



SCUGOG-UXBRIDGE PROBUS CLUB

NEWSLETTER

Issue 15

SEPTEMBER 2025

MANAGEMENT TEAM

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Derrick Bond

Vice President:

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Cindy Agnew

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Wendy Bond

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Interest Groups

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Lorraine Ward

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Marilyn Card

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Derrick Bond

The August General meeting had another great guest speaker Dr. Ken Shonk. His presentation was titled "Jest for the Health of It". He had us all in stitches with his jokes, videos, and stories; I think you won't want to miss the roster of entertaining and interesting speakers lined up for the rest of the year.

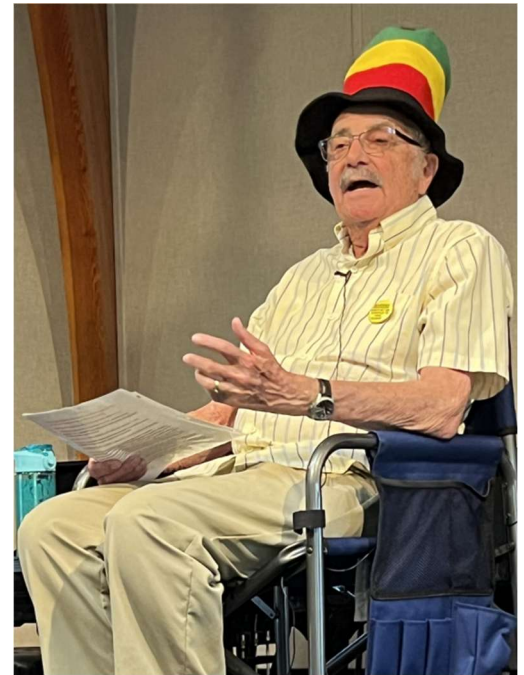
As the summer seems to be winding down and the days are getting a little shorter. I enjoy the cooler nights. We always linked that to the CNE and the change in the weather. I have enjoyed going to the Air Shows for the past few years and looking forward to going to the Canadian International Air Show which is the longest running air show in North America. The air show runs on the Labour Day Weekend.

At the September meeting, we will be starting a monthly book and puzzle swap. You will find the swap taking place in the boardroom inside/attached to the breakout room. Paperbacks and puzzles in good condition are eligible for swapping – one for one.

For the September meeting we are trying the "Find a car pool buddy or 4" again. We have a great opportunity for you to find a car pool buddy or a group of car pool buddies for Probus meetings and events. Who doesn't want someone to car pool with in the winter months or for events that are further afield?

How it works: Pick up a stick-on badge at the registration table or interest group table at the next general meeting. A green dot indicates you can offer a ride. An orange dot means you are looking for a badge. Pick up both to indicate you are flexible. Print your home location at the top of the badge. We encourage you to approach other members with compatible stickers before the meeting and at the break. It's not a bad idea to connect with 4 or 5 people so you have options. You never know when your car might be in the shop on meeting day, or you are interested in a social event, and want some company for the ride.

Hoping you can attend the next general meeting on Thursday, September 4th. Enjoy the summer weather; before you know it will be gone.



Find a carpool buddy

- | | | |
|---|---|-------------------------|
|  | > Offer a ride | |
|  | > Find a ride | |
|  |  | > Take turns carpooling |



Website: www.scugog-uxbridgeprobus.ca

Email: info@scugog-uxbridgeprobus.ca

General Meetings

General Meetings are held on the first Thursday of every month

10 a.m. to 12 noon at Hope Church, 14480 Old Simcoe Street, Port Perry, Ontario

There is a 30-minute break at half time to meet people, enjoy refreshments, sign up for an interest group or social event, and look into volunteering.

The next General Meeting at Hope Church will be **September 4, 2025**.

