

THE PROBUS CLUB OF UXBRIDGE - January 2026

Website: www.uxbridgeprobus.ca

E-Mail: [CONTACT US](#)



UXFORMATION

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Albert Fintleman

Susan Hiller

Amber D'Aguiar

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President's Message:

January has arrived wrapped in snow and cold, and it feels like winter came early and stayed strong this year. I can't recall a recent time when we've had quite this much snow and cold by the time January rolled around. Are we finished yet?

But then I remind myself ... we are Canadians! And we are seniors who have weathered many winters and many challenges, and we're still here. Even better, we have our Probus Club. No matter how cold or snowy it is outside, we have our people, our meetings, and our shared laughter to help chase away the winter blues. And yes, we even have hot chocolate at our meetings... at least for now!

With Christmas and New Year's celebrations behind us, many of us are settling into winter routines and finding ways to make it through until spring.

Some members have already escaped, or are planning to escape, to warmer places. Others are staying close to home and enjoying the winter activities that are part of who we are as Canadians.



Our first meeting of the year takes place on **January 14**, and we're looking forward to welcoming our speaker, **Bruce Rhodes**, who will share stories from his 2024 journey through the Northwest Passage. Our interest groups are in full swing, and the Social Committee is already busy planning a full calendar of events for the months ahead.

Until then, stay warm, stay safe, and I look forward to seeing you soon.

*The world outside in January white,
Is hushed and held in snowy night.
The bitter air, a frosty bite,
Turns the breath to mist and light.
Each flake descends, a silent plea,
For warmth from chill reality.*

*Then rises up, that ancient call,
From hearth and home, defying all
The winter's depth, the icy wall.
A promise kept when shadows fall.
The orange glow, the snapping sound,
Where peaceful, fervent heat is found.
Come in, come in, the logs declare,
And shed the snow and frozen air.
(Author Unknown)*

Robin Dhillon

From Your Speakers' Chair

Jan 14 - Bruce Rhodes "Journey Through the Northwest Passage"

Bruce Rhodes, a member of Richmond Hill Probus, will share his experiences travelling in Sept. 2024 by expedition ship through Canada's Northwest Passage and along the west coast of Greenland, with a focus on the troubling history of the community of Grise Fiord in northern Nunavut.

Bruce began his travels to the far north in 2015 when he was a volunteer for a candidate running in the federal election in Yukon. In 2018 Bruce visited the Norwegian archipelago of Svalbard, halfway between the Arctic Circle and the North Pole, the first of his five journeys above the Arctic Circle. Since then, Bruce has hiked on the west coast of Greenland as well as on Baffin Island and Devon Island in Nunavut (2022), visited Yellowknife and the north shore of Great Slave Lake in the Northwest Territories (2023), circumnavigated Iceland by ship (2023), and visited Inuit communities (both inhabited and ghost towns!) in northern Labrador and southeastern Nunavut (2024). Most recently, Bruce took part in a hiking expedition in eastern and southern Greenland (2025).



From Your House Chair

Next Meeting: Wed. Jan. 14 @10:00 a.m. Uxbridge Community Centre

The House Committee wishes you a happy and healthy 2026. We are so looking forward to seeing everyone at the January 14 General Meeting. Team 1 is on!

Set-up: Ann Wicks, Barry Scarlett, Steve Fryzuk and Janet Patterson

Kitchen: Gail Crawford, Gwen Ringling, Judy Prince, Suzanne Murphy, Sandra Will and Gerri Martin

Greeters: Sharon Thorpe and Marie McEachnie

Many hands make light work! **Sally Kotsopoulos and Cheryl Bain**



Fantasy of Lights

For Probus members who did not get a chance to drive through Elgin Park to see our new display this year, here are some pictures of what you missed. Thank you to the group of volunteers who helped with the new design, construction and setting up our display.



Steve Fryzuk,
Project Leader



From Your Social Committee

Annual Christmas Gala Mill Run GC Wed. Dec. 10, 2025

The Christmas Gala turned into a Christmas miracle. Our hard-working Social Committee faced so many challenges this year - including a scheduled entertainer who fell off a ladder and cancelled with less than a week to go! The stars aligned and the bad weather held off, the bridge to Siloam finally opened, musician Daniel Humphreys was excellent, the plated meals were tasty and the raffle brought in more money than ever before! Kudos to the entire committee for a job well done!



