

THE PROBUS CLUB OF UXBRIDGE - August 2024

Website: www.uxbridgeprobus.ca

E-Mail: [CONTACT US](#)



UXFORMATION

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President's Message:

Happy August! The days are getting shorter by the minute which means now we can start our bonfires earlier. (LOL I hope you like my positive spin on that bit of information.) August offers so much in the way of summer activities - many available locally. Have you checked out our new Community Hub on our new website www.uxbridgeprobus.ca ? I'm sure you will find lots of interesting things to attend and enjoy. Let us know what you think.



Our July meeting was a huge success. We shared the space with Precious Minds who run their summer camp at the arena. Precious Minds supports children and adults with developmental challenges and offers programs to engage, inspire and develop skills for life. Check them out at www.preciousminds.com . Their

special equipment was set up, they came and went during our meeting, and it all worked out wonderfully. Kudos to Sally and her amazing team of volunteers who accommodated this pivot so smoothly! Our speaker entertained us with her story and fantastic music. Not to mention, we had our largest attendance to date. Thank you to all who attended for your co-operation while we shared the space. I love that we can share space with children, day care during school season and Precious Minds in the summer.

Isn't it wonderful to be part of such a vibrant group of like-minded people? We are all committed to staying mentally and physically active. Being part of a social group is an important factor in healthy aging and, in the process, we learn, make new friends, and have a lot of fun! That is what Probud is all about! Enjoy the rest of the summer.

Kathy Clulow

From Your Speakers' Chair

What a wonderful musical treat we had last month as Angelica Ganea delighted us with her amazing voice, singing beloved tunes including "What A Wonderful World", "Hallelujah", "I Will Survive", and a very touching original of hers called "You're My Reflection" <https://www.youtube.com/watch?v=plkdsBk9qw8> <https://iamangelica.com>



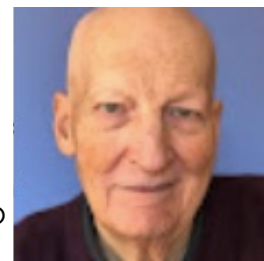
Upcoming Speakers: Aug. 14 - Randy Wilson: The Process of Sound for TV & Film



Randy is a Foley Editor from Uxbridge who works with film/tv studios in Toronto and Los Angeles. Randy specializes in "Foley" which are very specific sound effects, ranging from footsteps, to a butterfly landing on the petal of a flower. He will explain the complex process of sound production for tv and film, from the moment it's recorded on location to the final product you hear at home or in a theatre., He has won several awards including a Creative Arts Emmy for HBO Max's "The Last of Us".

Sept. 11 – Julien Lebourdais: A 50 Year Photographic Odyssey

Retired Photojournalist Julien Lebourdais will share his iconic photos of the last 50 years including, Stanley Cups to Prime Ministers to John Lennon.



Oct. 9 – Susan Sheen & Friends: Lions Foundation of Canada Dog Guides



Dog Guides change lives! Susan Sheen, and a few friends who are involved in the foster puppy program will tell you all about their puppies, the program and the difference that these dogs are going to make for people with disabilities right across Canada. There will also be an opportunity to interact with the puppies - both labs and poodles! For more info - <https://www.dogguides.com>

Prepared by Zina Bolak

From Your House Chair

Thank you to all members who signed up for our team approach to volunteering at meetings. I am happy to say that all roles have been filled with a few spares for unforeseen circumstances.

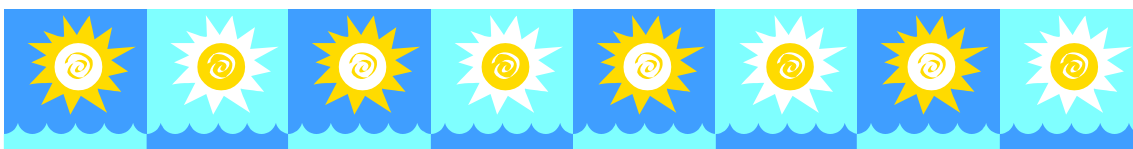
Our August Meeting Volunteers are:

Set Up & Takedown: Larry Nancikevill, Chuck Heroux, Steve Frychuk

Greeter: Anne Gauvreau

Kitchen: April Gilkinson, Gerri Martin, Cathy Boone, Sherrill Burns and Sally Kotsopoulos

Many hands make light work, if you arrive early and want to help we rarely say no.



