

A Week of New Starts at the International Friendship Club

By Peggy A. Nelson, IFC President

Well, I've been promoted. To president! At the International Friendship Club's annual general meeting last week new officers and the executive board were elected. Like me, most of those elected have previously served this all-volunteer charitable organization in some capacity. We are excited to have as a new at large board member Tricia Lyman of the wildly popular Facebook group, "Puerto Vallarta: Everything You Need Or Want to Know." Sydney Clark, our former fearless leader (president) will become a member at large. We are looking forward to continuing to support select Vallarta educational and social services charities.

The **IFC happy hours** resumed last week at the IFC Clubhouse. Fred was back at the bar, serving his signature margaritas, among other delicious beverages and popcorn. I chatted with many of the 50 or so attending and found much happiness over the return of this joyful way to make new friends and connect with old. Please join us on Fridays at 5:00 PM at the Clubhouse at Insurgentes and Guerrero/Libertad. Upstairs.

Our very popular **Mexican history classes** also resumed, taught by Dan Grippo, PhD to a sold-out crowd. The theme this season is borderland rebels, whose efforts influenced commencement of the Mexican revolution in 1910. These weekly classes can be joined at any point. Tickets are at ifcvallarta.org/shop/ifc-lecture-ticket/

We also had our first **Dine Around** of the season at Trio Restaurant. A group of about 20 enjoyed a lovely evening out among old friends and new. The service was excellent, the food delicious, the conversation warm. We hope the same for our next Dine Around. Stay tuned. These are posted on the IFC website on the Sunday before the Friday Dine Around.

Each year the IFC conducts the **Dia de la Amistad / Valentines Day 50/50 Raffle** fundraiser to benefit the 20-some charities supported by the IFC. This year the IFC's goal is to raise 120,000 pesos that will be distributed to local charities that rely on the IFC for support.

There are 2 weeks remaining to reach this important goal. With your help we will succeed. Your generosity is appreciated and will help to support charities around Vallarta. Please follow this link to participate in the Raffle: ifcvallarta.org/shop-products/ A description of charities supported by IFC is at: ifcvallarta.org/our-charities

Commented [MOU1]: I think it's 3 weeks til the raffle

Health and wellness stand out on this season's IFC agenda. Feel great with meditation on Saturday mornings at 9:15, chair yoga on Wednesday mornings, gentle hatha yoga on Wednesday and Saturday mornings, Tai Chi on Tuesday and Thursday afternoons at 3:00, and NIA Dance Flow at noon on Sundays.

Nia Dance! Nia lovingly stands for "Now I Am". It is a holistic, gentle, non-impact fitness practice addressing body, mind and soul led by Broadway songstress Deb Darr. Nia combines dance, martial arts and mindfulness. It tones the body while transforming the mind. 120 peso or more donation at the door support the IFC.

Details of these programs are in the Calendar on the IFC website at:

ifcvallarta.org/calendar/

UPCOMING IFC EVENT HIGHLIGHTS

- **IFC Home Tours**, every Tuesday and Wednesday at 10:15 AM, leaving from the Sea Monkey on the Malecon. For information and tickets: ifcvallarta.org/shop/tickets-home-tours/

- Through February 2, “**Borderland Rebels**” history class at 10:30 AM, IFC Clubhouse. 120 pesos per class.
- **Weekly, Bridge Lessons**, on Mondays at 9:00 AM at the IFC Clubhouse. 50 pesos members, 100 pesos non-members.
- **Weekly, Social Bridge**, on Fridays at 2:00 PM at the IFC Clubhouse. 50 pesos members, 100 pesos non-members.
- **Weekly, Spanish language classes**. Four levels. 120 pesos/class. Members can purchase 6 classes for 600 pesos (20% discount).
- **January 26** – Members **Dine Around**. Watch the IFC Facebook page and the IFC website’s Calendar for dates.
- **February 13** – **Mardi Gras Happy Hour** at Tilt Museo, Calle Pino Suarez, Int 3 (at Basillio Badillo) in the Romantic Zone.
- **February 14** – **50/50 Dia de la Amistad / Valentines Day Raffle** drawing.

All IFC events and offerings are described on its website at ifcvallarta.org/ or contact the Clubhouse at 52.322.222.5466. Tickets for all activities except yoga, meditation and NIA dance must be purchased online in advance at ifcvallarta.org/shop/