Ice & Fire: CRYO -85°C & ionized light oasis
- Ice & Relax: CRYO -85°C & lymphatic flow, lymphatic drainage

In the calm and premium atmosphere of the CRYODYNAMIC Longevity Institute, we will enjoy an exclusive morning experience, accompanied by longevity snacks, finger food, fresh smoothies, inspiring encounters, and personal exchange.

Date: 19 August 2026 - Registration Available Soon

When: Morning session (approx. 2.5 hours: 1-hour lecture & 1-hour treatments)

Where: CRYODYNAMIC Longevity Institute, Hünenberg

Participation: Maximum of 12 participants, minimum of 6 participants

Cost: CHF 99

Reviewing the Health Talk

"Midlife Vitality Starts in the Gut"

On Monday 27 April 2026 several of our ZIWC Members attended the Health Talk "Midlife Vitality Starts in the Gut" sponsored by BIOMEFIX, Switzerland. The event was held in the charming lakeside venue of Siehbachsaal, Zug and was preceded by a delicious and healthy buffet from Tibits – the ideal, guilt-free prelude to Dr. Feldhaus' insightful presentation on ageing and the gut microbiome.

Interest in the microbiome has surged dramatically over the past decade, transforming what was once a niche area of scientific inquiry into one of the most dynamic fields in health and longevity research.

The microbiome refers to the vast community of bacteria, viruses, fungi and other tiny organisms (microorganisms) that live in and on us, and the gut microbiome is one of the most well-known. The growing attention is driven by the realisation that the trillions of microorganisms living in our digestive tract are not passive, but active regulators of human biology. They influence metabolism, production of vitamins, immunity, inflammation, and even brain function (via the so-called *gut-brain axis*), positioning the microbiome as a central hub in maintaining overall well-being.

In relation to midlife, Dr. Feldhaus cited many effects of menopause on the microbiome. He indicated, for example, the effect that fluctuating oestrogen has on reducing the population of bacterial strains like Bifidobacterium and Lactobacilli, as well as on reducing production of short-chain fatty acids (SCFAs), thereby rendering the gut less stable, less supportive and less predictable.

Dr. Feldhaus contrasted the standardised treatments of traditional medicine with the individualised approach of functional medicine. The latter recognises both the gut microbiome as a regulator of health and the need for the individualised treatment of this complex microbial ecosystem. Using the example of Blue Zones, Dr. Feldhaus emphasised that health is influenced by factors including genetics, exercise, sleep, attitude, environment, a robust social network, and a diet with a variety of macro- and micronutrients.









We've known since the 1600s that microbes live in and on the human body. What's new is our ability to study entire microbial ecosystems in detail. Over the last 20 years, cheaper DNA sequencing, improved computing, projects like the Human Microbiome Project, and a shift from thinking about "germs" to complex microbial ecosystems have transformed microbiome research and revealed effects we couldn't previously measure. Still, scientists generally believe that we've explored only a small fraction of the human microbiome.



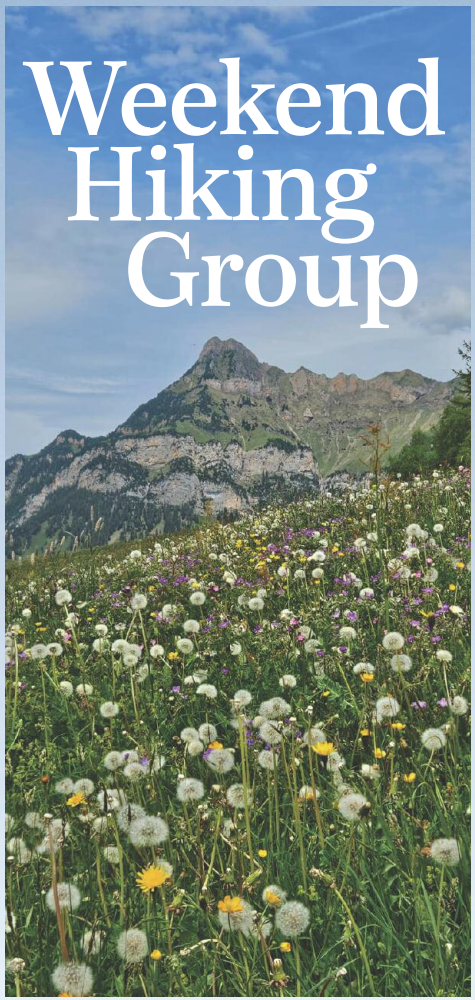
One reason for the heightened interest in the microbiome is its modifiability. Unlike our genetic code, our gut microbes can be influenced by diet, lifestyle, medications, and environment. This makes it an appealing target for intervention, researchers and clinicians increasingly see the microbiome as a pathway through which chronic diseases might be prevented or even reversed.

To help set us on this path toward improved well-being, Lukas (from BIOMEFIX) and Dr. Feldhaus answered our questions and provided each of us with a one-week supply of the BIOMEFIX live bacteria supplement. The evening concluded on a convivial note with a healthy dessert buffet, providing an enjoyable setting for engaging conversations, a fitting close to this informative and thought-provoking session.

