

# WOMEN ARE WONDERFUL 2024

*Presented by the*

## Jefferson DeFrees Family Center & Zonta Club of Warren

Come join us for a fun day filled with educational and exciting programs!

### The Important Stuff:

1.) Registration is \$40 – you MUST pre-register AND pre-pay. Spots cannot be held for those who do not pay ahead of time. Payment may be made in the form of cash or check. **Checks should be made payable to: JDFC.**

**2.) Registration deadline is February 5<sup>th</sup>, 2024.**

3.) Class sizes are limited so early registration is MANDATORY and **first come, first serve!**

4.) Check-In Required. Plan to arrive at the JDFC between 8:15 and 8:30 am at Wetmore door.

5.) The event will be over at approximately 3 pm.

6.) Confirmation will be sent to you upon receipt of your registration form and payment.

**7.) The minimum attendee age is 21.**

8.) Any cancellations within 48 hours of the event will not be refunded. Substitute attendees are permitted with advance prior notice.

9.) For additional information, please contact the JDFC at 814-723-6350

### REMINDER!!!

Bring your unwanted purses, scarves, and hats for a fun exchange upon check-in at the JDFC lobby.

## Saturday February 10<sup>th</sup>, 2024

**Jefferson DeFrees Family Center  
207 Second Avenue in downtown Warren, PA.**

### What You Enjoy:

**Choice of 5 expertly instructed classes presented in an interactive and hands-on environment.**

**A delicious breakfast, with mimosa bar, and lunch and chocolate fountain!**

**All necessary materials for classes are provided.**

**Extra activities to enjoy during the lunch hour.**

**Plenty of time to network and meet other women.**

**Basket Raffle and Door Prizes!**

### Send Check and Completed Form to:

Jefferson DeFreese Family Center

ATTN: Melinda Johnson

Memo: WAW 2024

207 2<sup>nd</sup> Avenue, Warren, PA. 16365

If you would like to pay cash, please visit the JDFC during normal business hours, Monday through Friday from 8:30 am until 4:30 pm.

# Women Are Wonderful Workshops!

2024 WAW Class Choices and Descriptions – PLEASE READ CAREFULLY!

**Easy Appetizers with Chef Bruce Faulkner:** Join our expert chef in making simple yet delicious appetizers that any guest is sure to love!

**Chalkin' It Up:** Magnolia designs and silk screen stencils with Erin Wallace. This class offers the opportunity for participants to purchase additional items, so **BRING CASH! CLASS SIZES ARE LIMITED TO TEN!**

**Financial Planning:** Join our local financial planning experts from Calvert Pearson to talk about everything finances!

**Self Defense:** Get your moves on with Kimio Nelson! Class is located downstairs in the JDFC Fitness Center. Learn quick and easy ways to keep yourself safe in the event of a personal attack. Wear comfortable clothing and closed toe shoes.

**Beat the Scams:** Are you tired of getting scammed or unsure if the strange emails or phone calls you are receiving indeed are scams? Then this class is for you! Talk with Amylynn Delgado about all the best tips and tricks to keep yourself safe from scammers and online predators.

**Paper Quilling with Jodie Thomas:** Quilling classes are **LIMITED TO TEN PEOPLE!**

**Garden Grub:** Whole Food Living, simple swaps to make your food tasty AND healthy.

**Belly Dancing:** Get ready to shake what your momma gave you with Sandy Rothenberg! This class will be sure to get you pumped up and feeling groovy. No prior experience required. Come as a novice, leave as an expert!

**Charcuterie Board:** \* **Additional cost of \$10 MUST be pre-paid!** Betsy Grinder will help you craft the ultimate charcuterie board that is yours to keep!

**Paint a Gnome:** Paint the perfect Valentine gnome with Kelly Hunt on a ceramic coaster. **Classes are LIMITED to 15 people!**

**Laughing in Your Chair:** Chair Yoga with Martha Dexter! Located in the JDFC Fitness room. Wear Comfy clothing and be prepared to stretch away all the tension.

**The Perfect Pairing:** Wine. Chocolate. What better combination could you ask for? Sip and sample the perfect pairings of wine and chocolate with Netta Lindell from Ekey's Marketplace

We will try our best to accommodate everyone's request. Classes are filled on a first come-first served basis. The sooner you return this completed form WITH payment the better! You MUST pick ONLY ONE class during the allotted times listed below.

2024 Women Are Wonderful					
	GYM	WETMORE	HAWKE	JEFFERSON	FITNESS CENTER
8:15	Breakfast/ Coffee/Tea/Mimosa Bar	Registration in Lobby	Front Door LOBBY - check out the Purse, Scarf & Hat Exchange party, occurring all day.		
9:00 - 10:00		Easy Appetizers with Chef Bruce Faulkner	Chalkin' It Up-Magnolia Designs, Silk Screen Stencils with Erin Wallace	Financial Planning, Christy from Calvert Pearson Insurance Group	Self Defense with Kimio Nelson
10:00 - 11:00		Easy Appetizers with Chef Bruce Faulkner	Beat the scams! With Amylynn Delgado	Paper Quilling with Jodie Thomas	Self Defense with Kimio Nelson
11:00 - 12:00		Garden Grub Whole Food living, simple swaps to make food tasty & healthy	Chalkin' It Up-Magnolia Designs, Silk Screen Stencils with Erin Wallace	Paper Quilling with Jodie Thomas	Belly Dancing with Sandy Rothenberg
12:00 - 1:00	LUNCH- Soup & Salad, Assorted Desserts & Chocolate Fountain - Surprise Entertainment!				
1:00 - 2:00		Garden Grub Whole Food living, simple swaps to make food tasty & healthy	Create your own Charcuterie Board with Betsy Grinder, \$10 extra	Paint a Gnome on a ceramic coaster with Kelly Hunt	Laughing in Your Chair Yoga with Martha Dexter
2:00-3:00		Wine, Chocolate & Dessert Pairing with Netta Lindell	Create your own Charcuterie Board with Betsy Grinder, \$10 extra	Paint a Gnome on a ceramic coaster with Kelly Hunt	Laughing in Your Chair Yoga with Martha Dexter

### Participant Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_

Email Address (will send confirmation via email if provided) \_\_\_\_\_

Payment Method (cash or check is accepted).

- \$ \_\_\_\_\_ Registration Fee (\$40.00)
- \$ \_\_\_\_\_ Additional Class Fee(s)
- \$ \_\_\_\_\_ TOTAL AMOUNT TO REMIT

Make checks payable to: JDFC, Attn: WAW 2024 event.

**Mail the completed form along with the registration fee to:**  
**Jefferson DeFrees Family Center, 207 2<sup>nd</sup> Avenue, Warren, PA.**  
**16365 \*\* Deadline for registration is February 5<sup>th</sup>!**

**Please choose five (5) classes and five (5) alternates.**

9AM: \_\_\_\_\_

Alt 1 @ 9AM: \_\_\_\_\_

10AM: \_\_\_\_\_

Alt 2 @10 AM: \_\_\_\_\_

11AM: \_\_\_\_\_

Alt 3 @11 AM: \_\_\_\_\_

1PM: \_\_\_\_\_

Alt 4 @1 PM: \_\_\_\_\_

2PM: \_\_\_\_\_

Alt 5 @2PM: \_\_\_\_\_