



GRAND HAVEN WOMAN'S CLUB

Post Office Box 350684

Palm Coast, FL 32135

JANUARY 2026 NEWSLETTER

GRAND HAVEN WOMAN'S CLUB

*Invites you to
Learn & Grow Physician Presentation*

Monday, January 19, 2026, 3-5 PM
Grand Haven Room

Dr. Earle Pescatore, Urogynecologist

“Cough, Laugh, Sneeze – Leak!”

In this informative session, Dr. Pescatore, a board-certified urogynecologist specializing in female pelvic medicine and minimally invasive surgery, will highlight common pelvic floor conditions such as prolapse, urinary incontinence, and overactive bladder. He will explain why these issues occur, how to recognize symptoms and when to seek care.

Dr. Pescatore will also review today's most effective treatment options – from pelvic floor therapy and lifestyle approaches to advanced minimally invasive procedures. His goal is to provide women with practical, empowering information and open the door to more comfortable conversations about pelvic health.

A brief Q&A will follow his presentation.

While there is no charge to attend this session, we would appreciate you letting us know that you plan to attend so that we have enough seating for everyone. Please email

ghwc.learnandgrow@gmail.com

Refreshments will be served

2025-2026 GHWC BOARD

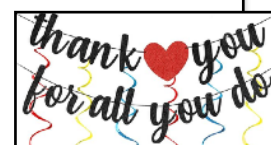
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President's Update

Awilda Hamilton

Happy New Year! May your year be filled with new Adventures and good Fortunes. We are sprinting ahead with our plans for the **2026** Program Year.



As a reminder, we will not hold this month's third Monday Membership Meeting. We look forward to seeing you at our Day of Games on **January 23rd!**

There is still time to join the GHWC Circle of Philanthropy and make a difference. Every dollar donated fuels our mission to provide financial support to many organizations in the Flagler County community.

Your generosity directly helps us bring hope, care, and positive change where it is most needed, resulting in real improvements in the quality of life for many.

Your donation= real change. Simple math, amazing impact!

“Together We Can”





Grand Haven Woman's Club

ENVIRONMENT COMMITTEE

Environment Committee Chair, Ann Roffman

Veronica Reinhardt, master gardener and Grand Haven resident, presented a seminar at Creekside Amenity Center on Tuesday, December 2nd. The Florida Friendly Landscaping program, developed by the University of Florida Extension Service was attended by 20 residents. The program gave an overview on how the Flagler County Extension Service can help with your landscaping needs. If you were unable to attend the program and are interested in gardening/landscaping guidance you can contact the Flagler Extension Service at: flagler@ifas.ufl.edu or 386-437-7464. Their office is located at 150 Sawgrass Road in Bunnell.

Twenty-one wreaths were taken to the Windsor Assisted Living facility on December 1 to be displayed at the Festival of Wreaths December 7th event. The wreaths were all lovely and were much appreciated by the residents at the Windsor. This year marked the 16th year for this fundraiser. Amy Carotenuto, director of the Flagler Humane Society, reported wreath sales totaled \$2200 on the actual date of the event. Unsold wreaths were taken to the animal shelter and continued to be sold through the holiday. Thanks to all who either donated or attended this event.

A tour and presentation will be held at the Flagler Humane Society on Wednesday, January 21 at 2 p.m. See below for field trip information. If you register, you will receive a confirmation email from me. Members already registered will be receiving their email confirmation email in the next few days.

ENVIRONMENT COMMITTEE JANUARY EVENT



Flagler Humane Society Tour & Presentation by FHS Director, Amy Carotenuto

DATE

Wednesday, January 21, 2026

TIME

2 p.m. - 3:30 p.m.

PLACE

1 Shelter Drive, Palm Coast

Sign-up via email to aaroffman@gmail.com

Open to All GHWC members.

Presentation is tour of facility and a short talk on the various ways FHS is working cooperatively with the community (Palm Coast Library & Sheriff's Department.)

Please sign up ASAP and no later than January 10th.



Grand Haven Woman's Club

BIKES FOR THE BIKE MEN

Health & Wellness Co-Chair, Lucie Lachance

How many GHWC members have a bike gathering dust and taking up space in their garage?

If that is you, please consider checking out ***The Bike Men of Flagler County***.

Joe Golan and his team of volunteers accept donations of new and gently used bicycles & parts. After the bicycles are assessed and repaired they are donated to people in and around Flagler County who need transportation. These volunteers are always looking for bike parts and tooling specific to bicycle repairs.

Joe's organization has links to The Family Life Center and Flagler County Schools, two of the groups GHWC supports, as well as the Sheltering Tree and Christmas Come True.