Written By: **Margaret Curtin**

BIOMEFIX is a microbiome health company helping people navigate the gut microbiome changes that accompany life's natural transitions - including midlife and menopause. Made fresh to order, it contains live bacterial cultures, natural dietary fibres and postbiotic compounds, bringing together all key elements of a healthy microbial ecosystem in a fresh liquid format. www.biomefix.ch

Weekend Hiking Group



The **Weekend Hiking Group** launched in May: designed for ladies who love the outdoors, enjoy a good challenge, and appreciate great company along the way.

We started in May with an ambitious 13 km hike from **Brunnen** up 460 meters to Morschach, then down again and along the lake to the **restaurant Tellsplatte**. Travelling back via ferry was a fun highlight!

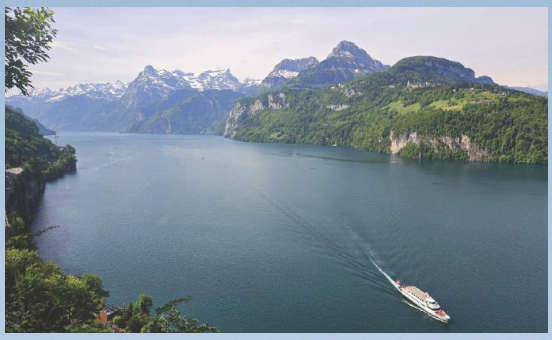
Our last walk **from Bürglen to Berghaus Eggberge** offered the most stunning views, beautiful young cows we all fell in love with and colourful flower meadows in full bloom. The cold drinks and ice cream at end were as much enjoyed as the serenade from the local yodel group!

Each hike is carefully chosen to be within **about one to two hour's train or bus ride**, making it easy to reach our hike without long travel times. From scenic lake views to impressive mountain ridges, we aim to offer something new to explore. Expect **spectacular views**, fresh mountain air, and those unforgettable moments when the scenery makes you stop and simply take it all in.

















This group is perfect for hikers with a **medium to good level of fitness** who are looking for day-long outings. We aim to tackle **medium to longer routes**, pushing ourselves while still enjoying the journey. It's not about speed, but about discovering Switzerland on foot and the satisfaction of reaching new heights together.

More than anything, this group is about **fun, connection, and shared experiences**. Whether you're new to the area or simply looking to meet like-minded people, you'll find a welcoming and motivated community ready to hit the trails.

So lace up your hiking boots, bring your sense of adventure, and join us as we **discover Switzerland in our vicinity step by step**. The mountains are calling – let's go together!

By **Antje Tyler**





Better Health Through the Gut: Practical Tips

Many of us were eager listeners at Dr Feldhaus's presentation, *Midlife Vitality Starts in the Gut*. He showed how our microbiome may hold the key to longevity, vitality and healthy ageing. There was a lot of mind-boggling information, perhaps too much to digest (pun intended!). So what can we actually do to support the tiny helpers in our gut so they can support us with better sleep, skin, mood and energy?

The bottom line: beneficial gut bacteria love ***fibre***.

What is fibre?

Fibre is found only in plants. Put simply: animals have bones so do not need fibre to hold themselves up.

Are fibre supplements helpful?

Plant foods contain thousands of different fibres, each feeding different communities of gut bacteria. That's why experts recommend eating at least 30 different plants per week. Fibre supplements cannot provide enough diversity for our gut microbiome; it is much better (and tastier!) to buy food rather than supplements.

What is the easiest way to get more fibre?

Luckily adding fibre is simple and delicious! These "superfoods" provide not just fibre but vitamins, minerals and phytonutrients.

- **Nuts and seeds:** we only need a handful per day; make sure they are not roasted, salted, or sugared – just raw. Variety is important, but walnuts and pumpkin seeds are exceptional.
- **Berries:** strawberries are as much of a superfood as blueberries, so eat both regularly. The best way to achieve variety is to buy frozen mixed berries.
  **Bonus Tip*: bananas and dairy reduce the benefits of berries (and tea, coffee and chocolate). Try to eat strawberries without cream, drink tea and coffee black and replace milk chocolate with dark chocolate.
- **Leafy greens:** spinach, lettuce, kale; fresh or frozen. If you hate greens, a smoothie is a great way to get the benefits without all the chewing. Combine with berries and lemon/orange/tomato juice and even hot sauce – experiment, just avoid dairy and bananas.
- **Pulses and wholegrains:** these have concentrated fibre *plus* zinc, iron and protein. Pulses (beans and lentils, peas and chickpeas) are readily available in tins, easy to add to soups, stews, curries and salads. Oats and barley are familiar grains: try barley instead of rice in your risotto and eat oats for breakfast.

Are there other superfoods to protect against cancer, heart disease and menopause symptoms? Yes!