Thanks for all the months of preparation by our Social Committee to make this an event to remember!



Upcoming Social Events

TO SIGN UP FOR ALL SOCIAL EVENTS:

You must be a member in good standing (or guest of a member) of Uxbridge PROBUS to attend.

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 Chair Peggy Kennedy (905)852-0373 or Vice-Chair Gail Heroux (905)852-9927.

Next - you must pay either:

1. **By e-transfer** to **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!

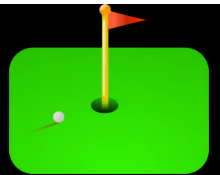
To view complete details of events, click on this link: **SOCIAL EVENT FLYERS**



Thurs. Jan. 15, 2026 - 2:00 p.m. Tee Time

Glow Town Stouffville

Glow in the Dark Miniature Golf (\$16 for golf)
with Optional Lunch at Chuck's Roadhouse at 12:00



Final Day to Sign Up Jan. 14



CAA Ed Mirvish Theatre Production of

Some Like It Hot

Wed. Feb. 25

Lunch at the Hot House Cafe

Cost: Members \$260; Guests \$270

Includes luxury coach from Uxbridge, Orchestra seating and Lunch

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

Final Day to Sign Up Jan. 14





Markham Concert Band Performs
It's All About The Jazz

SUN. MAR. 1 - 2:00 PM

Flato Markham Theatre (Drive Yourself Event)



Purchase your own concert ticket online or by phone using the
PROMO Code "Probus".

Sign up to join us for dinner at the Boxgrove Mandarin Restaurant after the concert.



St. Patrick's Day Shenanigans

At the Uxbridge Legion Hall

Tues. Mar. 17 - 5:30 PM

Cost: Members \$55 Guests \$60

Roast Beef Dinner Catered by the Women's Auxiliary



Entertainment by Vintage Soul, Trivia with Bernie, Cash Bar

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



Purple Woods Conservation Area

Maple Syrup Festival

Thurs. Apr. 9 1:15-2:15

Cost: \$6.00 which includes entrance into the
conservation area & one hour tour.

Shopping available for those interested.

A Drive Yourself Event

Sign up directions in Gold Box above.

See separate flyer for more details.

National Canadian Film Day

Wed. Apr. 15 - Only \$10 per person

Offering popcorn, pizza & drinks for sale

Movie titles "Coming Soon"



You've Driven By - Why Not Drop In?

Richter's Herbs

Wed. Apr. 22 - 10:00-12:00 noon

FREE Talk and Tour including:

- Visit to their historic glass greenhouse
- Use of herbs for medicinal purposes
- 50 year history of this family run business
- Personalized assistance to select plants & seeds
- Free catalogue

Followed by optional lunch at Annina's in Goodwood (at your own expense)

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



Coming Attractions

May 3: Markham Concert Band

May: Tiptoe Through the Tulips & Painted Ladies in Grimsby (Mary Morton Tour)

Summer: Lake Muskoka Cruise from Gravenhurst (Mary Morton Tour)

We welcome other suggestions from our members. Speak to someone at the Social Table, send us an e-mail or put your comments in the suggestion box.

OTHER POSSIBILITIES:

Lavender Farm

Ajax Racetrack and Casino (Drive Yourself)

Guys & Dolls at the Stratford Festival

Car Rally in the fall

Kingston Penitentiary & Tour of Keewatin

African Lion Safari & Royal Botanical Gardens

DO YOU HAVE THE BEST OF INTENTIONS?

As of January 1, I will no longer shave while sitting on the toilet.
It's my New Year's razor loo shun.

My New Year's resolution is to wallpaper my room with velcro - and I plan to stick to it!

My resolution to avoid eating during daylight hours has certainly made my days go fast.

My New Year's Resolutions:

1. Stop making lists
- b. Be consistent
6. Learn to count



My New Year's Resolution is to quit gambling and I bet I can do it this time!

As a lazy person, I resolve to exercise more. I'm starting with diddly squats.

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 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 member in good standing 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,

AGE GETS BETTER WITH WINE: Coordinator Anne Gauvreau

Group members share wines and delectable delights. This group meets on the second Wed. of the month at 7:00.