Facebook Post of the Month



April Gilkinson

Admin Jul 16 · 📷

What are they doing ? Why are they laughing ?
Come to the next Laughing Matters Improv group
on August 19th to find out



Post of the month is from April Gilkinson

The Uxbridge PROBUS Club for Members Only Facebook group has 126 members and we are hoping more will join. It is a great way to stay connected and see what is new and what is fun. You can find us by searching for PROBUS Club of Uxbridge.

NOTE: You will need a Facebook Account to join in the fun!



Join Us For Lunch!

Join us after the monthly meetings for lunch at the Corner House Pub & Grill at 104 Brock St W.

Lots of options, the food is delicious and very reasonably priced. It's a great way to extend our social time and get to know each other better. Just before we break for coffee, we will ask for a show of hands and reservations will be made.



From Your Webmaster

NOTE uxbridgeprobus.com is no longer our active web site. We have switched to the .ca extension keeping us in sync with Probus Canada's use of the .ca extension. Our new site is uxbridgeprobus.ca Have you checked out our new look yet? If not, please do! Please update any bookmarks you may have saved. You can always find a link to the website and to our email in the banner at the top of each newsletter!

New Feature We have added small graphics to the Social and Interest Groups update pages so that when you click on them, they will take you to the Social event flyers and the list of Interest Groups respectively. Test the links out below by clicking on the pictures.

Don't forget to check out the latest additions to our **Community Hub** at <https://uxbridgeprobus.ca/community-hub> Here you will find local events and activities that may be of interest to you as an individual or to get together with a group of your Probus friends



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From Your Social Committee

1000 Islands Tour

Thursday, July 18 aboard the Island Star

On July 18, 2024, a group from Probus, set off bright and early on a Mary Morton Tour bus, for the City of Kingston. In Kingston we boarded a glass topped sightseeing boat where we were served a very tasty lunch while heading out on our tour of the 1000 Islands. We had a gentleman narrating the tour and pointing out various places of interest along the way. He was also a singer in the delightful musical group, The Rockabilly Allstars, who did an amazing job of singing Beatles tunes while we finished our lunch, with many singing along. There were two town trolleys waiting for us when we returned to the dock, and we were given an informative narrated tour of Kingston (including the penitentiary), before we departed on a very quiet ride home.



Upcoming Social Events

TO SIGN UP FOR ALL SOCIAL EVENTS:

First - you must sign up to reserve your spot by one of three ways:

- 1. **In person** at the Social Events Table during General Meetings,
- 2. **By e-mail** by clicking on this link: [**Social Group Chair**](#)
- 3. **By telephone** to Social Co-Chairs Gail Heroux (905)852-9927 or Peggy Kennedy (905)852-0373.

Next - you must pay either

- 1. **By e-transfer** to [**treasurer.uxbridgeprobus@gmail.com**](mailto:treasurer.uxbridgeprobus@gmail.com)
- 2. **By cheque payable to "Probus Club of Uxbridge" at a meeting** or
- 3. **By cheque through the mail** to:

Uxbridge PROBUS c/o Gail Heroux, 72 Munro Cres., Uxbridge ON L9P 1L8.

NO CASH PLEASE - Cheques & E-Transfers Only!

You must be a vaccinated member of Uxbridge PROBUS to attend Social Events (or as the guest of a member and provide proof of COVID19 vaccination).

Tuesday, August 20 at 10:00 a.m.
Light Lunch & Tour
At Leaskdale Church
COST : \$20 (Members) \$25 (Guests)



Leaskdale Church (wheelchair accessible) is home to luncheon, teas and Lucy Maud Montgomery Gift Shop (Leaskdale Manse is accessible only on first floor).

See separate flyer for more details. **Sign up directions in Gold Box above.**

THURSDAY SEPTEMBER 26 10:00-5:00 (Lunch 1:00 p.m.)

Summer Finale Barbecue

Cullen Central Park, 4015 Cochrane St., Whitby

Mary Evans Catering Choice of pulled pork or chicken on a bun, selection of salads, dessert (pie & cheesecake), cold drinks, tea & coffee.

Cost \$40 for member & \$45 for guest

What To Do

- scavenger hunt (NEW in 2024)
- paved walking trails
- croquet, bocci ball, badminton
- corn hole
- soccer (for the brave & foolish?)
- public pickle ball courts available (first come, first served)
- bring a lawn chair to sit around & chat!



