

CURRENT INTEREST GROUPS:

TO SIGN UP FOR ALL INTEREST GROUPS:

1. **Visit us in person** at the **Interest Groups Table** during General Meetings or

2. **Email us** by clicking on this link: [Interest Group Chair](#)

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

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

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

AGE GETS BETTER WITH WINE: Coordinators: Anne Gavreau and Sherrill Burns

On Wednesday, October 8th, this WONDERFUL wine club will meet at 7:00 pm to once again enjoy wine and the company of each other.

The theme of humour abounds in this club, as we bring wines with "humorous labels." I don't know about the quality of the wine... but I am certain that this fun group will laugh till it hurts as we enjoy new wines.

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

BOOK BUDDIES: Coordinator: Gerri Martin

Book Buddies Book Club will meet on Thursday, October 23rd to discuss Richard Wagamese's novel Ragged Company. This very accomplished Canadian author will, no doubt, arouse a very diverse discussion about this rag-a-tag group of misfits who "strike it rich!"

This group 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. We play on the 2nd Thursday of the month (Oct 9th) in the afternoon. Lessons are held from 1-2pm for new players and for those who need practice, and then we continue to play from 2-4pm. All are welcome.

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

COURT JESTERS (PICKLEBALL): Coordinators: Alan James and Bill McMahon

Well the season may be counting down but not the enthusiasm of the Court Jesters. September's glorious weather has been ideal for the Jesters.

This group usually meets Tuesday and Friday mornings at 10.

EUCHRE: Coordinators: Gail Prentice and Lynn Moore

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

GARDENING GURUS: Coordinator: Sally Kotsopoulos

Congratulations to Sally on her successful knee surgery! We remain on hiatus for the time being.

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

GENIAL GENEALOGISTS: Coordinator: Bernie Beales

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

GRAPE MINDS THINK ALIKE: Coordinators Melissa Harding and Caren Narvet *NEW*

Our new wine tasting group "Grape Minds Think Alike" held their first meeting and had a thoroughly enjoyable time tasting and discussing a variety of wines from Italy. We learned some interesting details about the wines and their respective regions, while engaging in lively discussion. We're looking forward to our next meeting where "Wines of Portugal" will be sampled.

This group meets on the third Wednesday of the month.

HANDICRAFTS: Coordinator: Wanda Laing

Our next meeting has been rescheduled to Wednesday, October 1st.

At the October meeting, there will be four activity tables set up:

- Diamond Art
- Gnome Making
- Card Making
- Magazines for Inspiration (also for cutting out pictures to use in future jewelry-making projects)

As always, you're welcome to bring your own project. Knitters and crocheters are invited to make themselves comfortable upstairs in the living room, while the rest of the group will be crafting downstairs in the craft space (cookies will be in both spots!).

I thought we could come up with a catchy name for our group. In preparation for our next gathering I emailed a list to the crafters to choose from. We'll share and vote on our favorites at the next meeting.

Looking forward to seeing everyone on October 1st for crafts, creativity, and connection!

This group usually meets at 1pm on every second Wednesday of the month.

KITCHEN BRIDGE: Coordinator: Anne-Marie Sacco

The group is for both men and women. We are a social group vs duplicate. Kitchen Bridge meets on the first Thursday of each month at 1:00.

LADIES BRIDGE CLUB: Coordinators: Margaret Langlands and Caren Narvet

Ladies bridge meet at the homes of several of the members, on the second Tuesday of each month in the afternoon.

The number of bridge tables varies depending on the month. If anyone would like to meet the ladies in this very sociable group, we would be happy to have a list of potential players with the possibility of joining as a regular player in the future.

This group meets on the second Tuesday of the month at 1.

LAUGHING MATTERS: Coordinators: Amber D'Aguiar & April Gilkinson

Improv is all about thinking on your feet and stepping out of your comfort zone.

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

LET'S EAT OUT: Coordinators: Gail & Chuck Heroux

Let's Eat Out will be going to Villa Rico in Newmarket on Sept. 23rd. As of now we have 21 booked.

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

LIT HAPPENS: Coordinator: Jen Thorson

Our next gathering is on September 25th to discuss The Briar Club; October's selection is still a secret!

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

LOCAL EXPLORERS: Coordinator: Susan Hillar

Plans are being made for an autumn-themed outing- stay tuned!

MONDAY LUNCH BUNCH: Coordinators: Betty Bignell & Joy Freemantle

The Monday Lunch Bunch enjoyed good food and conversation in September at Chuck's Roadhouse in Stouffville. Group members will be advised of where we will meet next on October 27.

The group meets on the last Monday of each month.

MOVIE NIGHT: Coordinators Amber D'Aguiar and Mary Freedman *NEW*

With Fall just around the corner we're rolling out the red carpet for our very first Probus Uxbridge Movie Club outing in October! Haven't signed up yet? No worries—there's still time to snag your spot. Stay tuned for all the details (coming soon to a theatre near you)!

REDUCING MY FOOTPRINT: Coordinator: Brian Keeling

Join us for always-lively and informed conversation. Our Monthly Tip, below, is our gentle (or sometimes not-so-gentle) reminder that change is always possible!

Monthly TIP:

Forever toxic

Did you know that - forever toxic chemicals (per- and polyfluroalkyl substances - aka PFAS) are called 'forever' because they will not break down in the environment. They are indestructible. And although most of them have now been banned, some can still be found in nonstick, waterproof, stain-resistant and greaseproof products under common household names such as 'Teflon, Gore-tex and Scotchgard'. Forewarned is forearmed.

This group meets at 10:00 on the third Wednesday of the month.

R.O.M.E.O. (Retired Old Men Eating Out) : Coordinator John Willcock *NEW*

This group usually meets on the fourth Thursday of the month at noon.

SMALL TOWN THEATRE: Coordinators: Steve Fryzuk & Peggy Kennedy

Small Town Theatre members attend matinee performances on the weekend at theatres in the Durham and York region. We plan a lunch before the event.

October 18th will be our first outing of the 2025-2026 season.

TAKE A HIKE: 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!

Hikes in September will be on the 4th and 18th, and in October on the 2nd and 16th.

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

TOO PAR GONE (GOLF): Coordinator: Albert Fintelman

We've played every Monday morning in September at the following golf courses:

Spring Creek GC on Sept. 1st & 8th,

Golfer's Dream GC on Sept. 15th & 29th

Millrun Highlands GC. on Sep. 22nd.

We've had approx. 16 members playing weekly. Our finale scramble is on Monday October 6th, however there will be scheduled golf on Mondays in October.

This group usually meets on Monday mornings.

TWO RIGHT FEET (LATIN DANCING): Coordinator: Anne-Marie Sacco \$15 fee

This group is meeting each Monday except for holidays from 3:00 to 4:00. There is a fee of \$15.00 each week.

W.A.L.K.S. (We All Like Kinetic Strolling): Coordinator: Nancy Melcher

We All Like Kinetic Strolling meets Mondays at 9:30 for a gentle wander along neighbourhood streets and the Town Trails. We take an easy pace, walk for about an hour and usually cover 3 or 4 kilometres. Snacks afterwards (bring your own) have proven to be very popular, so we try to meet at a place with picnic tables.

This group usually meets Monday mornings at 9:30.