BOOK BUDDIES: Coordinator Gerri Martin

Book Buddies will reconvene on Jan. 22 to discuss *The Waiting Hours* by Shandi Mitchell. Our group continues to be active and offers interesting subjects of discussion and presenters who prepare their assigned book recommendation. This group meets on the fourth Thursday of the month at 1:30.

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

Canasta is a fun and challenging card game played in groups of four. We will be playing next on Jan 8 in the afternoon. Lessons are held from 1:00-2:00 for new players and for those who need practice, and then we continue to play from 2:00-4:00. All are welcome! This group meets on the second Thursday of each month.



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

This group is on hiatus until the spring.

GARDENING GURUS: Coordinator Sally Kotsopoulos *NEW COORDINATOR NEEDED*

The Gurus will resume when the weather says "Now!" This group meets on the first Thurs each month.

GENIAL GENEALOGISTS: Coordinator Bernie Beales

Is one of YOUR New Year's Resolutions to finally get your family tree started? Did you receive a DNA kit for Christmas but not sure how to use it? Join us to begin your genealogical journey! We are resuming our meetings on Jan. 15 when we will discuss the use of Artificial Intelligence in breaking down brick walls. This group usually meets on the third Thursday of each month from 1:30-3:30.

GRAPE MINDS THINK ALIKE: Coordinators Melissa Harding & Caren Narvet

Our lively group of wine tasters discussed and sampled some delectable French wines at our December meeting. A lot of fun and laughter ensued and a thoroughly enjoyable time was had by all. In January, we are looking forward to tasting a variety of wines from the various regions of Canada! This group meets on the third Wednesday of the month.



KITCHEN BRIDGE: Coordinator Anne-Marie Sacco

This is a friendly social (as opposed to duplicate) group for both men and women. Kitchen Bridge meets the first Thursday of each month at 1:00. As the first Thursday this year happens to be New Year's Day, we are hoping to re-schedule to January 8.

KNIT OR NOT HANDICRAFTERS: Coordinator Wanda Laing

Happy New Year from the Knit-or-Not Handicraft interest group for like-minded ladies or gents who like to craft or knit/crochet. We are all about camaraderie and cookies! Come on out and enjoy both. Don't forget \$3 to cover the cost of the yummy treats. I continue to heal from my December surgery, so the Knit or Not's will not be creating on January 7 as I had hoped. Hopefully we can recommence on Jan 21. I will confirm though closer to the date. This group usually meets at 1:00 on every first and third Wednesday of the month.



LADIES' BRIDGE CLUB: Coordinators: Margaret Langlands & Caren Narvet

The group met for a Christmas get together at their last game and are planning our 2026 games right now. We travel home to home, playing anywhere from 1-3 tables each month. Looking forward to fun games and friends in 2026! This group meets on the second Tues. of the month at 1:00.

LAUGHING MATTERS: Coordinators Amber D'Aguiar & April Gilkinson

A fun and engaging improv experience guaranteed to make you laugh! We are on hiatus until the spring. 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 revisit 9 by Tin in January. This group meets on the third Tues. or Thurs. of the month.

LIGHTS, SNACKS, ACTION!: Coordinators Amber D'Aguiar & Mary Freedman

Join us for a night at the movies! No "Action" in December, but 2026 is a new year!



LOCAL EXPLORERS: Coordinator: Susan Hillar

Local Explorers meet on an irregular basis to participate in an eclectic mix of activities. It's always a surprise!



LIT HAPPENS: Coordinator: Jen Thorson

December's "meeting" was really just an excuse to enjoy a meal out together, but in Jan. we resolve to be more focused, as we talk about James, by Percival Everett. This re-imagining of The Adventures of Huckleberry Finn by Pulitzer Prize finalist Everett promises to captivate. We meet on the fourth Thurs of the month.

MONDAY LUNCH BUNCH: Coordinators: Betty Bignell & Joy Freemantle

The Monday Lunch Bunch will be getting together again on January 26. Group members will be advised of what restaurant has been chosen closer to the date. The group meets on the last Monday of each month.

REDUCING MY FOOTPRINT: Coordinator Brian Keeling

Join us for always lively and informed conversation. Our Monthly Tip is our gentle (or sometimes not-so-gentle) reminder that change is always possible. This group meets at 10:00 on the third Wed. of the month. **Monthly TIP:** Will return in February.