September 4 Guest Speaker

Presentation title: Thrive and Survive with Humour. Tim Westhead's presentation will increase



your morale and leave you feeling energized! Try Tim's powerful and practical suggestions to bring some fun to your life; increase motivation, resiliency and productivity; and reduce stress. **W. T. (Tim) Westhead, OCT (Ret.), BA, MA, Bed.** Tim Westhead is an award-winning Canadian educator, author, actor and popular conference presenter. With a dynamic style and humorous delivery, Tim's entertaining and inspiring sessions have made him a keynote speaker with an international reputation. Tim's educational background includes three university degrees, with a Master of Arts in English. He has taught for the Faculty of Education at Ontario's Queen's University. A nominee for the Prime Minister's Awards for Teaching Excellence, Tim received OPSBA's award and was acknowledged by actor

Mike ("Austin Powers") Myers, one of Tim's former students, during Myers' induction into Canada's Walk of Fame. Tim was also honoured with the Faculty of Arts Alumni Achievement Award from Ontario's University of Waterloo.



October 2 Guest Speaker

Presentation title: Cold War 2.0 Artificial Intelligence in the New Battle Between China, Russia



and America. "With wars in Ukraine and the Middle East, and rising tensions around Taiwan and in the South China Sea, come and hear author and geopolitical analyst **George S. Takach** explain what ties all these events together. George believes we are in a new cold war, and that technology and innovation will be key to whether the democracies or the autocracies win this struggle. He will also address what it all means for Canada specifically.



REMINDER: AT EVERY GENERAL MEETING there is an optional **"Share the Wealth" Draw**
Tickets are 1 for \$2 ~ 3 for \$5 ~ arms length for \$10 (**exact change is appreciated**)

Social Committee



Tuesday, September 9 – Ajax Downs; 50 Alexander's Crossing, Ajax. Time 1:00 PM. No Cost. Ajax Downs is a great place with live quarter horse racing. Parking and admission are free; full grandstand seating. They offer "How to Bet 101" for first time visitors. We are booking a table for lunch at the facility before the big races; if you are interested, please let us know at: socscugoguxbridgeprobus@gmail.com

Friday September 12 – York Harmony Chorus; Foster Memorial, 9499 Durham Regional Rd 1, Uxbridge. Time 7:30 pm, No cost, however they do ask for a small donation towards the maintenance of the Foster Memorial. The York Harmony Chorus is an award winning 43-member women's chorus, that sings 4-part Capella in the Barbershop style. Anne Gauvreau is part of this chorus, which has placed in international competitions.

Friday, September 19 – Walking Tour of Uxbridge; Time 10:30 AM. No Cost. Thirty-seven destinations await you all around the town of Uxbridge, as you pass through residential neighbourhoods and the historic downtown core. You'll see where merchants, doctors, beekeepers, carriage makers, shoemakers, masons, and politicians lived. Take a break to shop and soak up the architecture that holds the stories of years gone by. Followed by a lunch.

Wednesday September 24 - TITANIC: THE ARTIFACT EXHIBITION; 30 Hanover Road, North York. Time 10:30 AM. Regarding cost, we are offering 2 options for our group tickets: Choice 1 is \$29.90 + 3.88 = \$33.78 for exhibits only. Choice 2 is \$44.90 + 5.83 = \$50.73 which includes the Virtual Reality Experience. This is the only official exhibition, an extraordinary expedition to the depths of Titanic history. An unparalleled experience takes you deep into the story of Titanic, with real artifacts recovered from the ocean floor and meticulously recreated rooms that transport you back to the Ship of Dreams. Delve into the history of the most unforgettable oceanic tragedy of all time. N.B. We need 10 people in order to reserve as a group.

Monday, September 29 – Peppertree Klassics; 137 Main St North, Markham. Time 11:30 AM. No Cost. The event will be followed by lunch at the Duchess of Markham. We held this event last spring and it was very successful. Now we are doing it again so everyone can get new fall items at 30% off.

Thursday, October 9 – Applewood Farm; 2055 Saintfield Road, Seagrave. Time 12:00 Noon. No Cost. This event is a repeat. Last year we had the greatest afternoon—we conquered the corn maze, which we hope to do again. As well, we will be able to pick a pumpkin. Come with us and enjoy a lovely fall afternoon; sipping cider or wine and listening to music.

Friday, October 17 – Oktoberfest; 20775 Brunin Ave., Seagrave. Time 12:00 Noon. Cost TBD. We will supply the sausages, sauerkraut, coleslaw, potato salad and Oktoberfest music. You will be responsible for your own beverages. This will be a great opportunity to mingle with your fellow Probus members.



Social Committee

Thursday, October 25 – Scugog Shores Museum Village Ghost Tour; 16210 Island Road, Scugog. Time 7:40 PM. Cost \$10.00. We will discover the Museum's haunted history - lingering spirits and the messages the ghost wants us to hear! We may even see some unexplainable occurrences. I am sure this is going to be a lot of fun! We were thinking of dinner before at Pickles and Olives.

Here are a few things we have lined up for November:

- Bata Shoes Museum Tour
- Christmas Markets
- Reading of Charles Dickens Christmas Carol
- Trivia Night
- Start of the Wine Survivor

The Social Committee has an email address that can be used if you need more information on events. Drop us a line if you have suggestions for activities that you would like us to explore. As always, we are on the lookout for new Social Team members. The email address is:

socscugoguxbridgeprobus@gmail.com

Don't forget, you can always use the online sign up:

bit.ly/ProbusSocialsignup

Social Event Reviews

Wednesday, August 13th was cruise day! We headed out for a three-hour ride down the beautiful St. Lawrence River — and luckily, this wasn't a Gilligan situation, so we made it back just fine. The weather was perfect — a bit cloudy, which meant we didn't roast in the sun or have to compete for shade. Ideal cruising conditions! Along the way, we got some fun facts and stories about the Thousand Islands. Apparently, to count as a real island, it needs to stay above water all year, be at least one square foot, *and* have a tree growing on it. So, technically, a tree on a shoebox-sized rock? That's an island. Who knew? We also learned a bit of history — about the Royal Military College and Fort Henry. Then came the cottage viewing portion of the trip — although calling them "cottages" feels like a stretch. These places were massive, with price tags ranging from a casual \$1.2 million to a jaw-dropping \$22 million. We ended the day with a delicious lunch.



Social Committee

The Whitby Courthouse Theatre performed an entertaining, talent filled showing of the classic "A Chorus Line" on August 23rd and 12 SUP members were there to enjoy it! After the high energy show we enjoyed a delicious meal and refreshing beverages at Twelve Bistro and Tapwerks in Whitby. The Whitby Courthouse Theatre has a great selection of upcoming performances that we will be checking out in the future.



Interest Groups

Wine Club – Coordinator Lorraine Ward

Great news — **Wine at Home** is back starting this September! We'll be meeting on the **fourth Thursday of each month**, beginning **Thursday, September 25th**. Members take turns hosting. The host decides on a theme, selects and buys the wine. Cost is \$10.00 per event and everyone brings a dish to the tasting, pot-luck style afternoon of appetizers. We're currently looking for hosts for upcoming gatherings. If you're interested in hosting a fun and relaxed afternoon, please reach out! interestgr.scugoguxbridgeprobus@gmail.com



Bunco Group (Progressive Dice Game) – Coordinators Sue and Bob Armitage

The Bunco group is growing! We are always looking for more players so if you want to be added to the list call Sue or Bob Armitage at 416.271.5139; or sign up at the next meeting.

Hand and Foot Canasta (card game) – Coordinator Amber D'Aguiar

Hand & Foot is a fun and challenging card game played in groups of four. We play on the 3rd Tuesday of the month in the afternoon. The next meet up is September 16th. Lessons are held from 1-2pm for new players and for those who need practice, and then we continue to play from 2-4pm.

Interest Groups

Group Travel – Coordinator Lorraine Ward

NEW – We are pleased to announce a **Travel Information Session** hosted by **Collette Travel**, coordinated through **Transat Travel**. (Uxbridge Travel) on Thursday, September 25 (time to be confirmed) .Open to all Probus Travel Group Members. RSVP is required. This will be a great opportunity to explore a variety of travel options, ask questions, and get inspired for your next adventure!

