

THE PROBUS CLUB OF UXBRIDGE - October 2025

Website: www.uxbridgeprobus.ca

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UXFORMATION

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Amber D'Aguiar

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President's Message:

I'm not much of a beach person, so I really enjoy it when summer changes to fall. What do you love about this season? Is it the crisp apples and harvest time? The grandkids' excitement to be back at school (at least for a little while)? Or maybe it's the chance to travel now that the summer heat has eased.

Uxbridge is a wonderful place in the fall. We have a beautiful town with plenty of walking trails, the Senior Centre buzzing with activities that are starting up again, and of course, our own Probus Club. With 300 members, there's always something to do and always a friend to share it with.

This month, we also celebrate National Seniors Day on October 1. It's a time to recognize and honour the many contributions of older adults to families, communities, and society across Canada. You can learn more about it here: [National Seniors Day](#).

Be sure to look through this month's newsletter for all the useful information inside. You'll find details about upcoming speakers, interest groups, social events, and more ... all made possible by our dedicated Management Team and wonderful volunteers.



I'm especially excited about this month's guest speaker, Craig Greenwood, who will be giving a fascinating presentation on polar bears. You won't want to miss it! As a reminder, please help us keep our meetings scent-free so that everyone can attend comfortably. Strong scents can make it hard for some members to stay, and we want our gatherings to be welcoming for all.

I look forward to seeing you at our next meeting on October 8!

Robin Dhillon

From Your Speakers' Chair

Wow! What a fun meeting we had last month with our speaker **Deidrey Francois** talking and singing about "What's in a Name". She had an amazing voice and was very interactive with the members with her infectious energy. She sang the likes of "Run a Round Sue" and "Delilah" and other favourite oldies. She even had us all up dancing doing the Twist! And what a small world! Our club's secretary, Joanne Binns, knew Deidrey when she was 13 years old and hadn't seen her in years! What a lovely surprise for both of them!



Oct 8 - Craig Greenwood "The Fantastic White Bears of the Ice"

As a former seasoned wildlife biologist with over 30 years in Ontario's Ministry of Natural Resources, Craig has travelled across the province and studied the Polar Bears of Southern Hudson Bay in Ontario. Yes, we do have polar bears! His presentation will tell a story through pictures about these amazing white Bears, their biology, history and current status. He will sprinkle that with some of the hands-on field science and memories while showing pictures of these amazing animals. Don't miss it!



Nov 12 - Kevin Donovan "The Billionaire Murders"

Kevin Donovan is the Toronto Star's award winning Chief Investigative Reporter and will talk about the mysterious murders of Honey and Barry Sherman.



From Your House Chair

Next Meeting: Wed. Oct. 8 @10:00 a.m. Uxbridge Community Centre

The year is slipping by so quickly so I am treasuring every day. I hope you are too. In preparation for our October meeting, please note that Team 3 is on duty.

Set Up – Morgan Baker, Faye Grove, Brian Keeling

Kitchen - Debra Lippay, Marion Martin, Susan Dhillon, Mary Freedman, Sharon Thorpe, Judy Prince

Greeters – Anne Gauvreau, Diane Ayton

Cheryl Bain & Sally Kotsopoulos



From Your Social Committee



A group of fun-loving Probus members enjoyed the Summer Finale Barbeque on Sept 18. A lot was happening at Cullen Central Park! Many members (with randomly chosen partners) were participating in a Treasure Hunt. So amusing to watch them trying to solve the riddles to find cleverly planted items – some of which had mysteriously vanished! Many thanks to the organizers who even had prizes and certificates ready for the deserving winners. Other games, such as Washers and Ring Toss, sure brought out the competitive streak in some of our athletes. We also celebrated Jan Moody's birthday in a special way! Enjoying the great weather and companionship, some of our members elected to set up their chairs on the grass and have a social visit – which of course is in keeping with the purpose of Probus. The lunch was so yummy. Hats off to Mary Evans. We are so lucky to have a club like this! *Report by Marilyn & Jim Davis*



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](#)

Upcoming Social Events



Friday, October 3

Model A Acres

7090 Middle Road, Bowmanville
A Drive Yourself Event - Only \$20!



Guided Tour starts at 2:00 p.m. (Outdoor display of vintage aircraft, automobiles and trains)
Optional : Lunch before tour at Haugen's, Visits to Tyrone Mills and Archibald Estate Winery & Orchard

Markham Concert Band Performs

Music of the 40's

Canadian Band Association Spectacular!

SUN. OCT. 19 - 2:00 PM

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.

See separate flyer for more details.

Sign up directions in Gold Box above.



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\$178 (member), \$188 (guest)

WEDNESDAY OCTOBER 22

NIAGARA WINE TOUR

A Full Day Excursion with Lunch and Wine Tastings

- Visit Konzelmann Estate Winery
- Lunch at Prince of Wales Hotel
- Stroll through beautiful Niagara-on-the-Lake
- 4 wine tastings at Pillitteri Estates Winery

SOLD OUT! WAIT LIST AVAILABLE

SPECIAL INVITATION FROM PORT PERRY PROBUS

For information or to register, click: social.portperryprobus@gmail.com

Tues. Nov. 25
Mirvish Production of
The Sound of Music
at the Princess of Wales Theatre
Final date to register
and pay is Fri. Oct. 15!



COST - \$213.00 Includes:
Luxury Bus from Port Perry
Walmart at 3 pm (Limit 47
Passengers)
Early dinner at the Hot
House Café
Orchestra seats at 7:30 pm,
Return home about 11 pm.



OSHAWA GENERALS HOCKEY

at The Tribute Communities Centre

99 Athol St., Oshawa

SUN NOV 16 - Game Time 2:00 PM Final date to register and pay is Friday, October 10, 2025.

Vs The Erie Otters

ONLY \$40 for:

Reserved seats in Medallion Lounge for our group. Pizza included!

THIS IS A DRIVE YOURSELF EVENT - Carpooling can be arranged.

See separate flyer for more details.



Wed. Nov. 19 - 3:00-5:00

COFFEE & CONVERSATION

Only \$5 per person!

**Shobrook Gardens Gathering Place (Main Floor)
1 Elgin Park Drive**

A wonderful opportunity to meet other members and reconnect with good friends.

Everyone welcome but special invitation is extended to our newer members!

Sign up directions in Gold Box above



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



- Each 750 mL bottle equals one chance to win
- Names drawn daily for elimination starting Nov. 28
- 4 names remaining will be drawn live on Dec. 10 for 1st, 2nd, 3rd, & 4th prizes
- All entrants eliminated will be eligible for consolation prize drawn on Dec 10

Final day to sign up is Nov 12; Final drop off date is Nov 22

See all details in accompanying flyer



WEDNESDAY DECEMBER 10
New Venue: MILL RUN Golf Club
ANNUAL CHRISTMAS LUNCH & GALA
Our most popular event!
Fantastic Raffle, Door Prizes, Entertainment,
Special Table Centrepieces!

Cost - Members \$75; Guests \$80
Come for a delicious plated turkey dinner
New Entertainment by Tom Kovacs
Doors open early to peruse raffle prizes!
Reserved seating at tables of 8-10



Coming Attractions

Dec. 7: Markham Concert Band

Seasonal celebration at Flato Theatre and optional dinner at Mandarin

Jan. 15: Glow in the Dark Mini Golf

Glowtown Stouffville with lunch at Chuck's Roadhouse (at your own expense)

Mar. 17: Shamrock Shenanigans

St Patrick's Day Party at the Uxbridge Legion with dinner, musical entertainment by Vintage Soul and trivia!

OTHER POSSIBILITIES:

Lavender Farm
Ajax Racetrack and Casino
Car Rally
Kingston Penitentiary & Tour of Keewatin

Also in the Works:

February: Winter Warfare at Oshawa Tank Museum

March: Purple Woods Maple Syrup Festival

March: Markham Concert Band "It's All About That Jazz"

April: National Canadian Film Day

April: Richter's Herbs & Lunch at Annina's Cafe

May: Markham Concert Band

May: Tiptoe Through the Tulips (Mary Morton Tour)

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, please contact us!

AGE GETS BETTER WITH WINE: Coordinators Anne Gauvreau & 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 Wed of the month at 7:00.

BOOK BUDDIES: Coordinators 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'Aguar

Canasta is a fun and challenging card game played in groups of four. We will be playing next on Oct 9 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 and see you there! This group meets on the second Thursday of each month.

COURT JESTERS (PICKLEBALL): Coordinators Alan James & 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 10:00.

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 meets on the first Thurs each month.



GENIAL GENEALOGISTS: Coordinator Bernie Beales

The Genial Genealogists welcome a second "expert" with over 20 years of experience to assist all those just starting out. Our next meeting will be Oct. 16. 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 1. For 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 the second 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.