ROMEO (Retired Old Men Eating Out): Coordinator John Willcock

This group usually meets on the fourth Thursday of the month at noon to solve the problems of the world over lunch. We will resume January 22.

SMALL TOWN THEATRE: Coordinators Steve Fryzuk & Peggy Kennedy

We are not scheduled to attend performances in Jan. or Feb. but look forward to re-convening in early spring. Small Town Theatre members attend matinee performances on the weekend at theatres in Durham and York Regions. We plan a lunch before the event.

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 1½ to 2 hours. Join us for lively discussions, interesting views and leisurely treks. The next hikes are scheduled for Jan 7 and Jan 21. The group meets on the 1st and 3rd Thursday of each month at 9:30.

TOO PAR GONE (GOLF): Coordinator Albert Fintelman

We enjoy a round of golf with fellow members. We are on hiatus until the greens re-open.

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

Our next meeting is January 12. This group will meet every Monday afternoon (except holidays) at 3:00. There is a fee of \$15.00.

W.A.L.K.S. (WE ALL LOVE KINETIC STROLLING): Coordinator Nancy Melcher

WALKS continues to meet on Monday mornings. We gather in Elgin Park at the present time as the roadways there will be maintained. Safety first! We meet at 9:30 each Monday (except the last) to walk for an hour, then find a warm coffee shop for more socializing. The last Monday of the month we meet at 10:00 and walk for about half an hour, then it's off for a coffee! I will cancel if the windchill dips below -15 because it's not much fun, even when dressed properly.

Share A Smile - New Year's Resolutions!

What is YOUR Goal this year?

Self-Improvement?

My New Year's resolution is to be less presumptuous and rude to others.
I'll bet yours is to lose weight, isn't it?

Worrying Less?

Most of the things you worry about won't even happen.
So relax!

Losing Weight?

I went to the paint store to get thinner.
It didn't work!

Carpe Diem?

I'm not much at seizing the day.
I just kinda poke it with a stick.

Being More Laid Back?

As long as everything is exactly the way I want it, I'm totally flexible!

Quit Procrastinating?

To all the people who said I'd never amount to anything because I procrastinate: Just you wait.

Not Letting Housework Build Up?

I'm tired of being the only one who cleans, pays the bills, cooks, and does the dishes in this house!
I live alone, but still!



Completing Tasks?

It's true I never finish anything.
I have a black belt in partial arts.

Improving Your Reputation?

Er, that reputation of mine...
When I said I'd broken an arm, nobody asked, "Right or left?".
Everybody asked, "Whose?"

Increasing Your Wealth?

OMG, I'm rich! Silver in my hair, gold in my teeth, crystals in my kidneys and abundance of natural gas.
Never thought I could accumulate such wealth!

Learning to Play A New Instrument?

After playing guitar for years, I thought I could learn to play piano quickly.
Turns out, it's not an easy instrument to pick up!

Speaking A New Language?

When speaking to your Spanish friends, remember to say "Mucho" as much as possible.
It means a lot to them!

Share A Smile - New Year's Resolutions!

Time To Get In Shape

Apparently, exercise helps improve your decision making. It's true! I went for a run this morning and decided I'm never going again.

I pulled a muscle digging for gold. It's just a miner injury.

Me: I'm surprised at how winded I am by this exercise!

Personal Trainer: That was the tour of the gym.

I exercised once but found I must be allergic to it. My skin flushed, my heart raced, I got sweaty and short of breath. Very dangerous!!!

Mall walking burns 300 calories an hour which will automatically be gained back by breathing the air in the food court.



They say the hardest part about going to the gym is just showing up. The second hardest part is finding a comfy chair!

Staying in shape with minimal exertion:

- beating around the bush
- jumping to conclusions
- climbing the walls
- swallowing your pride
- passing the buck
- throwing your weight around
- dragging your heels
- pushing your luck
- making mountains out of molehills
- hitting the nail on the head
- wading through paperwork
- bending over backwards
- running around in circles
- eating crow
- blowing your own horn
- pulling out all the stops
- picking up the pieces

Above all, keep away from kicking the bucket!

Exercising For Seniors

Begin by standing on a comfortable surface where you have plenty of room on each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute and then relax.

Each day, you will find you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag....