



Activities Overview 2024–2025

Introduction

Welcome to the International Women's Club of Nyon, a place to meet people and make new friends. In addition to our monthly coffee mornings and Special Events excursions (around four day trips per year), here are 47 other reasons to join our Club. The activities are offered and run voluntarily by our members, excepting small expenses such as room rentals. They are presented in the following pages by day of the week, but you can click on the list below to link directly to the activity.

Our Membership Secretary would love to hear from you, at membership@iwcn.ch.

Apéritifs, evening	Line Dancing for Beginners
Art Excursions	Line Dancing for Improvers
Artist Printmaking	Mahjong
Book Club, Bilingual	Pétanque
Book Club, Keen Readers	Photography
Book Club, Morning Discussion	Qiqong
Book Club, Reading Shakespeare	Rummikub
Bridge, Advanced	Russian Intermediate
Chinese Poem Appreciation	Skiing, Cross-Country
Cookery	Skiing, Downhill
Crosswords, Cryptic Crosswords Club	Stitchers
Cycling, Electric Biking	Tennis, Intermediate
English Conversation	Thermal Bathing
Forum, Evening	Travel, Armchair Adventures
French, Advanced Conversation	Vegan Activity
French Beginners	Walking, Monday
French Literature	Walking, Friday
French, Pre-Intermediate	Walking, Full-Moon and Flower
French Upper Intermediate	Walking, Nordic
Gardening, Groups 1 and 2	Walking, Nordic (evening)
Genealogy	Walking, Wednesday
German, Pre-Intermediate	Women on Their Own
Golf	Writing, Creative
	Yodelling, Happy Yodellers

Monday

Golf

fortnightly

Our group of enthusiastic, experienced golfers meets at least once a month at a golf course selected by the group leader a week in advance. We normally play 9 or 18 holes, subject to time and conditions, and have lunch afterwards. Our season is from March (weather permitting) to October. We organise lessons at the beginning of the season, aimed at brushing off the winter cobwebs and getting back into the swing of things, on a first come/ first served basis, which have proved both beneficial and popular. There is always room for new members although we are unable to accept beginners. Golfers must be able to play a full round of 18 holes within 4h15 mins (with an FFG licence or Swiss equivalent) and must know the rules and etiquette of golf. However, we are happy to advise beginners on where to go for lessons.

Russian Intermediate

weekly

9h30–11h00

We are continuing to study Intermediate Russian grammar and to learn simple conversations in Russian. We meet on Zoom or at the house of the group leader.

French Beginners (currently FULL)

weekly

10h00

The goal is to enable the learner to become familiar with the French language by referring to everyday and concrete situations. Priority is given to oral expression without neglecting writing and grammar. Sessions will take place on Mondays on Skype.

French Upper Intermediate

weekly

13h30

This is a group for ladies who already have a good knowledge of French. If you are at this level, you can have fun improving your French with us. We read books, articles in serious newspapers and magazines and work on improving our grammar and pronunciation. We also listen to texts, do role plays of everyday situations and sometimes practise writing.

Monday Walkers

weekly

13h30

Join a group of young-at-heart ladies who take an easy 1.5–2 hour walk every Monday afternoon to interesting places, often ending with refreshments. In January and June, we have a special walk including lunch. Everyone is encouraged to lead a walk at least once a year and new walkers are always welcome.

Chinese Poem Appreciation

monthly

14h30–15h45

We meet monthly to look at poems from the Tang Dynasty. Among Chinese communities, kids learn such poems as nursery rhymes before they can read and write. You therefore don't need a high level of Chinese to learn these poems, but be able to read the Chinese phonics, recognise some basic Chinese vocabulary and have some brief knowledge on Chinese.

Writers' Corner

monthly

14h30–16h00

Join us if you enjoy writing short stories, poems, journalistic pieces set in fictitious or real-life situations. We meet once a month for 1–2 hours to share our stories in an informal setting. Feedback, if solicited, is given in an encouraging, often humorous fashion. The objective is to encourage writing in all its forms and to help each other grow and improve as a writer.

