



Tidbits

Volume 32 ~ Issue 9

May 2026

**GFWC
Woman's Club
of West Deptford**

NEXT MEETING

**Tues. May 12
6:30 p.m. WD
Middle School**

Refreshments

Peg S., Dorothy A.,
Karen B., Margaret O.,
Tee M.

May Birthdays

6—Peggy G.
9—Patti P.
11—Vicki C.
12—Sharon H.
15—Carol M.
16—Jeannette W.
24—Denise H.



GFWC Woman's Club of West Deptford

Member of
General Federation
of Woman's Clubs
(GFWC),

New Jersey State
Federation of
Woman's Clubs
(NJSFC),
Garden District
of NJSFWC.

President

Janice Morrison
president@
wdwomen.org

Membership

Ann Caswell
856-534-3077
membership@
wdwomen.org

President's Message

Janice Morrison

Spring is the time for plans and projects – Leo Tolstoy



Leadership Transition

Spring is upon us. The trees and flowers are in full bloom, and so are allergies for many of us. As the club winds down much of its work, preparations are underway for a change in leadership.

Congratulations to our newly elected board for the 2026-2028 term: Jody Harris, President Elect; Ann Caswell, First Vice President; Sharon Bowen, Second Vice President; Sue Nelson, Treasurer Operating Account; Linda Clark, Treasurer LGCCC Account; Debbie Hinkle, Recording Secretary; Sue Combs, Federation Secretary; and Peggy Grady, Corresponding Secretary.

Committees

As committees wrap up their projects, now is the perfect time to consider which committee you'd like to join moving forward.

Every two years, we ask members whether they wish to continue serving on their current committees, switch to a different one, or join a new committee altogether.

Jody Harris, our President Elect, has already sent out information via email, so please make sure to respond to her. Your timely reply will help her effectively plan for the upcoming term.

Financial Review

Each year, a committee is formed to review our financial records from the previous year. In June, I will appoint members to conduct this important review. Completing this process right after the leadership transition allows us to update our accounts with the newly elected President and LGCCC Treasurer so they can begin their work.

Basket Raffle – October 25, 2026

The Basket Raffle Committee is diligently working on plans for the October fundraiser. This event is a significant project that requires everyone's involvement, especially in selling tickets. As our largest fundraising event, it provides the resources we distribute throughout the community.

At the April General meeting, members saw the list of local organizations we support. We also need your help in obtaining donations for baskets or financial contributions. If you know someone with a local business, there are different letters available depending on what you are requesting. If you are unsure how to approach a business, please ask one of the Raffle Committee members for guidance.



Our goal this year is for every member to sell at least six seats—imagine how wonderful it would be to fill the venue to capacity!

In Federation Friendship,

Janice

Ends are not bad things; they just mean that something else is about to begin.

— C. JoyBell C.

First Vice President

Jody Harris

Volunteer Hours

First quarter hours (January, February, March) are now completed. If I still do not have them, I am going to assume that you do not have any to share with me. We are now into our second quarter hours, (April, May, June) which will carry us to the end of our club turn-over. Feel free to send me second quarter hours at your earliest. Thank you to those that have been sending hours regularly, and I hope you are also keeping a record of these hours, as they will be needed for end-of-year reporting if you participated in a committee or a project.

Guest Speakers/ Programs

The responsibility for planning the speakers will follow me into the next term. If you

would like to suggest a speaker, please reach out with their name and what they would be speaking about. I also need their contact information, and a brief biography to be used as an introduction. In turn, I will send out a confirmation with the month that the speaker has been scheduled, to both the speaker and the member that suggested them. I am currently scheduling into winter and spring of 2027. Our next speaker will be David Harris who will be speaking in regard to the benefits, as well as the Do's and Don'ts for Senior Fitness.

End of Year Fundraising Report

We have finished our 2025-2026 club year very well. This DOES NOT include the Basket Raffle proceeds. With internal fundraising this year we made:

September Hoagie Sales

99 Hoagies Lunches were sold, profit of \$693.00

December Poinsettia Sales

56 Poinsettias were sold, (42 large/14 small), profit of \$260.40

La Sicilia Nights

- December 18, 2025 \$78.91
- January 22, 2026 \$117.72
- February 26, 2026 \$134.37
- March 26, 2026 \$57.32

Total La Sicilia: \$388.32

Fundraising Grand Total 2025-26: \$1,341,72

Thank you for your continued cooperation/support with our fundraising projects, submitting volunteer hours, and assisting me to locate speakers of interest for the group at large .