See separate flyer for more details.

WITH RON BROWN, Historian & Author
COST: \$148 (Guest \$158)
TUESDAY, OCTOBER 8, 2024



- 8:30 am Depart from Walmart in Uxbridge
- 12:00 pm Lunch is at the Bonnie View Inn
- 2:30 pm Visit the Haliburton Wolf Centre, home to a pack of Timber Wolves in a large 15-acre enclosure, which is one of the largest of its kind in the world. The Wolf Centre contains numerous exhibits, a small cinema/classroom, a retail area featuring a wide selection of wolf related books, tapes, and graphics and a large indoor observatory overlooking the feeding area within the wolf compound.
- 4:00 pm Spend time at the Country Cottage Log Cabin Trading Company
- 7:30 pm Approximate return time home

See separate flyer for more details.

Sign up directions in Gold Box above.

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HALLOWE'EN EVENT!
THURSDAY, OCTOBER 24 - COST \$5
CAR RALLY



Make up your team of 3-4 people per car
Decorate your car - prize for best car decorations
Dress up your team - prize for most original team outfit

Meet in the arena parking lot to start and finish at Wooden Sticks Golf Club for optional dinner (at your own expense). Sign up as usual. Meanwhile, get your team together and think about your costumes and decorations!



OSHAWA GENERALS HOCKEY GAME

at The Tribute Communities Centre
99 Athol St., Oshawa

SUN NOV 17 - Game Time 2:00 PM

TICKETS - \$40

VS The Kingston Frontenacs



We have reserved part of the East Medallion Lounge for our group. A hostess will be assigned to our group to look after food & beverage needs.

THIS IS A DRIVE YOURSELF EVENT - Carpooling can be arranged. See separate flyer for more details. Sign up directions in Gold Box above.

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Back by Popular Demand! The 12 Days of Wine-Mas WINE SURVIVOR



- One bottle equals one chance to win
- Names drawn for elimination starting Nov. 29
- Names of those eliminated will be e-mailed to all entrants daily
- 4 names remaining will be drawn on Dec. 11 for 1st, 2nd, 3rd, & 4th prizes
- All entrants eliminated will be eligible for consolation prize drawn on Dec 11

**Final day to sign up is Nov 15; Final drop off date is Nov 25
See all details in accompanying flyer**



WEDNESDAY DECEMBER 11
ROYAL ASHBURN GC
ANNUAL CHRISTMAS LUNCH & GALA
Our most popular event!
Raffle Prizes, Door Prizes, Entertainment,
Delicious Plated Meal!

Cost - Members \$70; Guests \$80 (after Oct 9)
Come for a delicious plated & served meal!
Entertainment by Cruisin' with more Christmas music this year.
Doors open early to peruse raffle prizes!



SIGN UP NOW OPEN!

**If you previously indicated an interest in this event,
now is the time to sign up and reserve your seat!**

THE LION KING

Wednesday, January 15, 2025

Toronto will become the first city in North America to have a second sit-down production of "Disney's The Lion King" and will launch a new generation of Canadian artists.

Cost is \$235 (members) \$245 (guests)

9:30 a.m. Luxury coach leaves Walmart parking lot

10:45 a.m. Early lunch at the Hot House Cafe

1:00 p.m. Orchestra seat ticket at Princess of Wales Theatre

5:00 p.m. Approximate return to Uxbridge

See separate flyer for more details
Sign up directions in Gold Box above



From Your Interest Groups Chair

TO SIGN UP FOR ALL INTEREST GROUPS:

1. **Visit us in person** at the **Interest Groups Table** during General Meetings
-or-
2. **Email** by clicking on this link: [Interest Group Chair](#)

Typically, there is no charge to join an Interest Group (although some groups may have a minimal fee to pay for the use of the venue).

You must be a vaccinated member of Uxbridge PROBUS to join an Interest Group.

If you have an idea for a new group or want to join one of the existing groups, please contact us!

Current Interest Groups

BANNED BOOK CLUB: Coordinator Camille Scarlett One spot available!

After a summer break we will meet Sept. 17 to discuss The Covenant by James Michener. This group usually meets on the third Tuesday of the month.

BOOK BUDDIES: Coordinators Gerri Martin & Kelly Keilty This group has a wait list.

After a summer break, will resume our Book Buddies meetings on Sept. 26. Over the summer each member will provide their book recommendation to the club and a decision will be made who the presenter will be and which book we will discuss for the upcoming year. This group usually meets on the fourth Thursday of the month at 1:30.