Interested? Here are a couple ways you can contact them:

voice mail or text 386-283-0111

email thebikemenofflaglercounty@gmail.com

Members can also visit their website **thebikemenofflaglercounty.com** to get detailed information about their organization, its structure, the groups they support and how to proceed with a donation.



WARM CLOTHES NEEDED

Education and Library Chair, Jacki Unger

The Education Foundation has put out a special request for cold weather clothing needed. Socks, sweaters, sweatshirts, leggings and jackets would be greatly appreciated.

Please bring items to the February meeting or contact Jacki Unger to arrange drop-offs.

BOOK SALE NEWS

Education and Library Chair, Jacki Unger

March 6th and 7th - Volunteers needed to help set up and support the book sale. For more information contact Gail Naworal or Marcie Leonard.



Grand Haven Woman's Club

Health & Wellness

Health & Wellness Co-Chairs, Lucie Lachance and Eileen Marotto

Happy New Year! May the New Year bring you happiness, good health and countless blessings.

Recognition for your generosity

Flagler Volunteer Services' Board of Directors and staff sent a letter: "...want to thank you for your multiple donations of new items for the Giving Store. Your continued support and partnership are greatly appreciated and play an important role in fulfilling our mission to assist the children of Flagler County."

Laurie Harrison, volunteer pharmacist at the Flagler Free Clinic, sent her thanks via text for the neosporin and band aids which she valued at almost \$300. The clinic also appreciated the \$100 cash donations received from GHWC.

The staff of Grace Community Food Pantry are most appreciative of the variety of food items you generously donate each month.

Collections

There will NOT be any Health & Wellness collections in January. Collections will resume on Monday, February 16th.

Grace Community Food Pantry and United Methodist's Our Father's Table are the focus organizations for the February collections.

Please consider donating canned stews, soups and chili for Grace Food Pantry. Our Father's Table has requested wide egg noodles which will be used to provide as many as 300 meals weekly for needy

Corresponding News

Corresponding Secretary, Suzanne O'Meally

"Together we can bring a little sunshine into each other's lives"

Happy New Year to our 200+ members.

Please continue the great job you're doing contacting me when one of us needs a card. You are my eyes and ears. Hospital visits, falls, broken bones! A sympathy card for the passing of a member, their spouse or child. Please notify me at ghwc.corr.sec@gmail.com or 571-334-0072



Grand Haven Woman's Club

Fundraising Review

January 2026

The latest news, views, and announcements

INSIDE

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News Update

- By Patti Paukovich

Happy New Year Everyone! The Fundraising and Sponsorship Committees wish all the members a very Happy and Properous New Year.

We have a very exciting fundraising year remaining for 2026 and I hope you, your family and friends will be able to join us for games, food, music, dancing, good conversation and helping raise money for the club's causes.

As you know we are a service and philanthropic (*dispensing or receiving aid from funds set aside for humanitarian purposes*) organization, and without the generosity of our members and sponsors we wouldn't be able to do the work **YOU** do so well.

So please let your family and friends know and invite them to come join us for our upcoming Fundraising Events! Remember, we won't be having a Luncheon in Janurary but registration tables will be back at the Feb luncheon for sign up, donation dropoff, etc. Also let your spouses, male friends know that they are welcome to participate in our fundraising events as well, it's not limited to just our members. When we are promoting our events I've been asked many a time, by men walking by the desk, if they can sign up and participate. Yes they can!

Oh, and don't forget to check out our new **Business Sponsor Directory** on the website. If you're looking for a Handyperson, Restaurants, Salon, etc... check it out!

To see our sponsors go to www.ghwomansclub.org/home under "Business Sponsors" and see the businesses who help support us. We appreciate all the businesses and members who contribute either monetary or in-kind donations. **Thank you!**



Grand Haven Woman's Club

Upcoming 2025-26 Season

January 23, 2026 - Day of Games (Palm Coast Community Center) ***If you haven't reserved your seat, please do so, time and space is running out.***

For more information contact: Jacki Unger at brijac2@aol.com or Jenny Scott at bjscott01@aol.com

March 6-7, 2026 - GHWC Book Sale

March 21, 2026 - Denim & Diamonds Hee Haw, come and get your line dancing on. For more information contact: Sandy Hollenbeck at sandyhollen01@gmail.com

April 11, 2026 - Nine & Dine Try your putting skills out at the Bottle Bonanza. For more information contact: Kim Lhota at Lhota.kim@gmail.com

April 26, 2026 - GHWC MSC Cruise Cabins are still available for this Fun and Luxury cruise. Join your friends for some high sea adventure. For more information contact: Maureen Pellegrini at maureenpellegrini@gmail.com



Grand Haven Woman's Club

Our next Fundraiser is Day of Games, January 23, 2026. If you haven't already reserved your seat please do so. But in the meantime, here's some fun facts I found online from Fun Fact Co.