~ Jody

Family Promise

Jeannette Wood

Family Promise of Southwest New Jersey

June is designated our month to donate!

Family Promise has been assisting hard-working low-income families with housing insecurities since 2005 through partnerships with community partners. Our club has been a community partner with Family Promise since 2012.

We hope to continue helping homeless children by providing duffle bags.

You can donate money toward a duffle bag or purchase a duffle bag. If you aren't going to the June meeting, you can donate at our May meeting.

Thank you to members who have already given money to purchase duffle bags. I received \$30.00 at the last meetings.

Thank you so much for your continued

support to help the homeless in our community.



2nd VP/Membership

Ann Caswell



We had a new member join at the April meeting. Welcome Donna Stelmach! We look forward to working with you and getting to know you.



there! This is always a fun and enjoyable event. For our new members this is a great way to get to understand our club's history and community support programs and to begin getting to know our members.

Our new members for this club year ending soon: Dottie Patriot, Tee McCall, Colleen McKeever, and Donna Stelmach. Please let me know if you plan to attend. New members who are attending the End-of-Year dinner will be installed.

New Member Orientation

We are planning to hold our annual Orientation meeting at West Deptford Middle School on Wednesday, May 20th at 6:30pm. I hope to see you

I want to thank you from the bottom of my heart for my "Honor Roll" selection. It was such a surprise! Joining the WCWD has been a joy for me. I have found purpose and friendship with a wonderful group of women. I look forward to more years in the club.

—Thank you, Ann Caswell

Tyler Barna, son of Nancy & John Barna, is completing his 9th year of a 10-year PhD program of Astrophysics at the University of Minnesota. He has been interning with NASA. His most recent NASA conference took him to Italy for two weeks just after the Artemis II touchdown to earth. You can just imagine the excitement in the Barna house as we watched history being made in space. Tyler is set to graduate with a PhD in Astrophysics in May 2027.

Brady Cobb, WDHS senior grandson of Linda & Bill Jones, was chosen as the WDHS MALE SCHOLAR-ATHLETE at the Colonial Conference Awards Banquet. Brady will attend Gettysburg College majoring in Economics as well as being a football quarterback. Congrats!

There has been a delightful new addition to Peggy G.'s family, granddaughter Molly Rose McGowan, born on April 14th. She is lovingly welcomed by her proud parents, Jenna and Dan, and her two adoring sisters, Bridget and Janie. Our family just got a little bigger and a whole lot sweeter!

Arts and Culture

Ann Caswell

What a busy month we have had!

Crochet Club

The Crochet group has been on hold for a few weeks but will continue when everyone is available. It's been fun for the group to get together to learn and socialize. Our Spring Card Making was once again a fun time for all. Thank you Denise Hosier for hosting and doing the prep work. The cards were delivered to the Activities Department at Atlas Nursing Home for the Long-Term Care patients.



ers, Honorable Mention crochet neck scarf. Peg Shirey won 1st place in Cooking for Salty Caramel Apple Bars (delicious). Kim Van Zoeren-Czoch won 2nd place in Cooking for Carrot Cake Jam, 2nd place for Color Photo in Our World Up Close, Black & White photos Reflections & Natural Wonders and 3rd place Color Photo in Reflections. Chris Taylor won 1st place Color Photos in Our World Up Close and in Reflections.

Environmental Awards

- Debbie Hinkle won 1st place for Up-cycle using clothing for her "Bra Hanging Planter."
- Peggy Grady won 1st place for a Succulent Garden in the small Cactus category and a Dish Garden in House Plant "other" category.

Spring Conference

The Spring Conference was held at Marco's Restaurant, Pennsauken on Thursday, April 16th. We had 15 members in attendance. What a great showing for WCWD! Several members submitted entries and received awards.

Arts and Crafts Awards

Jody Harris took first place for Paper Art Scrapbooking one sheet. Joann Keefe Crochet 1st place for baby blanket, toy elephant, Christmas ornament, 2nd place for a baby hat, 3rd place for a neck scarf. Denise Pitchford took 2nd place for Color photo in Reflections, 2nd place Paper Art Handmade Flow-

We really have a creative group!



