

## 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: Coordinator: Anne Gavreau**

On February 11, the Age Gets Better With Wine Group will meet at 7:00 pm to celebrate Valentine's Day together. The location is still to be determined. The theme is: Wine From the Rhone Valley. Let's all dress in pink and/or red, and as usual, enjoy our time together. Food will be provided by the Heroux duo.

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

### **BOOK BUDDIES: Coordinator: Gerri Martin**

This past month has been so conducive to fulfilling some of those intentions to curl up with some of the books in your inventory and enjoy the magic within their pages.

On Thursday, February 25th at 1:30 our Book Buddies will discuss Claire Pooley's How To Age Disgracefully. No heavy duty historical thriller this month - just a story that puts a smile on your face as a group of eccentric seniors work towards re-establishing their sense of worth in their community.

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 (Feb 12th) 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**

On hiatus until the spring.

### **GARDENING GURUS: \*NEW COORDINATOR NEEDED\***

The Gurus will resume when the weather says "Now!"

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

### **GENIAL GENEALOGISTS: Coordinator: Bernie Beales**

Our Jan. meeting included a spirited discussion on how Artificial Intelligence can be used (or misused) for researching our ancestors. Join us for our next meeting on Feb. 19 when our illustrious president, Robin Dhillon, will share a new app he has used called PhotoMyne to replace traditional scanning.

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**

This month's theme was Canadian wines. It was a bit of a challenge to acquire wines from outside of Ontario, but with some ingenuity we managed to find and sample a variety of reds and whites from not only Ontario, but also BC, Nova Scotia, and Quebec! We had lots of fun, tasty treats, and lively discussion about the very different tasting wines from each region.

This group meets on the third Wednesday of the month.

### **KITCHEN BRIDGE: Coordinator: Anne-Marie Sacco**

Kitchen Bridge welcomes both men and women.


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

### **KNIT OR NOT HANDICRAFTERS: Coordinator: Wanda Laing**

Our group is ushering February in with a knitting/crocheting day on Feb 4th. Bring your own project, cosy up to the fire and share in the camaraderie. We'll change things up and experiment with an online watercolor workshop on Feb 18th. There's a terrific YouTube instructor whose work is simple, relaxing and really cute.

This group usually meets at 1pm on every first and third Wednesday of the month.

### **LADIES BRIDGE CLUB: Coordinators: Margaret Langlands and Caren**

**Narvet**  We play the second Tuesday of every month, travelling 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 Tuesday of the month at 1:00.

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

**\*\*THIS GROUP IS RETIRING\*\***

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

In January of 2025 we started a new tradition for Let's Eat Out, and went to Don Andrews' new Uxbridge restaurant, 9byTin. Everyone loved the dinner experience then, so we repeated it this January. We gave Don an almost full house, with 29 people booking the date. As usual, the meal and the company were memorable.

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

### **LIT HAPPENS: Coordinator: Jen Thorson**

Lit Happens is moving into "thriller" territory in February, and will be reviewing Canadian Ashley Audrain's much-hyped first novel, *The Push*, published in 2021. There had been talk about a movie perhaps being made from it... nothing so far... will we agree it would work on the big screen?

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

### **LOCAL EXPLORERS: Coordinator: Susan Hillar**

January's weather kept us cooped up, but a group of us will be meeting for high tea in Markham on February 5th.

### **MONDAY LUNCH BUNCH: Coordinators: Betty Bignell & Joy Freemantle**

In January, many members of the Monday Lunch Bunch group enjoyed lunch and conversation at Boston Pizza, Uxbridge. Getting together on the last Monday of the month, the group will get meet next on February 23, 2026

The group meets on the last Monday of each month.

### **LIGHTS, SNACKS, ACTION! : Coordinators Amber D'Aguiar and Mary Freedman**

On Tuesday January 13th we rolled out the red carpet and enjoyed the wonderful film *Song, Sung, Blue* which was featured at our very own Roxy Theatre!

This docudrama starring Hugh Jackman & Kate Hudson was a delightful musical journey which stirred many emotions.

We look forward to our next flick on February 10th!

Stay tuned!

### **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: NEW RECYCLING GUIDELINES**

Recently Ontario implemented a new recycling program managed by a private firm, Circular Materials, which has harmonized all recycling rules across the whole province. Examples of some of the changes include toothpaste tubes and deodorant sticks which are now recyclable, as are plastic dry cleaning bags, bread bags, potato chip bags etc.

There are many other changes. To get the full story, go to <https://www.circularmaterials.ca/recycleontario/>, and consult the various tabs to learn what goes in the paper blue box and what goes in the plastics blue box. You will be impressed with how much more can be recycled to help reduce garbage and save our planet. Check it out!

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

### **R.O.M.E.O. (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.

Next meeting will be February 26th.

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

### **SMALL TOWN THEATRE: Coordinators: Steve Fryzuk & Peggy Kennedy**

Our next theatre event will be held in April.

Small Town Theatre members go to matinee performances at theatres in the Durham and York region. We organize a lunch before the performance.

### **TAKE A HIKE: Coordinators: Carol Fraser & John Willcock**

The Hiking Group meets on the 1st and 3rd Wednesday of each month in the morning (9:30). 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!

February hikes are scheduled for Wednesday, February 4th and Wednesday, February 18th. Hike details are emailed to our members.

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

### **TOO PAR GONE (GOLF): Coordinator: Albert Fintelman**

On hiatus until the greens re-open.

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

We learn Salsa and Bachata dance steps. A partner is not necessary. There is a fee of \$15.00 each class.

This group meets each Monday from 3-4.

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

WALKS continues to (try to) meet every Monday morning at 9:30 for an hour of gentle exercise and pleasant conversation, followed by a stop at a coffee shop to warm back up! The LAST Monday of each month is a 10 AM start for those late-risers, and a shorter saunter so we still have time for a refreshing beverage and more conversation. These frigid temperatures have been challenging!

This group meets every Monday morning at 9:30; 10 on the last Monday of the month.