Tuesday

Nordic Walking

weekly

9h00–10h00

Nordic walking is fun and healthy for people of any age, shape, size and physical fitness. It's a gentle, effective body work-out that does wonders for the mind, body and soul, exercising in fresh air with friends old and new! Nordic Walking poles are recommended, but not obligatory. No experience is necessary. We're always happy to welcome new members and meet all year round for a prompt departure at 9h00. The circuit, largely on farm roads, is about 5.5 km and takes around an hour, with everyone walking at their own pace. We are usually 8–12 walkers and, suitably clad, some of us brave all weathers. We generally finish with a drink at a restaurant, a further chance to chat with friends.

Advanced Bridge

weekly

9h45–12h45

We have a good basic knowledge of bridge in playing a 5-card major system using standard conventions, i.e. Stayman, Gerber, Texas (transfer), Blackwood, etc. We have 2–4 tables and play with a partner of our choice (which we decide '*sur place*'). Each week we put our names down for the next meeting, so there is no obligation to come every week. We pay CHF 6.00 for coffee/croissant and some of us enjoy lunch at our own expense once the bridge is finished. We are a friendly and relaxed group, yet one that loves a serious game of bridge.

Shutterbugs Photography **monthly** **10h30–12h00**

The Photography Group has a monthly theme around which members submit photos, the favourites of which are published in *The Grapevine*. While our abilities range from total beginners to experienced photographers, we all enjoy exploring the fascinating world of photography. Meetings are generally held by roster in members' homes and cover a wide range of photographic topics. All photography enthusiasts and all types of cameras are welcome, and we also have an online Flickr photo gallery.

Bilingual Book Club **monthly** **14h00**

Just bring a book you have recently read and appreciated and make a short presentation on it, either in English or in French, to help others discover potential new books to read. You can even read aloud a short extract if you wish. You'll also have the opportunity to swap your book for another.

French Conversation Advanced **fortnightly** **14h00–15h30**

Come and join us if you enjoy conversation in French! This class aims to build your confidence and fluency, and encourage you to talk and discuss in order to formulate and express opinions, ideas and emotions. Lots of opportunities to gain insight into important aspects of French culture and literature.

Rummikub **weekly** **14h00–16h00**

This is a game for two or more players. Tiles are numbered with two wild cards and 4 sets. The aim is to make a run among your tiles of the same colour or 3 tiles of the same number but different colours. The other players add to those tiles, or pick a tile from the bag. The winner is the first player to lay all her tiles on the table. It's fun and not difficult, but has many twists and turns that keep the game interesting.

Gardening Group 1 and 2 **fortnightly** **14h00–16h00**

Each group meets every two weeks, usually in a member's garden, where we discuss garden topics, exchange plants, ideas and experiences and give advice to one another if wanted. From time to time we also visit public gardens of special interest.

Mahjong **weekly** **14h00–16h00**

Mahjong, originating in China, and commonly played by four players, is a game of skill, strategy and calculation, and involves a degree of chance. It is played with a set of 144 tiles based on symbols for Chinese characters.

Nordic Walking **Tuesday evening fortnightly** **18h00**

We will meet and warm up before our walk of about 1.5 hours.

Wednesday

Thermal Bathers **monthly** **8h30–16h30**

Outdoor bathing in naturally heated pools, surrounded by stunning mountain views, is one of our favourite winter activities. You don't even know how to swim – just bring a swimsuit and towel. We do eight day-trips a year from **September to April** to different thermal baths in the area. We car share, but don't worry if you are not a confident driver as we usually have enough volunteer drivers. Passengers are requested to pay their driver CHF 10–20 depending on the distance. Entrance fee and lunch are at your own expense. If you are new to the area, it's a great way to experience one of Switzerland's major attractions.

French Pre-Intermediate **weekly** **9h30–11h30**

Classes focus on both grammar and conversational French at the pre-intermediate level in order to improve speaking, reading and writing skills. The goal is to progress with French vocabulary and grammar.

Wednesday Walkers **monthly** **14h00**

We are a friendly group who enjoy varied walks of between 1.5 and 2.5 hours. Date and meeting place to be announced in *The Digest* the week before.

Genealogy **fortnightly** **16h00–18h00**

This is a support group for those interested in researching family histories. We meet on Skype, and members attend when they can. If there is enough interest, morning meetings may resume. Members differ in experience from complete beginners to advanced, and the group meets to discuss their findings (or lack of), ask questions (no question too stupid) and share useful tips. We make presentations if a topic is suggested by questions raised. We are always interested in inviting new members to our group. If you would like to begin research into your family history or have already done some research and want to share your experiences, we would love to hear from you.

TGI Wednesday Apero

weekly

17h00–19h00

A casual apéro group for Club members, partners, potential members and visitors to come along for as little or as long as they like.

Thursday

English Conversation

weekly

10h00–11h30

The English Conversation Group is for members whose mother tongue is not English and who wish to practise, improve and gain confidence in English. We are a friendly group of several nationalities who enjoy discussing a wide variety of topics over a cup of coffee.

German Pre-Intermediate (currently FULL)

weekly

10h30–12h00

Are you interested in the German language and already have some experience? This course offers an opportunity to improve your command of the written and spoken language. The unconventional approach of the class focuses on pronunciation and spelling as well as on grammar.

Cookery

monthly

11h00

If you love to cook and share your creations, this group offers you an introduction to international cuisine and a place to get together over a delicious lunch in a friendly atmosphere. Members take turns to demonstrate the food preparation and provide the dining space and beverages. The cost of the food is shared by the participants (CHF 10–20).

French Literature

every 3 months

14h00

You will be introduced to some of the most famous French literary works. I will give some background to the book and its author in French and there will be a discussion in French or English. Sometimes we watch extracts of films or plays and look at documents or photographs or listen to music related to the work to help our understanding. It is better if you have read the book beforehand, but it is not an obligation as a brief summary and some excerpts will be made available to you a couple of weeks in advance.

Line Dancing for Beginners

weekly

13h15–14h00

This class will start in January 2025, subject to sufficient interest. We will learn the basic steps, and a new choreography each week, before joining, with videos for home practice. When we are a dozen dances under our belts, we will overlap with those of the Silver Spurs Improvers for even more fun.

Silver Spurs Line Dancing

weekly

14h00–16h00

The Silver Spurs line dance sessions start with easy dances, with the choreographies becoming progressively more advanced. Links to tutorials are provided for practice at home. Each dancer contributes to the rent of the venue and to the fun and games. Previous experience required.

Stitchers

weekly

14h00–16h30

The Stitchers Group welcomes anyone who likes wielding a needle, be it crochet, knitting, embroidery or patchwork. We meet to exchange inspiration, tips, hints and there is always lots to chat about too. We also love exploring places that inspire our work, like quilt festivals, needlework exhibitions, art and other museums. Excursions to local fabric and needlework shops help restock our supplies and make for a great day out.

Friday

Intermediate Tennis

weekly

9h15–10h15

We are a fun group of tennis enthusiasts, playing for enjoyment rather than competition, and play doubles indoors during school terms. We meet about 35 weeks per year, from the early September through to mid-June.

Friday Walkers

weekly

9h30

Our walks begin anywhere between Morges and the vineyards around Satigny, and last 2–3 hours. We try to have coffee-stops, and to have occasional day walks. Members, who volunteer to lead a walk during the year, send details to the group by Wednesday. We use both new and familiar paths.

Morning Book Discussion (currently FULL) monthly 10h00

Our meetings usually take place in one of our homes on the last Friday of the month where lively discussions take place around the 10 chosen books and their authors.

Keen Readers (currently FULL) monthly 14h00–16h00

We meet in the home of members, and discussion on the latest book usually last about two hours. Every spring, members suggest a selection of books they feel could be read and discussed, be it fiction, non-fiction, history, biography, current affairs, etc. and the nine books with the most votes form our reading list for the next Club year. Our discussions generate an enjoyable sharing of opinions, including on other books that members have read.

Cryptic Crossword Club (CCC) monthly 14h30–16h30

Why not join our group of fun-loving cruciverbalists, who delight in pitting our wits in untangling all manner of clues in cryptic crosswords, from anagrams to lateral thinking. You do not have to be an expert, but do need to like words and be willing to look at them in different ways. There is always much laughter and many eureka moments!