Greater Woodbury Coop Ministries

Joan Baur

School Supplies

May is the month assigned to me to collect for our summer project for the Greater Woodbury Cooperative Ministries (GWCM). Our club has assisted with the collection and distribution of school supplies for many years. I know this collection is coming early. Just like school year ending in June our club year ends in June with no regular summer meetings.

Please consider donating school supplies at the May meeting. Some suggestions: pencils, pens, crayons, colored pencils, colored markers, highlighters, glue sticks, scissors, notebooks, rulers, pocket folders, composition books, and backpacks. If you prefer not to shop, you can donate money or gift cards and I will shop when the sales begin in July. An envelope will be passed around at the May meeting for any monetary donations.

All contributions will be greatly appreciated. I will also collect any donations through the middle of July.

Last year our club assisted with providing school supplies to 250 children. The distribution dates will be in early August at the main food pantry.

Thanks you for your assistance with this special project.

~Joan

Every new beginning comes from some other beginning's end.
— Seneca

Girls' Career Institute

Kimberly VanZoeren-Czoch

Orientation

Thank you to all club members who donated drinks for the GCI Orientation.



The orientation was held on Sunday 26 April 2026 at the Had-don Fort-nightly In Had-donfield.

All the girls who attended had a very successful, informative and fun afternoon.

With parents, guardians and other Club members from the Garden District there were over one hundred in attendance.

Thank you again for your generous donations.

GCI Wish List

See the Wish List, right. Donations may be dropped off at Kim's home no later than May 25th.

Thank you in advance for your generosity and support. The GCI program sincerely appreciates your contributions.

Kim and Joann



GCI 2026 Wish List

Dunkin Donut \$5.00 gift cards
(a small token of appreciation for our speakers)

White copy paper

Cannon 220 ink black
Cannon 221 ink colored
(There is compatible ink on Amazon for less money.)

Small paint brushes

Large Adult scissors that will cut fabric

Fleece cloth (for no sew blankets)

Paper bags (not brown)

Sanitary supplies (pads, tampons, etc.)

Stickers (pictures and sayings for Vision Boards)

Magazines

Snacks

Bottled water (small size)

Civic Engagement & Outreach

Cynthia Holmes-Butler

Memorial Day

By April Maska

Dear Club Members,

Our participation in the Memorial Day Parade is coming up in just a few weeks. Please let me know if you will be joining us on the parade route and if you are walking or riding. Either is fine. ☺

Thank you to all of the members who sent or delivered pictures to me of your family members who served in the military. We have quite a collection. I am so proud to see so many service members connected to our club members. Please make sure I have your pictures by our May meeting as I need time to print, size and laminate as well as affix to a line which will be strung to our wagon.

The bags to carry candy are here, as well as miniature flags and pin-wheels. We have bunting, a wreath holder and our wreath is coming. Bags of candy are purchased. Please

wear your purple club shirt if you have one, a purple shirt if you do not, or a patriotic color shirt. If you can car pool with a member, that will eliminate extra cars. We will need to coordinate cars getting members to Colonial Avenue and cars at the Battlefield so we can get a ride to our cars or to return home.

We will meet at Colonial Avenue on Monday, May 25th at 9:30 am at latest. I will be there early with the wagon (around 8:30) to get it decorated and ready to go. Please feel free to join me. Step-off is at 10:00 am. I have not seen the lineup yet so I do not know exactly where we are in line, but I know it is coming. Final details will be shared at our meeting in May. Please let me know if you have any questions.

I am looking forward to walking with our club and supporting this special West Deptford Township event.

~ April

Food Donations

by Cynthia Holmes-Butler

Debbie Hinkle and Pixie O'Hara have dropped off food and clothing donations to Wheels of Change. The organization could use help with volunteers. They are open Tuesday, Wednesday and Thursday, 9am-3pm.

Correction: The address is incorrect; it's Westville not West Deptford.

~ Cynthia

EVERY DONATION FUELS HOPE!

TOGETHER, WE CAN CHANGE THE WORLD.

HOW YOU CAN HELP:

- Donate Online: Support our committees through online fundraising
- Organize Donation Drives: Collect items such as clothing, shoes, food, baby products, and much more.
- Volunteer: Get involved and make a difference!
- Clean those closets and donate what's not needed!