- **Ground flaxseeds**: 2-3 tablespoons daily can be mixed into porridge, soup or a smoothie.
- **Broccoli:** for maximum anticancer benefits, let broccoli rest for at least 30 minutes after chopping before cooking.
- **Soy:** The internet is full of click-bait horror stories about soy, but we have two types of oestrogen receptors (ER): ER alpha and ER beta. Soy phytoestrogens bind to ER beta and can support bone and heart health and ease menopause symptoms without increasing cancer risk.

By **Anna Spooner**



Yoga

By **Suzy Andricopoulos**

For mind,body and spirit

Yoga has long outgrown its image as simply a fashionable fitness trend. For many women navigating demanding careers, family responsibilities and the relentless pace of modern life, yoga offers something increasingly rare: a practice that strengthens not only the body, but the mind and spirit as well. In a culture focused on productivity and performance, yoga invites us to slow down, pay attention and reconnect with ourselves.

Part of yoga's enduring appeal lies in its versatility. There are many different styles, each with its own emphasis and rhythm. **Hatha** yoga is generally slower and gentle, ideal for beginners or those seeking mindful movement. **Vinyasa** flows dynamically from pose to pose, linking the breath with movement in an almost meditative sequence. **Yin** yoga focuses on long-held stretches that deeply release connective tissue and encourage stillness, while **Ashtanga** and **hot yoga** offer a more physically demanding and disciplined practice. Yet despite these differences, all forms of yoga share the same underlying principles: breath, awareness, balance, and presence.

Unlike high-impact exercises that can become punishing over time, yoga offers longevity in the truest sense. It supports flexibility, balance, mobility and joint health, all essential for ageing well. Research increasingly points to the importance of maintaining muscle strength and mobility as we age, not only to preserve physical independence, but also cognitive health and emotional wellbeing. Yoga gently addresses all of these areas while remaining adaptable throughout every stage of life. A regular yoga practice has been shown to reduce stress hormones, improve sleep quality, lower blood pressure and help regulate the nervous system. In a world where burnout has become almost commonplace, the ability to intentionally pause and breathe deeply can feel quietly revolutionary.

There is also a profound mental discipline woven into yoga. The practice encourages patience over perfection, awareness over competition. Progress is often measured not in dramatic transformations, but in subtle shifts: holding a pose a little longer, breathing more calmly through discomfort, or simply arriving at class despite a difficult day. These seemingly small victories cultivate resilience and self-awareness in ways that spill over into daily life.

After dabbling with yoga on and off for years, I came to it more seriously following a knee injury that made me realise low-impact movement was likely the wiser path forward. I eventually committed to regular hot yoga and the experience surprised me. There was something deeply calming about the stillness within such a physically demanding class. The intensity stripped away ego and distraction; what remained was focus, humility and presence.

What felt most revelatory was the way improvement came not through force, but through consistency and patience. Tiny achievements became deeply satisfying. Over time, I began to understand yoga as far more than exercise. It became a practice of discipline - inwardly and outwardly - teaching balance not only in posture, but in perspective.

Perhaps this is why yoga continues to resonate across generations and cultures. It meets people where they are, whether seeking strength, healing, clarity, or calm. And unlike many wellness trends that come and go, yoga feels sustainable, a lifelong practice that evolves alongside us. I hope to remain on that journey of practice for the rest of my life.

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- 12th November 2026
- 14th January 2027
- 23rd March 2027
- 13th May 2027



Falkenstrasse 28a, 8008 Zürich, Phone 044 254 30 40, college@hullschool.ch, www.hullschool.ch

Zugerberg Finanz Trophy



The Zuger Trophy is now into the 4th month; at the moment the ZIWC Club walkers are in third place!

Last year we came 1st with 13,214KM and in 2024 we came 2nd with 12,410KM. We broke our own record this year with 16 ladies joining us on a walk in February!

If you would like to join us there are short, medium and long walks, in Zug, Steinhausen, Baar, Ennetsee, Menzingen, Cham/Niederwil and Aegeri. They are mostly flat, a few of the walks have a little up hill, but if you are chatting you won't notice. It's great fun to walk, talk and then have a coffee as a reward after the walk.

If you want to read more about it, the website is in English and German: www.zugerbergfinanz-trophy.ch

Please contact **Sarah Paul** on 079 279 97 48 if you would like to know more.



Rank	Name	Number of starts	Number of km
1	VC Menzingen	949	5'752.50 km
2	Höllgrotten Harriers	890	5'154.70 km
3	Zug International Womens Club ZIWC	682	4'949.50 km

Ziegelei-Museum Cham-Hagendorn: the Brickworks Museum and Adventure Playground

Nestled in the open space between the Lindencham woods and the Rainmatter woods in Hünenberg is the historic brickworks museum on the site of the last remaining production facility for roofing tiles. From 1873 until 1933, roof tiles were produced here, and since 1982, a foundation has preserved the facility, which is now home to a museum, open-air workspaces, a 9m-high 'oven tower' viewpoint, an oven and is itself a work of art. There is also a café, a barbecue and a small children's adventure space. Kids can tile a roof themselves. My favourite spot here is the biotop, where frogs and dragonflies, even a kingfisher can be spotted, if you're lucky! And there is a marvellous view from the top of the oven tower.