Pétanque weekly 16h00–17h30

If you'd like to join us in playing pétanque, we meet on Friday afternoons. Club members, husbands, and partners are all welcome.

Other regular activities

Armchair Adventures 5–6 times a year 17h30–19h00

Armchair Adventures meets 5–6 times per year, not necessarily on any fixed day, to enjoy illustrated talks on travel and adventure by Club members or guest speakers. Talks include both history and sociology of the places visited. Speakers will show their travel photos and describe their journey (embellished with lots of personal anecdotes) to make for an interesting and lively evening.

For this popular activity to continue, we need speakers: would you like to share your 'adventure travel' photos and experiences? Or would you like to enjoy viewing other people's adventures from the comfort of an armchair? The Club has a digital projector, and we can help you learn how to make PowerPoint presentations. Refreshments will be served, and husbands/partners are welcome.

Art Excursions monthly

The Art Excursion Group aims to visit interesting exhibitions around Switzerland.

Artists Printmaking Demonstrations occasionally

I am an artist printmaker and offer printmaking demonstrations in my home studio using various techniques on my printing press. The results are often unique and unexpected, adding to the allure of the art of printmaking. Demonstrations are in small groups on an occasional basis.

Cross-Country Skiing winter season 10h40

If a member of the group plans to go skiing, she will send out a message to the other members inviting anyone who wishes to join her. We are happy to take beginners to Les Rousses and help them rent equipment and organise lessons.

Downhill Skiing weekly during winter 10h00

We will meet for an outing to the Col de la Faucille in the Jura, France on Wednesday, Thursday or Friday, depending on weather and snow conditions (I always send an email confirming the date to those signed up). We will carpool and ski for approx. three hours. When snow conditions are no longer good on the Jura, I'll propose a full-day outing to Mégève or St Gervais in the Alps

Electric Biking occasionally

We are a group of enthusiastic e-bikers who enjoy exploring the local countryside, finding, wherever possible, bike and agricultural paths and quiet routes with no motorised vehicles. Rides are typically a minimum of 2 hours covering distances from 40 km upwards. Sometimes we venture further afield which involves taking the e-bikes by car or on the train. We also organise a couple of longer trips with overnight stays and distances for these rides are 50 km plus per day. We meet informally as rides are organised by members of the group throughout the year. We welcome sharing our bike routes and extending friendships with interested e-bikers.

Evening Forum

quarterly

From 2025 onwards, we hope to offer you a quarterly evening discussion forum on issues of current concern. The format will emulate that of Armchair Adventures: welcome drinks, a presentation by an expert, and discussion. The first Evening Forum will focus on Women in the Workforce in early Spring.

Full Moon/Flower Walks

January to May

Details of the full moon walks (January to March) and the flower walks (April and May) will be announced in *The Grapevine* nearer the time.

Happy Yodellers

fortnightly

14h00

Happy Yodellers meet on a Thursday or Friday.

Qigong

bimonthly

Qigong means building vital life energy and can be called a moving meditation. This ancient Taoist practice of harmony and well-being combines gentle, flowing movements with rhythmic breathing to instil peace, focus and energy. Qigong is ideal for managing stress, stiffness, and tension, and is suitable for all. I will offer Qigong at 18h30 once or twice a month on dates to be communicated in advance.

Reading Shakespeare

every 4–6 weeks

The group reads a Shakespeare play and/or sonnet regularly and meets to discuss them. Our aim is to enjoy the works in a relaxed manner and to share our views. We will each present a passage that we particularly like and explain why. Readings and viewings of the play can take place too.

Vegan Activity

monthly

This is a group for those you'd like to know more about vegan cooking, veganism in general or the vegan impact on the environment. If you'd like to have your questions answered, exchange ideas and recipes, know what to cook if you have a vegan in your family or among your friends, or if you yourself would like to eat vegan sometimes, please join us. We have no fixed place and no fixed day. Members will be informed in advance.

Women on Their Own

fortnightly

We are a social group aimed at forming new friendships among ladies on their own for whatever reason. We meet on the first Saturday and the third Sunday every month.