WE NEED YOUR SUPPORT

Every day, families in our community face challenges in making ends meet. Your generous donation enables us to offer essential humanitarian assistance to those who need it most, completely free of charge.

DONATION ACCEPTED

We welcome the following gently used or unopened items:

- Baby Items:
 - Diapers (open or unopened packs, any brand or size)
 - Unopened baby formula and baby food
 - Blankets, bibs, socks, nursing caps and more
- Children's Clothing and Footwear:
 - Clothing and shoes from newborn to teen sizes
 - Gently used shoes
 - Sizes ranging from infant to adult
- Hygiene Products:
 - Feminine products, shampoo, conditioner, soap, and care items, deodorant, and more
- Baby Equipment:
 - Non-recalled strollers such as babywags, strollers, swings, high chairs, car seats, etc.
- Food

All unopened items, both perishable and non-perishable.

Wheels Of Change Resource Center

Explore Our Social Media for More Information
Wheels Of Change NJ

DROP OFF LOCATION:
1977 Gateway Blvd, Suite 4
West Deptford, NJ 08096
Tuesday, Wednesday and Thursday
9am-3pm
856-282-1946
Fuel free to call today to arrange a pickup.

Advocates for Children

Karen Hink

Pinwheel Garden

In observance of Child Abuse Prevention Month this April, a pinwheel garden was recently "planted" at the County Child Advocacy Center in Woodbury to raise awareness.

We are also continuing our support for the following initiatives:

Crayon Recycling Project

We are maintaining our partnership with The Crayon Initiative. Please bring any used or broken crayons to our upcoming meetings to be recycled

and distributed to children in hospitals.

Ronald McDonald House

We are still collecting soda tabs for RMH South Jersey. Please bring your tabs to our next meeting for their recycling program.

Thank you for your continued dedication and support of these projects!



Basket Raffle

April Maska

Hi Club Sisters,

The Basket Raffle Committee has been very busy since our April meeting and a lot has been accomplished. Our raffle basket and 50/50 raffle license applications have been signed, notarized and delivered to Deptford Township along with our filing fees. Sue N. and I did have to apply for another Criminal Background Check as it is now yearly. We are awaiting our licenses from the State.

A big thank you to the Basket Raffle "Gems" (Committee) who have been very busy already with getting out the Save the Date flyers to all Social Media

sites as well as on bulletin boards and local businesses. We are getting a lot of publicity this year and we already have so many people interested in our event.

We will be planning a Basket Raffle Zoom meeting for all in the club who wish to help us with this major fundraiser. There is always a job that needs to be done to make our event a success. Big or small, all jobs are important.

If you are thinking about what basket you would like to put together, there are many themes that have been very popular. Please let us know if

you need some ideas or inspiration on a basket to donate to our fundraiser. We have a reputation for the best baskets around. Please remember, baskets value should start at around \$75.00. Not necessarily what you paid if you purchased an item on sale, but the retail value of the basket total. ☺

Reach out to any committee member if you have any questions.

In Federation Friendship,

April, Sue and
Basket Raffle "Gems"



Every ending is
a seed — it
carries the
next beginning
inside it.
— Unknown

Federation News

Cynthia Holmes-Butler

Friends of Convention

Remember to pick up your ribbon at Convention!

Summer Luncheon

Our Summer Luncheon and Basket Raffle is coming up in August. New NJSFWC President Susie Chambers will have details in the President's Packet at Convention.

**A message from NJSFWC
President McCloskey:**
(right)

Not only is National Volunteer Week April 19-25, 2026, but GFWC Federation Day is April 24th.

On April 24, 1890, the GFWC Constitution was ratified, and 63 clubs officially formed the General Federation of Women's Clubs.

Thank you...to all the Members, your dedication to improving the lives of others through volunteer service is extremely appreciated!

Thank you for your time, commitment and fellowship,
Barbara



Socializing at Tea Rooms

The year was 1998; the venue was Flanders Hotel High Tea (Ocean City, N.J.); and it was the start of a tradition that continued in our club's social activities for nearly three decades at various tea houses. Tea sandwiches have only one rule: "They should be neat, petite, and nearly too pretty to eat."