CANASTA CREW - GAMES & LESSONS: Coordinator Amber D'Aguiar

Canasta is a fun and challenging card game played in groups of four. Lessons will be held on August 8th from 1-2pm with games to follow from 2-4pm. Come see what all the fuss is about and join us!

This group meets on the 2nd Thursday of each month.

COURT JESTERS (PICKLEBALL): Coordinators Gerry Bignell & Alan James

The group is meeting weekly outdoors on Tuesdays & Fridays at 10:00am (weather permitting). New players always welcome. Please note that all players MUST initial the sign in sheet. Indoor Pickleball is available at the Uxbridge Arena, Monday - Friday from 8am-12pm, from June 3 - Aug. 16.

EUCHRE: Coordinator Carolyn Hicken

Next gathering will be on August 6 at 10 a.m.

This group meets at 10:00 on the first Tuesday of the month.





GARDENING: Coordinator Sally Kotsopoulos

The Gardening Group visited the Toronto Brickworks and Edwards Gardens in July. We were able to learn about indigenous plants at the 5 different gardens at the Brickworks and saw some spectacular planting ideas at Edwards Gardens. Despite the heat a great day was had by all who participated. On Aug. 1, we enjoyed time in member Heather Hales' garden. One of our favourite things to do is to admire each other's handiwork in the garden and trade secret growing tips.

This group usually meets on the first Thursday of the month.

GENIAL GENEALOGISTS: Coordinator Bernie Beales

Even though there are no scheduled meetings for July and Aug., the free version of Ancestry is available at any Public Library so no excuse to stop researching! There is room for new members so if you want to begin your family tree, sign up now and we can get you started before the group reconvenes on Sept 19.

This group usually meets on the third Thursday of each month.



HANDICRAFTS: Coordinator Sally Kotsopoulos

The Handicraft group will be on hiatus for July and August, resuming in September at the Uxbridge Seniors Centre. Have a wonderful summer, crafters!!

This group usually meets from 1-3 pm on the third Friday of the month.

HIKING: Coordinators Carol Fraser & John Willcock

Our Goodwood/Uxbridge area has a wonderful series of trails through a variety of forests and meadows, some quite flat, some with gentle hills. We explore these forest trails near Uxbridge in the Durham and York Regions for 1 ½ to 2 hours. Join us for lively discussions, interesting views and leisurely treks! Please note that the Hiking Group will be in recess in July and August. Hikes will resume in September (7th and 19th).

The Hiking Group usually meets on the 1st and 3rd Thursday of each month at 9:30.



KITCHEN BRIDGE: Coordinator Anne-Marie Sacco

Next meeting: Aug 1. We are a mixed group and focus on fun.

This group meets at 1:00 on the first Thursday of the month.

LADIES BRIDGE CLUB: Coordinator: Caren Narvet

This group meets at 1:00 on the third Tuesday of the month.

LATIN DANCING: Coordinators Anne-Marie Sacco \$15 per session

Taking a summer break the group will begin dancing again in Sept. It isn't necessary to join as a couple. This is a Joint Interest Group with members from the Uxbridge and the Port Perry Clubs.

This group usually meets on the second and fourth Mondays of the month.



LAUGHING MATTERS: Coordinators Amber D'Aguiar & April Gilkinson

Our Improv group is well underway with lots of fun and frolicking for all who join. Improv helps you to think on your feet, to trust your instincts, and to embrace the unexpected. Come check it out.

This group meets on the third Monday of each month from 1:30 - 3:00.

LET'S EAT OUT: Coordinators Gail & Chuck Heroux

We will be meeting over the summer, and have booked the August 15 date at the Nod to Maud in Leaskdale, with a dinner/theatre experience.

This group meets on the third Tuesday or Thursday of the month.

LIT HAPPENS - Coordinator Jen Thorson This group has a wait list.

Lit Happens will meet next on Tuesday, September 24th (re-scheduled due to date conflict with Probus Picnic). Book selection pending.

This group meets at 1:00 on the fourth Thursday of the month.

MONDAY LUNCH BUNCH: Coordinators Betty Bignell & Joy Freemantle

The Monday Lunch Bunch will meet next on Monday, August 26. In July the group enjoyed lunch at Boondocks Eatery in Sutton.

The group meets on the last Monday of each month.