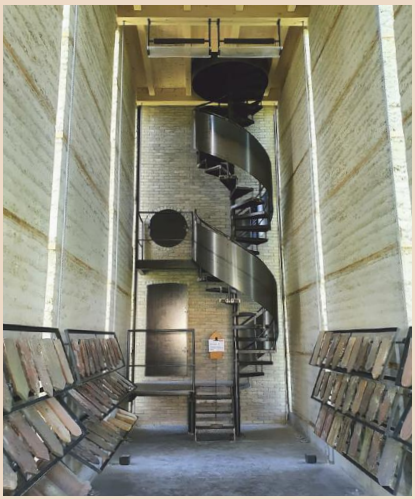


Clay is an ecological building material and anything but boring! 'Tegula' is the Latin word for tile, and roof tiles have hardly changed in appearance since Roman times. In the permanent exhibition, you can learn about the history of building ceramics (roof and floor tiles, bricks, and clay pipes) from Biblical times to the present day.



Currently, there are two special exhibitions running at the site:

The first project, 'Tegula Rasa', asks the public to decide which of 2000 objects should remain on the site and which should journey further. It is an interactive, constantly changing display, which will run until the end of the 2027 season.

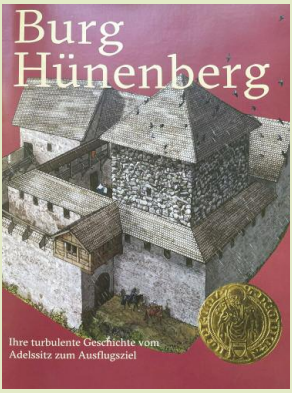


The second project is called 'Was war, was immer wird' (what was, what always will be). Two artists, Jürg Halter and Rob Lewis, have chosen seven roof tiles from seven river regions in Switzerland, photographed them (Lewis), ground them to powder and then made screen prints. Halter then painted poetic texts onto the prints and further, made a spoken word installation dealing with origin and change. This exhibition runs until the end of November.

The museum offers guided tours, workshops, barbecues and other events which can be booked for families and groups. The museum and café are closed 14 July-29 August but the site itself is open all year round for exploration. If you bring your own wood, you can have a barbecue! Accessible by bus 643 from Cham, car, bike or on foot.

For more information, see https://www.ziegelei-museum.ch/

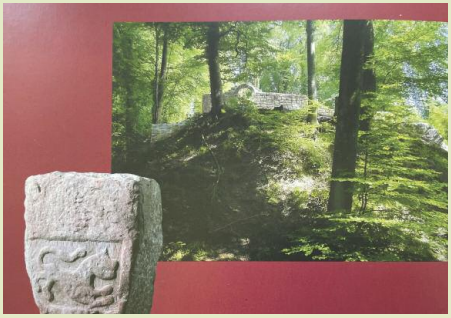
The Castle Ruins in Hünenberg



If you drive along the Drälikerstrasse towards Sins, on your left you will see a wood with tall trees rising above a stream. Look more closely and you will see the remains of a castle in the style of a shell-keep, dating back to the 12th century. This historic site, probably once a Roman burial ground (Roman coins and human remains were found there), is now protected for posterity.

In 1944, a local amateur historian started a dig on the site, unfortunately destroying more than he found. Later more scientific excavations, which included mortar sampling, have revealed that the castle went through 4 different building phases, changing its look and purpose significantly.

In 1193, the Knights of Hünenberg were the most important landowners in canton Zug, a position which later changed during fighting between the 'Eidgenossen' and the Habsburgs. However, they were the most likely builders of the first phase of the castle in Hünenberg.



Four building phases from ca. 1125 to 1415 also reflect the different purposes for which the building was used, beginning with a fairly simple living area (Palas) with a well, surrounded by a perimeter wall. Access was through a gateway. After this was destroyed, a new perimeter wall and retaining wall were built and the former gateway was sealed off. Inside the wall, a tall keep (the central tower and strongest part of a medieval castle) was erected. Again, this was destroyed at the end of the 14th century, probably during civil wars. Two more building phases followed before the castle eventually declined into overgrown ruins.

Throughout the years, many interesting finds were made at the site, including a gold seal of Peter V. von Hünenberg. Other finds from the Middle Ages provide information about life in those times: a halberd and other pieces of armour, glazed stove tiles, a keystone with a lion's head and a piece from a chess set, amongst many other discoveries, some of which can be seen in the Museum Burg Zug.

Today, the castle ruins in Hünenberg are a popular destination for families: you can climb all over the site, which is not very large. The idyllic location in the woods with streams, waterfalls, nature discovery signs and a barbecue is beautiful in the changing seasons and provides a shady place for an outing in the heat of summer.







Interest Groups

Interested in trying a Padel session?

A Padel session has a court with an enclosed playing area used for the sport of Padel — a fast-growing racket sport that combines elements of tennis and squash. Are you interested in joining? The group will have a coach for the first few sessions. Some people who are joining have never played before but they are keen to learn. The goal is to have a fun sport to practice while socialising and getting/keeping fit.

Date: Weekly on Thursday from 9:30 - 11:30
Contact: interestgroups@ziwc.ch - we look forward to hearing from you!

Last-Minute WhatsApp Tennis



Do you love playing tennis? Do you have difficulty finding a co-player? Would you like to be spontaneously invited to play? The Group Members must be intermediate and/or high-level players (not beginners) and communicate via WhatsApp.

Contact: Adriana Schiraldi on 079 744 17 46.

Possible New Interest Group:

Women's Investment Group Start Your Financial Journey

No selling of products - just learning the basics in a friendly atmosphere. Discover how money can grow over time, why saving alone is often not enough, and how investing can help you build financial confidence and independence.

No previous knowledge needed — this club is designed especially for beginners. Whether you are curious about investing, want to understand ETFs and Equities, or simply wish to take more control of your finances, you are warmly welcome.

- We meet once a month
- Time: 19:00 – 20:30

The Group will be facilitated by Birgit Nonnenprediger
If you are interested please contact interestgroups@ziwc.ch

Interest Groups

TRY ONE OF OUR MANY INTEREST GROUPS!

For full details see our website, contact Bettina for your free trial at interestgroups@ziwc.ch

• Participation in physical exercise or training activities is at your own risk. It is the participant's responsibility to have personal and accident insurance • Please always check the Club website calendar for any updates and changes regarding the dates, time and location of all our events. • Please Note: A no-show for a free event will result in a penalty fee of CHF 25

MAKE AND CREATE

The Knitting Club ■ This is just the group for those interested in knitting and crochet. You will have fun, find encouragement, learn new ideas and make new friends. The group meets every two weeks on Thursdays from 14:00 till 16:00 at Grafenauweg 3, 6300 Zug.
Contact Details: Antonia at antonia.latter@bluewin.ch or on 076 386 0005, Deepti on 079 451 8025 or Elizabeth on 079 451 0825

Cooking Group ■ Are you a FOODIE and have a passion for cooking but would like to be inspired and hone your skills? Come join our group of some amateur, some professional ladies yearning to learn new recipes and skills. We rotate in each Member's home by consensus date. If this speaks to your heart, please consider joining the ZIWC Cooking Group.
Contact Details: Donna Byron Sequeira at donnabyron@mac.com

Gardening Group - Grow your own!! ■ Learn how to grow your own vegetables in an easy way on your balcony or terrace. You learn all about how to plan, sow, grow and harvest. We welcome everybody, passionate about food, vegetables, and herbs, from beginners to seasoned gardeners. We meet on the first Tuesday of the month from 14:30 - 16:30.
Contact Émely at Émelyziwc@gmail.com or 077 490 7374 if you want to participate.

Veg/Vegetarian cooking group ■ Do you have a favourite vegetarian or vegan dish to share? We'd love to see it! One person will host each month and plans their session, where they can demonstrate a dish. Let's meet, enjoy some good food, and learn something from each other along the way The group meets the last Friday of the month from 11am till 2pm. If you want to join please contact Deepti and she will add you to the group.
Contact Details: tiwari.deepti@gmail.com or via +41 77 944 3092

Photography ■ Do you enjoy photography and using a traditional camera? Then this group may be for you. Meeting once a quarter, Members share photography tips and camera techniques before putting their knowledge into practice through hands-on exercises. A great opportunity to learn, improve your skills, and enjoy photography with like-minded enthusiasts.
Contact Details: Andaleeb Lilley +41 79 654 4115

BOOK CLUBS

Walk the talk! 'Philosophy for a good life' ■ This Group focuses on non-fiction books which cover the latest scientific findings on health and well-being. Topics will be wide-ranging and will include any aspect of healthy living which we deem to be of interest, such as stress reduction, attitude, problem solving, communication, gut & brain health, sleep and more. **Disclaimer**: This group will not provide medical or psychological recommendations of any sort. Each participant must decide what information or activities they would like to include in their life. All medical conditions should be addressed with a doctor, or another authorised medical practitioner. **Meet**: The Group meets in person once per month on Thursday mornings from 09:30 to 11:30. **Contact Details**: Caroline G. Hoem at cghoem@outlook.comor on 078 683 3116.

Book Reading Morning Group ■ All women wishing to participate in book reading and discussion are very welcome to join us! **Meeting Details**: Once a month at Grafenauweg 3, 6300 Zug **Contact Details**: Antonia Latter at Antonia.latter@bluewin.ch or on 076 386 0005.

CONVERSATION

English Conversation Class ■ Weekly on Mondays 18:00 – 19:00
Classes will be via Zoom. **Contact Details**: Bridget Storrie at +44 774 744 6380

German for beginners ■ If you are interested in this newly forming group email interestgroups@ziwc.ch to register. There is currently a waiting list but we'll be in touch. Classes are usually at Haus zum Lernen, Mondays from 14:00-15:30.

Intermediate German ■ Do you speak basic German but would like to practise and improve your converations skills so you start to feel more confident? Join us, after getting in touch with Birgit, on Tuesdays at 16:00 at the Parkhotel. **Contact Details**: Birgit Hilsbos at https://ziwc.ch/membership-directory/ or interestgroups@ziwc.ch *Intermediate German will not take place the following dates: August 25, September 29, December 22, December 29.*

"Kaffeeklatsch" - German Language Conversation Group ■ If you have a relatively good (passive) understanding of German but are looking for an opportunity to practise (active) speaking, this is a good opportunity to improve your conversation skills. **Meeting Details**: every **Wednesday morning from 8:30 to 10:00** (new participants please contact Agnès before joining). Park Hotel, Industriestrasse 14, 6302 Zug.
Contact Details: Agnès Reicke at agnes@reickeglaus.ch or on 079 693 23 93.

Italian Conversation ■ ***For Italian language lovers*** ■ If you are a fan of Italy's food, wine, fashion, and culture, here is your chance to learn the nuances of its beautiful "singing" language. Cristina Rocco, a native Italian speaker is looking forward to welcoming new ladies! We'll have conversation, always open to give some grammar insights if needed. **Meeting Details**: Currently the meetings take place at **La Taverna Metalli Zug**, on a regular basis on **Thursdays**, from **14:00-15:00**. Always check the Club calendar and WhatsApp chat for latest updates.
Contact Details: Cristina Rocco on 079 444 40 56 or at cristinarocco64@outlook.com
Please Note: A no-show for a free event will result in a penalty fee of CHF 25.

French Lunch Club ■ A bi-weekly spontaneous lunch in downtown Zug, where French will be practised. If you're native French or want to brush up on the French language this is where you want to be. A WhatsApp group is used to communicate further details.
Contact Details: Anja Beck on 079 470 0012.

Tapas and Friends ■ Hablas español? We organise regular meetings to go out for tapas, cook Mexican food together, see a film in Spanish, visit an art exposition or go to a concert. We will speak exclusively in Spanish and will mainly meet in the evening on weekdays.
Contact Details: Valerie Gitter at vgitter@bluewin.ch or on 079 763 4606.

OUT AND ABOUT / FUN

Member-to-Member Events ■ Spotlight events are Member-organised experiences created for other Members. Exhibitions, concerts, sightseeing, day trips and business presentations are examples of what a spotlight event may be. The possibilities are endless! For additional guidelines you can find more information on the Club Website.
Contact Details: interestgroups@ziwc.ch

Last Minute Outings ■ If you are interested in receiving spontaneous invitations to various outings, as proposed by Valerie, please join this group by texting her. This group communicates only by WhatsApp **Contact Details**: Valerie Gitter on 079 763 4606.

Girls About Town ■ This is a WhatsApp Group open to all Members who wish to advertise a social event (not their own business), suggest an outing, look for company on an outing etc in the Zug region. **Contact Details**: Helena Lustenberger on 079 243 6439 giving your full name and mobile number.

Italian Wine Tasting ■ Are you a fan of wine? Join this group for a tasting tour through Italian wines. The Group meets once a month on a Tuesday afternoon from 16.30 for approx. 2 hours at a private venue in Hünenberg. The cost is 25 CHF per session for wines and savoury snacks. For meeting and location details please check the online Club Calendar.
Contact Details: Lorella Benedetto at lorella.benedetto@libero.it or on 078 652 1396.

Arts & Cultural Events ■ Do you enjoy exploring art, culture, and music? Join this group for visits to museums, galleries, art exhibitions, and selected concerts. It's a wonderful opportunity to discover new experiences, share interests, and enjoy cultural events with fellow Members. **Contact Details**: Shefika Balaban Brandenberger at gulsef08@hotmail.com or on 076 421 3835.

Bridge Club ■ Join fellow Bridge enthusiasts for regular games in a friendly and social atmosphere. This group is intended for members who already have a good knowledge of the game. They play every Tuesday 15:00 h till 17:00 at the Park Hotel. If you are interested **Contact Details**: Teresa Hedinger on 079 734 5579 or at teresahedinger@yahoo.com

FITNESS AND HEALTH

Meditation Circle ■ We invite you to an exciting journey into the world of mindfulness practices and fundamental knowledge of mindfulness meditation. For beginners and experienced practitioners. The goal is to introduce mindfulness meditation in the easiest and most concise way, as well as to practice regularly together in a small group.
The cost will be CHF 25 to cover the rent of the premises and a drink at the end of the session.
Contact Details: Tatiana Vogt, tatiana@vogtconnections, 079 341 15 65 (WhatsApp).
Please contact Tatiana to be added to the WhatsApp group.