Those three-tiered trays with finger sandwiches, scones, and pastries are traditional classic fare on most tea menus. Through the years our ladies have socialized with eighteen visits to various tea rooms: The Tea House, Vintage Rose Tea Room, Penelope's Tea Room, Amelia's Tea, New Leaf Tea Room, Whitall House Tea (National Park, N.J.), Nutty Duchess Tea Room, Jane's Tea House, and La Mademoiselle Macaron. Our affection for those tea-sandwiches is evident in the colorful, triangular, circular, square, and small-in-size, delicious, small bites.

Happy Mother's Day

As Mother's day approaches on May 10th, we celebrate our club mothers each and every time we socially join



together to participate, mingle, and connect with those in our group, especially as they find the time to volunteer and fulfill community services. Wishing a **HAPPY MOTHER'S DAY** to all our members because "There is no role in life that is more essential than that of motherhood." Enjoy and take time for yourself, everyone!



Another Award!

Again this year, it is so encouraging to win the Garden District Award in HISTORY as I indulge, enjoy, and investigate reporting on our club's history.

REMINDER

"Moments & Memories" Scrapbook

Our fifty years tribute scrapbook will be a nostalgic project giving each of our members the opportunity to submit a scrapbook page containing photos, remarks, memories, and best projects from the past to the present. Directions are in last month's Tidbits with a few more suggestions below:

- What do you like/love the most about being in the West Deptford Woman's Club?
- Do you have a picture of yourself and a project that you spear-headed?
- Is there a volunteer situation that was gratifying for you?
- As a past president, can you find a picture in your scrapbook depicting a project or program that was successful for you and our club?
- Why did you recently join the WD Woman's Club?
- How does being a community volunteer make you feel?



GARDEN DISTRICT SPRING CONFERENCE: We were happy that 15 members attended! Our Honor Roll Awards were presented to Ann Caswell, Carol Dechen, and Peg Shirey, and April received a surprise Order of the Lily Award (her second!) from Patricia Dahl, NJSFWC 2nd Vice President. April has been assisting Patricia for the past two years by sending out membership letters.

Let's start digging into the past or thinking about the page that you will enjoy adding to our future club scrapbook. Thanks to all!

Socially Speaking

Jody Harris

Please read through the list of events and social outings scheduled. Check dates, times, cost, deadlines, and RSVP dates where noted. All RSVPs go to Jody; no need to send to the whole club. Thank you.

**WEDNESDAY, May 8:
Mother's Day Breakfast,
Falcon Diner, 9:30**
RSVP by May 1, 2026

Time to celebrate us with an informal breakfast at Falcon Diner. As always, we will order from the menu, and each participant will pay for her own meal. No need to be a mom to attend. Everyone is welcome to come out and share in a breakfast.

**WEDNESDAY, May 27:
Heritage Glass Museum,
12:00**
RSVP by May 20, 2026 to Jody if you are interested.
The Heritage Glass Museum in Glassboro, NJ, is highly regarded as a "hidden gem" that offers an intimate look into South Jersey's 200+ year glassmaking history. Visitors praise the knowledgeable, friendly staff

and the impressive collection of local, antique, and artistic glass housed in a small, cozy space. This is a FREE Museum.

**WEDNESDAY, May 27:
National Senior Health
and Fitness Day, 9am-
noon**

Free to all members and Gloucester County Seniors at RiverWinds Community Center.

Various vendors will be set up in the Main Gym for you to visit and ask questions of.

**TUESDAY, June 2, 2026:
Phillies Game, 6:40pm**

Fifty (50) tickets were ordered and sold for this game at a price of \$45.00 each. The \$10.00 per ticket deposit has already been sent in. Please make sure to pay your balance, which is due NO LATER than the April meeting, as the final payment must be sent by the middle of the month. When all the money has been received, Sue will send it in and the tickets will be mailed to me. Please, make every effort to attend the May meeting, as I hope to have the tickets to

hand out. I have been working on the seating chart and I believe I was able to accommodate all requests.

**WEDNESDAY, June 3:
"Zoom" Book Club, 7pm**

RSVP by May 30 to Jody to receive the Zoom invite. The book we will be discussing is *The Safekeep* by Yael Van Der Wouden.

The next book, we will be discussing is *The Sisterhood* by Liza Mundy, and we will pick a date for this at the June 3rd meeting.