LADIES' BRIDGE CLUB: Coordinator: Caren Narvet

Ladies Bridge meets at the homes of several of the members. The number of tables will vary depending on the month. Currently, if anyone would like to meet the ladies in this very sociable group, we would be happy to have a list of potential players who could fill in when needed, with the possibility of joining as a regular player in the future. We are on hiatus for the summer. This group meets on the second Tuesday of the month at 1:00.

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

LET'S EAT OUT: Coordinators Gail & Chuck Heroux

This month, 22 members of the group visited Villa Rici in Newmarket. The October destination and date are still undecided. Stay tuned! This group meets on the third Tues. or Thurs. of the month.

LIT HAPPENS: Coordinator: Jen Thorson

Perhaps in preparation for the coming season, our next read is titled "The Nest". We'll be snuggling up with a cup of tea for this one! 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. This group meets at 10:00 on the third Wednesday of the month.

Monthly TIP: Forever Toxic



Did you know that - forever toxic chemicals (per-&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.

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.

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. Our first outing of the 2025-26 season will be October 18.

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 on Oct 2 and 16! The 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 1 and 8, Golfer's Dream GC on Sept 15 and 29 and Millrun Highlands GC. on Sept 22. We've had approximately 16 members playing weekly. Our finale scramble is on October 6, however there will be scheduled golf on Mondays in October. This group usually meets on Monday mornings.

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

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



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.

Facebook Post of the Month



The Uxbridge PROBUS Club for Members Only Facebook group now has 149 members!

Post of the month is by Nancy Melcher, the WALKS group leader. She brings a wealth of knowledge of the natural world to our weekly walks and we go home with a few nuggets each time. You can read her column "The Nature Nut" in the Uxbridge Cosmos. It's not (yet) a weekly feature, but appears a couple times a month with interesting subjects like swans, leaves changing colour, interesting plants, constellations, eclipses and much more! Check it out soon!



Share A Smile - A Salute To Seniors

Remember when a “new hip joint” meant someplace you wanted to visit on a Friday night?

You should never be angry with someone for forgetting. It's impossible to forget intentionally.

When people say, “Enjoy them while they are young”, they are talking about your knees, not your kids!

If slow old men use walking sticks, do fast old men use hurry canes?

I didn't think orthopedic shoes would help. I stand corrected.

The number of people older than you never goes up!

Nothing refreshes my memory of what I need at the grocery store like coming home from the grocery store!



I'm proud to announce I have completed the first item on my bucket list.

I have the bucket!

Having more years behind you than ahead of you makes you think about things differently.

There are 2 signs of aging. The first, you forget things. I can't remember the second!

Oct 1 is National Seniors Day!

Age is simply the number of years the world has been enjoying you!

I want to die peacefully in my sleep like my grandfather, not crying and screaming like the passengers on his bus!

“Looking 50 is great - if you're 60!” (Joan Rivers)

If you were born in the 50's and raised in the 60's and made it to 2025, you've lived in eight different decades, two different centuries and two different milleniums - and you aren't even that old yet.

You can not expect your children to raise their children the way your parents raised you.

Because, your parents raised you for a world that no longer exists!

Most people are at an age where they use their phones to document the good times in their lives. I am at the age where I use my phone to take pictures of labels to enlarge the print so I can read them!

Share A Smile - Oldies, But Goodies (Like Us!)

Quotes about aging from some celebrities from our parents' generation - now we can finally appreciate what they were talking about!

It's paradoxical that the idea of living a long life appeals to everyone but the idea of getting old doesn't appeal to anyone.
(Andy Rooney)

Old age is like a plane flying through a storm. Once you are aboard, there is nothing you can do about it.
(Golda Meir)

I'm at that age where my back goes out more than I do.
(Phyllis Diller)

Old people shouldn't eat health foods. They need all the preservatives they can get.
(Bob Hope)

Old age comes at a bad time.
(Ed Sullivan)

The older I get, the better I used to be.
(Lee Trevino)

The older I get, the more clearly I remember things that never happened.
(Mark Twain)



First you forget names, then you forget faces, then you forget to pull your zipper up, then you forget to pull your zipper down.
(Rob Reiner)

I was thinking about how people seem to read the Bible a lot more as they get older, and then it dawned on me - they're cramming for their final exam.
(George Carlin)

At age 20, we worry about what others think of us. At age 40, we don't care what they think of us. At age 60, we discover they haven't been thinking of us at all!
(Ann Landers)

Everything seems to slow down with age, except the time it takes cake and ice cream to reach your hips.
(Elizabeth Taylor)

There are 3 stages in a man's life:
He believes in Santa Claus;
He does not believe in Santa Claus;
He is Santa Claus.
(Lee Phillips)