Badminton ■ A great way to have some exercise and fun at the same time!
New Members are always welcome. All levels welcome. The Group meets weekly on a Tuesday at 10:00 in Sports Zugerland Zentrum**. Contact Details**: Basia Powell at uciechosia@yahoo.co.uk or on 079 715 5137.

Monday Brisk Walk ■ A walk in the Zug area starting at 13:30 lasting 1.5-2 hours every Monday afternoon. These walks are 6-8 km at a brisk pace on flat terrain with short stops if necessary and a coffee break at the end. **Contact Details**: Patrizia Melera on 079 651 0137.

Intermediate Walking/Hiking Group ■ Walks of around 1.5 to 2.5 hours every Wednesday afternoon at 13:30. There may be some hikes in the mountains, but they will be done at an intermediate pace, with short stops if necessary. The Group Members will take turns in choosing and leading a walk. **Contact Details**: Jan Frei at jan.freicox@outlook.com or on 079 335 7669.

Fitness Hiking ■ A sport fitness hiking Group. The group hikes at a speedy pace in the mountains around Zug. Please show up FIT for the hike. Every session will take around 2 hours every Friday at 09:15. For safety reasons dogs are NOT permitted at this activity.
Contact Details: Amy Egger at eggeramy@gmail.com or on 076 761 9135.

Golfing Gals Group ■ The Golfing Gals are enthusiastic golfing ladies at every level who practise and play regularly. Nothing is strictly organised, we just group together as it suits. We share our tee times and practice times in our WhatsApp Group. If you fancy joining, please send a WhatsApp. **Contact Details**: Émely Steegstra-Hendrix on 077 490 7374.

Last-Minute WhatsApp Tennis ■ Do you love playing tennis? Do you have difficulty in finding a co-player? Would you like to be spontaneously invited to play? The Group Members must be intermediate and/or high-level players (not beginners) and communicate via WhatsApp. **Contact Details**: Adriana Schiraldi on 079 744 17 46.

Outdoor Morning Fitness ■ Offering Members free classes on Mondays, Wednesdays and Fridays from 08.00 – 08.45 at St Martin's Park Pavillion in Baar. **Contact Details**: Sandra on 079 739 3552 or at club276@club.mrssporty.ch

Zugerberg Finanz Trophy ■ We have a WhatsApp group you can join, to know when other Members are doing the walks. First sign up on ZFT webpage, set up your profile and ZFT ID. Register and include 'Zug International Womens Club' as your verein and let's get some kilometers on the ranking list. When you are ready to go, contact Sarah on WhatsApp, so she can add you to the groups and you can start walking with fellow Members.
Contact Details: Sarah Paul 079 279 9748.

Weekend Hikers group ■ If you enjoy hiking but your weekdays are full, this weekend hiking group might be just what you're looking for.We meet once a month for full-day hikes on well-marked trails, enjoying beautiful scenery and great company along the way.
These are not fitness hikes, but a reasonable level of fitness will help you get the most out of the experience.Hike details are shared in our WhatsApp group, so if this sounds like your kind of adventure, we'd love to have you join us. **Contact Details**: Andrea Lenke +41 79 965 6440



Advertise with us
50% off for Members!

Place an ad in our Connect magazine! Ad sizes range from a quarter page starting at CHF 160, up to a full page for CHF 456 per edition (non-member rates). Members enjoy a 50% discount on all advertising prices listed above.

For more information, please contact us at advertising@ziwc.ch

German lessons for children from 3 to 8 Years old in Oberägeri, Steinhausen,Unterägeri, Neuheim, Walchwil and Zug.
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und Redeblitz GmbH



Swiss German Corner

Gsund Läbe - Healthy Living in Swiss German

***Bisch Zwäg?* - Are you feeling fit/healthy? :**

Keys to staying healthy in Switzerland:

- **Gmües ässe - Eat Vegetables**
- **Spörtlä - Exercise**
- **Usruebe - Rest**

Show off your healthy lifestyle: "ii gang go... - "I am going to go..."

- **... jogge " - jogging**
- **... laufe" - walking (not to be confused with Hochdeutsch: laufen = running)**
- **... ränne" - running**
- **... wandere" - hiking**
- **... wellnesse" - to the spa**
- **... puumpe" - weight lifting**

July 2026

MONDAY	TUESDAY	WEDNESDAY
		**1** 8:00 **Morning Outdoor Fitness** 8:30 **“Kaffeeklatsch”** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
6 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Conversation Online**	**7** 10:00 **Badminton** 14:30 **Gardening Group - Grow your own!** 15:00 **Bridge** 16:00 **Intermediate German**	**8** 8:00 **Morning Outdoor Fitness** 8:30 **“Kaffeeklatsch”** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
13 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Conversation Online**	**14** 10:00 **Cooking Group** 12:15 **Monthly Lunch** 15:00 **Bridge** 16:00 **Intermediate German**	**15** 8:00 **Morning Outdoor Fitness** 8:30 **“Kaffeeklatsch”** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
20 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Online Conversation**	**21** 15:00 **Bridge** 16:00 **Intermediate German** 18:00 **Business Network Apero Aigu Bar Zug**	**22** 8:00 **Morning Outdoor Fitness** 8:30 **“Kaffeeklatsch”** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
27 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Conversation Online**	**28** 15:00 **Bridge** 16:00 **Intermediate German** 18:30 **Board Games**	**29** 8:00 **Morning Outdoor Fitness** 8:30 **“Kaffeeklatsch”** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**