**SATURDAY, June 13, 2026:
Family Archaeology Day,
12pm-4pm**

Red Bank Battlefield, 100 Hessian Ave., National Park This is NOT a group event, strictly for your information

"Work side by side with the archaeology team and see first hand what is uncovered." Artifact displays, special tours, kid activities.

Contact Jen Janofsky @ jjanofsky@co.gloucester.nj.us 856-251-6710 for more info.

There is no real ending. It's just the place where you stop the story.
— Frank Herbert



CARDMAKING for long-term residents of Atlas Rehab.

Domestic Violence

Nancy Barna

Human Trafficking

We have all heard of human trafficking and we know it is wrong, but how would we know what to look for? There are some telltale signs.

- Does the person appear disconnected from family, friends, community organizations, or houses of worship?
- Has the person had a sudden or dramatic change in behavior?
- Is the person disoriented or confused, or showing signs of mental or physical abuse?
- Does the person have bruises in various stages of healing?
- Is the person fearful, timid, or submissive?
- Does the person show signs of having been denied food, water, sleep, or medical care?
- Is the person often in the company of someone who seems to control the situation, such as coaching them on what to say?



- Is the person living in unsuitable conditions?
- Does the person lack personal possessions and appear not to have a stable living situation?
- Can the person freely leave where they live?

Human traffickers use various forms of force, fraud, and coercion to control and exploit victims, including:

- Imposing of debt
- Fraudulent employment opportunities
- False promises of love or a better life
- Psychological coercion
- Violence or threats of violence

The crime of human trafficking hinges on the exploitation of another person. People often falsely believe “human trafficking” implies victims must be moved from one place to another to be a victim. It can happen in one’s hometown. Human trafficking does not require transportation to be considered a crime, but it is a higher crime if a victim crosses state lines.

You can help play a role in ending human trafficking by learning key indicators of the crime, raising awareness of human trafficking within your community or industry, and reporting suspected trafficking incidents.

If you suspect signs of human trafficking, or if you suspect that someone you know of may need help, please contact Services Empowering Rights of Victims (SERVE) at 866-295-SERV (7378).

Environment

Patty Wyzkowski



Health and Wellness

Carol Dechen

Gardening

Go figure... Gardening can help with migraines, sleep apnea and mental health. Yeah, I kind of missed the boat, being that last month (April) was Mental Health Awareness, but since it's Mother's Day this month we will all be in the garden or enjoying flowers.

Now, image that peaceful feeling of looking at your garden or admiring someone else's garden. You see something pretty and take a deep breath. That visual of a nice floral arrangement/garden, the aroma, can create a sense of peace and well-being.

It is believed that viewing nature aids in reducing stress by putting the mind in a state similar to medication. Your senses are awakened, bringing us to the present moment and it has been shown to reduce stress. Other benefits of being in the garden, the obvious is Vitamin D from the sunlight, reduce seasonal depression, anxiety and agitation. Being in the garden or anywhere outside, you have a sense of well-being, excited by the colors, the beauty and life that is all around us. Nature holds a key to health. We are part of the natural world and are connected to and restored by it. And now that the temps are warming up, we can get outside and enjoy the beauty of nature.

Happy Mothers Day ladies.



Operation Smile: Day of Service

We had a fun day up at NJ headquarters for the Operation Smiles Day of Service. Pixie, Debbie H. and myself went up and helped make pediatric blankets, No-No armbands (now called Smile bands) and cutting out pediatric gowns. There were approximately 50 volunteers plus the volunteers from Operation Smile, so it was a full house of laughter and activity.



Operation Smile: Breakfast at Tiffany's

Kim VZC., Debbie H. and myself attended the fundraiser for Operation Smile, where they honored one of our own, Jill and Gil McDonald. Jill and her husband have worked tirelessly for several years collecting, storing, and transporting supplies to Virginia where

Operation Smile home base is located. It was a lovely celebration. We also got to meet Dr. Magee and his wife, who were the founders of Operation Smile. I am in awe of the work that has been done and the number of children they have helped live a better life.



Upcoming Smile Projects

As a fall project, Health and Wellness will participate in making gowns, smile bags, smile bands or collecting supplies each year. Stay tuned and keep collecting for us. TIA.

Senior Health Expo

See the info below. Hope to see you there!