From Tombs to Tabletop: A Brief History of Board Games. (partial reprint from Fun Fact Co.)

Board games have been around longer than algebra, forks, and your ancestors' last original thought. For thousands of years, humans have been sitting around arguing over who gets to move what, roll what, or hoard fake currency the fastest. And while the rules have changed, one thing hasn't: people love turning boredom into structured conflict.

The oldest known board game was buried with Egyptian pharaohs. Senet dates back over 5,000



years and shows up in the [ancient tombs](#) of Egyptian royalty, including King Tut. If you thought Monopoly games took too long to end, imagine packing one in your coffin. Historians think [Senet](#) symbolized a soul's journey through the afterlife, which makes losing even more awkward.

Did you know that chess was invented in India to simulate war, not bore family members. [Chess](#) began around the 6th century during the Gupta Empire as *Chaturanga*, with pieces representing

four military units. When it hit Europe in the 15th century, the queen gained absurd powers and the bishop learned diagonal movement. Because apparently nothing says realism like letting royalty teleport across the board.

Chess is still the best-selling board game in the U.S. More than 3 million chess sets sell every year in the United States. For a game with zero updates in 500 years, that's impressive. Maybe because it's the only one where flipping the board is considered a valid closing move.

Monopoly was originally an anti-capitalist protest game. Elizabeth Magie created *The Landlord's Game* in 1903 to warn people about the dangers of monopolies. It was not meant to be fun. It was meant to teach you why landlords suck. Parker Brothers eventually bought it, scrubbed out the message, and turned it into the least fun way to ruin friendships.

Clue was invented in a bomb shelter. The original *Cluedo* was designed by a British factory worker named Anthony Pratt during World War II to pass the time in air raid shelters. Nothing says escapism is like pretending to be murdered in a library while real bombs fall outside.

The Origins of Mahjong Mahjong is believed to have originated during the Qing dynasty in China, around the mid-1800s. While its exact beginnings are debated among historians, the game was inspired by older card games and traditional Chinese gambling games. Initially played by aristocrats and scholars, Mahjong quickly spread through different social classes due to its engaging gameplay and social nature.

The board game industry was worth \$11.88 billion in 2022. It's projected to hit \$20 billion by 2030. All because people enjoy sitting around a table and accusing each other of sabotage for three hours straight. Capitalism may be broken, but cardboard is booming.



Show Preview from the GHWC Ticket Master

- By Marie Lanier

The line up for the upcoming season at the Gem of Palm Coast- "The Fitz".

I've reserved the shows below, but if approached by any of the gals with interest in a different show, I usually add and try to promote it.

Scheduled to date.

- ✓ Feb. 7- Debby Boone
- ✓ Mar. 4- I Am ...He Said- Neil Diamond Tribute
- ✓ Mar. 12- Swan Lake Ballet
- ✓ Apr. 4- Celebrating Celine

I stop selling tickets for events one month before the Show date.

PLEASE call or text Marie Lanier-631-457-3271.
Or email to: PaintingwithMarie@gmail.com

If you are interested in any of the aspects of fundraising or have questions, you can contact me at dnp.paukovich805@gmail.com.

Last Minute Thoughts

Our Event Chairs and their committees work hard to come up with ways to make the event fun and profitable. This could be by raffle baskets, silent auctions, etc.

The following Event Chairs are asking for your help in making their event a success by donating the requested items.

Day of Games – Is asking for “Friends of the Gloria Sanchez Memorial Day of Games” and help celebrate 20 years by giving \$20. Contact Jacki Unger for more details.

Denim & Diamonds – asking for Silent Auction Items valued \$100 or more. Lotto Scratch Off Tickets. Contact Sandy Hollenbeck for more details.

Nine & Dine – asking for Lotto Scratch Off Tickets and bottles of Wine and /or Liquor for the Bottle Bonanza. Contact Kim Lhota for more details.

GHWC MSC Cruise – asking for “Friends of the GHWC Cruise”. Your name will be displayed on board the ship at the Welcome Aboard party.

There are still cabins available for the Cruise. Contact Maureen Pellegrini for more details.

Have a wonderful day and

THANK YOU FOR YOUR SUPPORT!



Grand Haven Woman's Club



WOMAN'S CLUB PRESENTS:

Gloria Sanchez Memorial

DAY OF GAMES!

\$45
Per Person:
Includes Lunch

11A
to
2:30P

JANUARY 23rd
FRIDAY

@ PALM COAST
COMMUNITY
CENTER

You are invited to join the women of Grand Haven for a day of Fun, Food, and Festivities, celebrating the 20th Anniversary of the Gloria Sanchez Memorial Day of Games! Gather your fellow game players and enjoy Mahjong, Hand & Foot, Dominoes, and more. Proceeds benefit the Grand Haven Woman's Club.