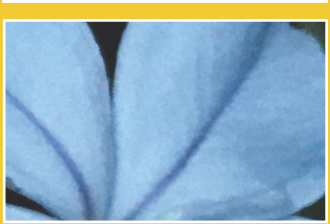
Save the date !!!

We are once again planning out Charity Golf Event for 27 August. Golfers of every level are welcome to join. More details can be found in the Event Calendar once registration opens.



Remember to check out our Website www.ziwc.ch for up-to-date calendar, photos and membership news. Have you joined our Facebook Group? www.facebook.com/groups/zuginternationalwomensclub/

Please note the changes to the Club's cancellation policy on p.4

THURSDAY	FRIDAY	WEEKEND
2 14:00 **Italian Conversation** 14:00 **Knitting Club**	**3** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**4** SATURDAY **5** SUNDAY
9 14:00 **Italian Conversation**	**10** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike** 19:00 **Cheeky Cocktail**	**11** SATURDAY **12** SUNDAY
16 10:00 **Cham Coffee** 14:00 **Italian Conversation** 14:00 **Knitting Club** 19:00 **Sunset Barbecue Cruise**	**17** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**18** SATURDAY 19:00 **Monthly Dinner** **19** SUNDAY
23 14:00 **Italian Conversation**	**24** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**25** SATURDAY 14:00 **Dancing Queens Boat Party** **26** SUNDAY
30 9:30 **Walchwil Coffee** 14:00 **Knitting Club** 14:00 **Italian Conversation**	**31** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike** 11:00 **Veg/Vegetarian cooking**	





August 2026

MONDAY	TUESDAY	WEDNESDAY
		
3 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Conversation Online**	**4** 15:00 **Bridge** 14:30 **Gardening Group - Grow your own!** 16:00 **Intermediate German**	**5** 8:00 **Morning Outdoor Fitness** 8:30 **“Kaffeeklatsch”** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
10 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Conversation Online**	**11** 10:00 **Cooking Group** 15:00 **Bridge** 16:00 **Intermediate German**	**12** 8:00 **Morning Outdoor Fitness** 8:30 **“Kaffeeklatsch”** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
17 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Conversation Online**	**18** 15:00 **Bridge** 16:00 **Intermediate German** 18:00 **Business Network, Apero, Aigu Bar, Zug**	**19** 8:00 **Morning Outdoor Fitness** 8:30 **“Kaffeeklatsch”** 10:00 **Zug Stammtisch** 12:15 **Monthly Lunch** 13:30 **Wednesday Hiking**
24 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Online Conversation**	**25** 15:00 **Bridge** 18:30 **Boardgames** 19:00 **Cheeky Cocktail**	**26** 8:00 **Morning Outdoor Fitness** 8:30 **“Kaffeeklatsch”** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
31 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Conversation Online**		

Remember to check out our Website www.ziwc.ch for up-to-date calendar, photos and membership news. Have you joined our Facebook Group? www.facebook.com/groups/zuginternationalwomensclub/

Please note the changes to the Club's cancellation policy on p.4

THURSDAY	FRIDAY	WEEKEND
		**1** SATURDAY **2** SUNDAY
6 14:00 **Italian Conversation**	**7** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**8** SATURDAY **9** SUNDAY
13 14:00 **Knitting Club** 14:00 **Italian Conversation**	**14** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**15** SATURDAY **16** SUNDAY
20 10:00 **Cham Coffee** 14:00 **Italian Conversation**	**21** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**22** SATURDAY **23** SUNDAY
27 9:30 **Walchwil Coffee** 13:00 **2nd ZIWC Charity Golf** 14:00 **Knitting Club** 14:00 **Italian Conversation**	**28** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike** 11:00 **Veg/Vegetarian Cooking** 19:00 **Monthly Dinner**	**29** SATURDAY **30** SUNDAY
		***Save the date !!!*** Gin & Diva's Stand at the Fest der Nationen on 5th September



Front and back cover photo: **Andrea Lenke**

Have something to say?

Write for the Connect! Magazine

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In our next Connect! Edition, we will explore the topic of Food & Beverage.
If you have an amazing recipe, a restaurant recommendation, an amazing Swiss wine and cheese pairing or anything else (unrelated to food) you want to write about, feel free to send us a proposal for submission. We are also open to receiving event recaps, general interest articles or Zug-related insight.

Articles should be no more than 450 words, and the editorial team reserves the right to accept, reject, or modify any text. Please send images separately - do not imbed photos.