RiverWinds COMMUNITY CENTER CELEBRATES

NATIONAL SENIOR HEALTH AND FITNESS DAY 2026

"Move a Little...Live a Lot"

Wednesday, May 27th 9:00a - Noon

RIVERWINDS MAIN GYM

FREE TO ALL MEMBERS AND GLOUCESTER COUNTY SENIORS

KICK OFF THE EVENT WITH A 1 MILE OUTDOOR WALK WITH BRETT AT 9:00A. MEET IN THE LOBBY! (weather permitting)

TAI CHI CLASS:
10:00 - 10:30 am in the wrestling room

VETERANS AFFAIRS RED LIGHT THERAPY FLBAT HAVEN SPA
 PRESCRIPTION DROP OFF PHYSICAL THERAPY CHAIR MASSAGE
 RAFFLES SIJ MEDICINE
 GLOUCESTER COUNTY SENIOR SERVICES PODIATRIST
 HEALTHY FOOD SAMPLES CHEESUS CRUST PIZZA CERTIFIED DERMATOLOGY
 HEARING TEST LIVE MUSIC: DJ BEAR GLUCOSE TESTING
 ASSISTED LIVING BLOOD PRESSURE SCREENINGS JEFFERSON HEALTH
 INSPIRA HEALTH PICKLEBALL CUT HEALTH
 AND MUCH MORE! BEST BUYS DISPENSARY

QUESTIONS? CONTACT MANDEE AT 856-251-0990 EXT. 205

Every sunset is a reminder that endings are but preludes to new dawns.

— Unknown



GFWC Woman's Club of West Deptford

P.O. Box 381
West Deptford, NJ 08086

President: Janice Morrison
president@wdwomen.org

Membership: Ann Caswell
856-534-3077
membership@wdwomen.org

*Community Service
Spiced with Friendship and Fun*

UPCOMING

**May 4-6: NJSFWC Convention
Atlantic City**
**May 8: Mother's Day Breakfast
at Falcon**
May 12: Regular Meeting MS
**May 20: New Member
Orientation at the Middle School**
May 25: Memorial Day Parade
May 27: Heritage Glass Museum
**May 27: National Senior Health
& Fitness Day, RiverWinds**
June 1-4: Girls' Career Institute
June 2: Phillies Game
June 3: Zoom Book Club
June 9: Installation Dinner

Website: wdwomen.com
Facebook:
[womansclubofwestdeptford](https://www.facebook.com/womansclubofwestdeptford)
Instagram: [wcofwestdeptford](https://www.instagram.com/wcofwestdeptford)

Committee Collection Schedule

- ◆ **Every month**—Food pantries
- ◆ **Special State Project** — Priority
- ◆ **January:** Advocates for Children, Health & Wellness
- ◆ **February:** Domestic Violence
- ◆ **March:** Advocates for Children; Health and Wellness
- ◆ **April:** Domestic Violence
- ◆ **May:** Education/GCI,
- ◆ **June:** Civic Engagement & Outreach
- ◆ **September:** Advocates for Children
- ◆ **October:** Domestic Violence, Family Promise
- ◆ **November** Civic Engagement & Outreach, Health &

Our Sponsors 2025 April Maska

Thank you to our gold sponsors:

- Solvay-Syensqo Specialty Polymers USA, LLC
- Keller Insurance
- Bukenas Automotive

Installation Dinner

Tuesday June 9, 2026 – 6pm
Terra Nova Restaurant, 590
Delsea Dr. Sewell, NJ 08080

Your dinner selection will include:

- Baby Green Salad with tomato, cucumber and Red Wine Vinaigrette
- Unlimited Soda, Coffee, Fresh Baked Rolls, Garlic Butter
- CASH BAR will be available if you wish to partake.
- Vanilla Bean Ice Cream with a Chocolate Sauce
- Cake

Choice of Entrees:

- Spinach & Ricotta Ravioli Alla Vodka
 - Chicken Parmigiana with Penne Marinara
 - Crab Stuffed Atlantic Salmon, Meyer Lemon Glaze, and vegetable
- Final count with your dinner choice is due by the May meeting.

Total cost of per dinner is \$43.00 per person, which includes 20% gratuity.

You are welcome to make your payment to Sue Nelson with cash, check to WCWD, Venmo, or Zelle. Please remember to let her know if you are paying by Venmo or Zelle so she knows to look for it.