There will be 20 baskets for raffle tickets, and Share/Share tickets will also be available—buffet lunch with homemade dessert bar included in the price. Don't miss out on this great event for a great cause, where we will also be honoring Lucy Crowley for her many years of service as the reservations specialist for this event!

Purchase tickets to register you and your friends at the October and November meetings, or by contacting Sandi Walker at sandiwalker14@gmail.com or Jenny Scott at bjscott01@aol.com or 630-272-8851.



Grand Haven Woman's Club

The Mosaic Craft Party is being offered by the Arts and Culture committee on January 29th in the Grand Haven Room at the Village Center. It will be open to the first 35 GHWC members who sign up.

To sign up, first, please look over the available projects at www.beachlifemosaics.com/projects as you need to indicate which project you wish to make when signing up.

Once you have picked a project, you need to sign up. Please go online at <https://www.beachlifemosaics.com/private-party-sign-up-1> scroll to the bottom of the page to Grand Haven Woman's Club and fill in the form.

Payment will be collected the day of the workshop via cash, Venmo, credit card or check.

If you find you cannot attend after you sign up, please go back online, and cancel your reservation so that someone else may take your spot and you will not be charged.

If you have any questions, contact Marilyn McNamara at mmcn517@aol.com.

Mosaic Art Event

Join the ladies of the Grand Haven Women's Club! Over 100 projects to choose from.
Great for beginners!

**Thurs Jan 29, 2026
1 pm**

\$40 and up

**Sign up at
www.beachlifemosaics.com**

SCAN TO SIGN UP



Grand Haven Woman's Club



*Saturday,
March 21, 2026
Grand Haven
Clubhouse*

*The Grand Haven Woman's Club
presents*

Denim & Diamonds

6 PM—Champagne & Cash Bar

7 PM—Dinner & Music

*\$90/person—plated dinner, choice of
Petite Filet, Chicken Saltimbocca, Salmon*

DJ and Line Dance Instructor will provide
entertainment—open to the community

*To make your reservations, please contact
Carol Wolfe at CarolRWolfe@aol.com*



Grand Haven Woman's Club



GHWC Nine & Nine

SATURDAY, APRIL 11TH, 2026

**3:00PM
SHOTGUN START**
2:00PM REGISTRATION &
DRIVING RANGE OPENS

**SCRAMBLE
FORMAT**

**REGISTRATION
DEADLINE:**
MARCH 27TH, 2026

**REGISTRATION
FORMS**
AVAILABLE ON GHWC
WEBSITE & AT THE
GHGC GOLF SHOP

OPEN TO ALL GOLFERS & NON-GOLFERS

\$80.00 PER PLAYER

INCLUDES:

- DONATION TO GHWC
- 9 HOLES OF GOLF
- RANGE TIME
- DINNER TO FOLLOW PLAY
- AWARDS AND PRIZES!

GAME DAY PASSES

\$20 PER PLAYER

INCLUDES:

- 1 MULLIGAN
- 1 FREE BALL TOSS
- 1 COMPLIMENTARY DRINK TICKET
- ENTRY INTO COURSE COMPETITIONS

**\$35 PER PERSON
DINNER ONLY**

FOR MORE INFORMATION CONTACT THE CHAIR:
KIM LHOTA | LHOTA.KIM@GMAIL.COM



Grand Haven Woman's Club

SPONSORED BY THE GRAND HAVEN WOMAN'S CLUB

(April 26 to April 30, 2026)



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YOUR PRIVATE BEACH CLUB

The MSC Yacht Club experience continues on land at the private Ocean House Beach on Ocean Cay MSC Marine Reserve, a serene space with ocean views, beachfront cabanas, and complimentary amenities. Indulge in Ocean House Restaurant, an exclusive restaurant and bar serving a variety of specialty dishes and refreshing beverages surrounded by sea breezes.

There's still time to reserve your YACHT CLUB cabin and enjoy the Luxury of this FUN cruise.

Bring your spouse, life partner, family and friends for this relaxing 4-day retreat while supporting the Grand Haven Woman's Club and its charitable goals. It's a **WIN/WIN** for everyone!

If you can't make the cruise, but would like to still support GHWC, please donate and be a **"Friend of the GHWC Cruise."** All proceeds go to GHWC charitable contributions.

CONTACT: MAUREEN PELLEGRINI, TELEPHONE 860-989-4148 OR EMAIL:

maureenpellegrini@gmail.com



Grand Haven Woman's Club

WATCH and HELP US GROW!

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