Update regarding the potential group trip to **Aruba** in **February 2026**. Several members have expressed interest, but we still need additional confirmations to meet the required number for securing a group rate. **Aruba** – known as “**One Happy Island**,” Aruba boasts **year-round sunshine, white-sand beaches**, and **vibrant Dutch-Caribbean culture**. From snorkeling in crystal-clear waters to exploring the island’s desert landscape and colorful capital, **Oranjestad**, Aruba offers both relaxation and adventure. It’s perfect for those who enjoy reliable weather, great dining, and a lively yet laid-back vibe.



Travel Information – Coordinator Tim Casey

The next meeting will be September 22nd in the sunroom of Col. Mustard's Pub in Port Perry. All Probus Club members are welcome!

Book Club – Coordinator Maureen Wood



Our next meeting is Sept. 10th we will be discussing the book *Becoming Mrs. Lewis* by Patti Callahan. The Book Club is now open for new members, and you don't need to have read the book to attend a meeting. For meeting locations, contact: interestgr.scugoguxbridgeprobus@gmail.com

Chair Yoga – ***NEW – Coordinator Marie Robinson

Chair yoga coming soon. More details to follow

Golf Group - Coordinator Kim Lendvay / Steve Smith

Players who are Beginners, Experienced and everything in between – all are welcome! Playing 9 holes Thursday mornings at Sunnybrae Golf Club (not to say we can't try other courses once in awhile or play 18 holes a couple of time this season). This group is coordinated with Port Perry Probus. If you are interested in joining, please reach out to interestgr.scugoguxbridgeprobus@gmail.com.



Interest Groups

Lunch Group – Coordinator Zana Maksimovic

Our September lunch is scheduled for Friday, September 12th at 12:30, at the ROYAL ASHBURN GOLF CLUB, WHITBY, BUTLERS PUB AND GRILL. More information to follow to the lunch group members. I hope to see you there! Sign-up sheet for all is here: <https://tinyurl.com/SUP-Lunch-Signup>

On Friday, August 15, seven 'lunchers' got together at the Port Patio in Pickering, overlooking the water. Even though the restaurant does not take reservations for the patio and we had to sit separately, we enjoyed the food and the views.



Pickleball – NEW – Coordinators Nancy Steele and Marilyn Lee

We have a couple of co-coordinators who would like to start up a Pickleball group, likely in Uxbridge. If you are interested in this group email interestgr.scugoguxbridgeprobus@gmail.com or see us at the interest group table.

Board Games – NEW – Coordinator Nancy Steele

The Sequence group is no more, but we will have a Board Games group instead. Sequence group members will automatically receive information, but if you were not in this group already, you can sign up at the next meeting or email at interestgr.scugoguxbridgeprobus@gmail.com. Meeting dates and times TBD.

Kitchen Bridge – NEW

We are still working on getting lessons set up for beginners, but the intent is to get some lessons and then have the group continue on their own. This should be a great intro to Bridge. We need a few more players to launch this group so please come by the interest group table to sign up.

Interest Groups

Hiking & Outdoors Group – Coordinator Pam Norton

There will be a Probus hike Friday, September 5th at 9.30am at the North Walker Woods followed by coffee at the Old Brock Cafe in Claremont for those interested. We will schedule regular hikes on Friday mornings at 9.30 for one to two hours. (Locations TBD). We will coordinate with the lunch group to make sure there is no conflict with Friday lunches. If anyone would like to lead a hike on Fridays, please let me know. We can also add hikes on other days of the week if we have someone to lead the hike, for those who can't make it on Fridays. If anyone is interested in taking over as coordinator for the group, please email interestgr.scugoguxbridgeprobus@gmail.com or see us at the interest group table.

Live Music Group – Coordinator Pam Norton

We are looking for a new coordinator for this group who can organize gatherings at some of the local music venues.

Euchre Group - Coordinator Marilyn Howe

Marilyn Howe is the new coordinator for this group and they will provisionally meet biweekly on Wednesdays from 2 to 4pm. Please email interestgr.scugoguxbridgeprobus@gmail.com or see us at the interest group table for more information.