MULTI-DAY TRAVEL OPTIONS: Coordinator Anne-Marie Sacco

The Newfoundland 2025 trip is fully booked, but a wait list will be maintained.

REDUCING YOUR FOOTPRINT: Coordinator Brian Keeling

Our July meeting was a lovely outside summer day meeting with only a small number of people able to participate. As a result, no 'Did You Know' newsletter article this month.

Next meeting scheduled for Aug 21.

SCRABBLE: Coordinator Judy Fink

The Scrabble group will meet on Wednesday August 14th following the general meeting. Please bring your lunch (or a snack) and plan to enjoy a few hours of friendly competition. This group meets at 10:30 on the second Wednesday of the month.

SMALL TOWN THEATRE: Coordinators Steve Fryzuk & Peggy Kennedy This group has a **wait list**

Small Town Theatre group will take a break for the summer. We will return in the fall for the 2024-2025 theatre season. The Theatre group attends matinee performance at theatres in the Durham and York regions. We organize a lunch before the performance.

TOO PAR GONE (GOLF): Coordinator Albert Fintelman

We played July 8th at Sunnybrae GC, July 15th and 22nd at Golfer's Dream GC, and July 29th at Spring Creek GC. We have had 12 golfers out every week except July 22, when we had 15 golfers playing. We are planning on playing every Monday morning in August.

WINE CLUB: Coordinators Sherrill Burns & Anne Gauvreau

This group has a wait list

This group meets at 7:00 on the second Wednesday of the month.



SECRET TO A PERFECT MARRIAGE *(shared by Oshawa Probus Club)*

A man and woman had been married for more than sixty years. They shared everything. They talked about everything. They had kept no secrets from each other except that the little old lady had a shoe box on her closet shelf that she requested her husband never open or ask her about.

For all these years, he had never thought about the box, but one day, the wife got very sick and the doctor said she would never recover. In trying to sort out their affairs, the husband took down the shoe box and brought it to his wife's bedside.

She agreed it was time he knew what was in it. When he opened it, he found two crocheted dolls and a stack of money totalling \$95,000!

He asked about the contents and she told him, "When we were to be married, my grandmother told me the secret of a happy marriage. She said if ever I got angry with you, I should just keep quiet and crochet a doll."

The old man was moved to tears! Only two dolls were in the box which meant she had been angry only twice in their long marriage! He almost burst with happiness!

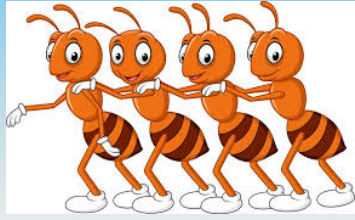
"Honey," he said, "That explains the dolls, but what about all this money? Where did it all come from?"

"Oh," she said, "That's the money I made from selling the dolls!"



Share A Smile!

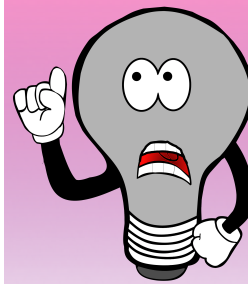
If five ants moved into an apartment with five other ants, would that make them TEN-ANTS?



I'm old enough to remember when paper bags were being blamed for the destruction of our forests and plastic bags were the solution!



If a cow fails to produce milk, is it a Milk Dud or an Udder Failure?



When I was a child, I was scared of the dark! Now, when I see my electric bill, I'm scared of the lights!

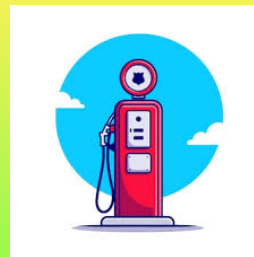
Daffy Duck & Elmer Fudd break into a distillery. Daffy turns to Elmer and asks, "Is this whiskey?" Elmer replies, "Yeth, but not nearly as whiskey as wobbing a bank!"



Take out a loan at a bank and you'll be paying it back for 30 years! If you rob the bank, you'll be out in 10 years! Follow this space for more financial advice!



Wouldn't it be ironic if Popeye's chicken were cooked in Olive Oil?



I just got a full tank of gas for \$22! Granted, it was for my lawn mower, but I am trying to stay positive!



All of my childhood punishments have become my adult goals:

Eat vegetables, stay home, take a nap, go to bed early!

Want to get rid of unwanted junk over the holidays? Seal it in an Amazon box and leave it on your porch.