Genealogy – Coordinator Neil Kilmartin

We meet the first Wednesday of each month from 10 a.m. to Noon in the Scugog Library's Board Room. Our interest group consists of members from both the Port Perry and Scugog/Uxbridge Probus clubs. We are open to people with any degree of genealogical experience, right from the newbie to the seasoned family historian. Our focus tends to be on "sharing our individual experiences". There is also an interest within our group regarding local history. Guidance and initial help researching and documenting is always available. Contact Neil Kilmartin via email at neilMkilmartin@gmail.com if you would like more information.

Arts & Craft, and Puzzle Groups – Coordinator Maureen Wood



Sept 23 Learn how to crochet/make crochet flowers

Oct 28 Fancy Bows

Nov 25 Material gift bags

Dec 23 Cancelled

For location and cost, contact:

interestgr.scugoguxbridgeprobus@gmail.com



The Puzzle Group

meets at 10 am on the first Tuesday of every month ~ Sept. 2nd, etc.

Look for upcoming puzzle swaps (bring one, take one) to be held at our general meetings starting in September.

For information, contact:

interestgr.scugoguxbridgeprobus@gmail.com

Interest Groups

*Recent puzzle
and
arts & craft
projects.*



Our August speaker Dr. Ken Shonk, “Jest for the Health of It”, shared the following information on exploring humour.

Basic & Academic Information Books:

- 1) *The Healing Power of Humor* by Allen Klein
- 2) *Laughter Therapy* by Annette Goodheart
- 3) *The Psychology of Humor* by Rod A. Martin
- 4) *Chicken Soup for the Soul Series* by Jack Canfield
- 5) *The Power of Kindness* by Brian Goldman
- 6) *The Anxious Generation* by Jonathan Haidt
- 7) *The Good Life* by Robert Waldinger & Marc Schulz
- 8) *Laughter from Womb to Tomb* by Dr. Ken Shonk

On Netflix:

- 1) *Mission: Joy - Finding Happiness in Troubled Times*
- 2) *Live to 100: Secrets of the Blue Zones*



Member-abilia

-abilia - noun suffix: items of interest relating to specified persons or things (in our case PROBUS) e.g. Elvis-abilia

Members celebrating birthdays in September

<i>Cindy B.</i>	<i>Margaret A.</i>	<i>Tom A.</i>
<i>Angela L.</i>	<i>Laura F.</i>	<i>Paul H.</i>
<i>Denise H.</i>	<i>Daniel L.</i>	<i>Jim D.</i>
<i>Laurie K.</i>	<i>Craig M.</i>	<i>Monika Y.</i>
<i>Geoff C.</i>	<i>Karen B.</i>	<i>Julia T.</i>



FYI

Please sign in when you arrive
Wear your PROBUS name badge
Members' guests are allowed 2 visits
Remember to "Lug a Mug"
Bring cash to buy draw tickets
This is YOUR club ~ ENJOY!!!

TO SIGN UP FOR ALL INTEREST GROUPS:

- ✓ At General Meetings, there will be Interest Group sign-up sheets in the lobby or break room.
- ✓ If you are interested in joining any of the groups, add your name to the sign-up sheets! Please print!
- ✓ All joining an Interest Group must be a Club member
- ✓ Please wear your PROBUS name badge to interest group meetings and events.
- ✓ There is usually no charge to join an Interest Group, but some may have a minimal fee to pay for using the venue.
- ✓ Contact interestgr.scugoguxbridgeprobus@gmail.com

We'd love to hear from you.

Members are invited to share photos from our Probus club events, personal success stories, proud moments, exciting trips, etc. in the newsletter. This is a great way to get to know one another and to make our newsletter more interesting. Email your articles in Word format to the newsletter editor, Marilyn Card, at: marilyncard@gmail.com. (In the subject line of your email, please put "SUP Newsletter".)



NEED MORE INFORMATION?

Join our new **FACEBOOK** page!

Inclement weather and wondering if a meeting is still happening? We will post information here:
<https://www.facebook.com/groups/1063170235479624>



OR....

You can also head to our **WEBSITE!**

We will also post notices here (example cancellation message shown below):

www.scugog-uxbridgeprobus.ca



August General Meeting - members socializing and enjoying refreshments.

