

THE PROBUS CLUB OF UXBRIDGE - March 2024

www.uxbridgeprobus.com

uxbridgeprobus@gmail.com



UXFORMATION

MANAGEMENT TEAM

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Kathy Clulow

Past-President
Chuck Heroux

Vice-President
Robin Dhillon

Secretary
Linda Abate

Treasurer
Margaret Blanchet

Speaker Chair
Zina Bolak

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Gail Porter Heroux

Interest Groups Chair
Betty Bignell

Newsletter Editor
Bernie Beales

Membership Chair
Elaine Stevenson

Webmaster
Gerry Bignell

House Chair
Sally Kotsopoulos

Members At Large
Lynn Moore
April Gilkinson

President's Message:

Spring is just around the corner, the birds are singing, and the bunnies and other critters are everywhere. I'm sure the gardens will sprout any day soon. We really didn't have much of a winter, did we? It makes me wonder what June will be like, will it snow, or be stifling hot and humid?

The proposed new **North Durham Probud Club** will host an Information Meeting April 11th in Port Perry. Once it is formed, the Management Team will decide where and when the meetings will be held. Please help us spread the word about this proposed new club. Members can belong to more than one club.



Our club's wait list continues to grow; it was at 78 last week. Port Perry has a wait list as well. People are discovering the benefits of belonging to PROBUS Clubs to stay social and keep active. See the article from the Mayo Clinic following this month's Interest Group reports about the advantages of Socializing.

Our **Nominating Committee** is in full swing. We know that our club is full of talented people who bring a wealth of skills and leadership experiences. You know who you are! Would YOU be willing to step forward and help us run this vibrant club? Let's chat. Reach out to me president.uxbridgeprobus@gmail.com.

Have you shared your opinions with the **Uxbridge Age-Friendly Community Committee** yet? See link in this Newsletter and have your say about how Age-Friendly Uxbridge currently is.

We are winning! Thank you for lugging your mug. Last month, there were only 45 paper cups taken for recycling. In January, we had 75. Well done! Keep up the good work!

Kathy Clulow

From Your Speakers' Chair



At our February meeting, History Specialist Lianne Harris helped us get in the mood on Valentine's Day with her Famous Lovers presentation. In full period costume, she took us into the lives of three unusual "great" couples from history who demonstrated unexpected but undying love for each other. Both heart warming and heart breaking... but much enjoyed by the members in attendance!

Upcoming Speaker: Mar 13 – Jeremy Bertrand (Ontario Ministry of Finance) will present: From A Maze to Amazing



Jeremy Bertrand and Nina Cabral-Bouchard of the Ontario Ministry of Finance present "**From A Maze to Amazing**" to help us understand Ontario's Income Tax and Benefits... just in time for tax season! They will share tips for completing your return, along with an overview of tax credits and benefits you may be able to claim on your return. It pays to file your taxes as accurately as possible — so bring your curiosity and come learn how you can make the most from your tax return this year. No accounting experience is necessary!

By Zina Bolek

From Your House Chair

Top O' the Mornin' To You!



The House Committee is happy to welcome everyone to the March meeting! Will you find some gold, notice a rainbow, or a leprechaun playing tricks? I am still on the search for helpers in April for the kitchen. Remember many hands make light work. I am also putting the sign-up sheets out for our upcoming months of May through December of this year. Please consider volunteering to help us ensure our meetings run smoothly.

March Volunteers are as follows:

Greeters: Marilyn Davis and Jan Moody

Set up: Ann Wicks and Steve Fryzuk

Kitchen: Paula Donahoe and Sally K (if you have an extra pair of hands to share, you will be sincerely appreciated)

**Don't forget to Lug-A-Mug to help us with our environmental footprint!
Last month we cut our coffee cup use in half – BRAVO!!**



Get Connected, Stay Connected.



A NEW PROBUS CLUB IS BEING PLANNED

The PROBUS Clubs of Uxbridge and Port Perry are bursting with over 600 members combined! So we're joining forces to start a new North Durham PROBUS club. Come to our Information Meeting to learn more about us.

PROBUS clubs are non-profit social clubs for retirees and semi-retirees who want to get connected, stay connected and enjoy the best that life offers. Our only agenda is to have fun, make new friends and enjoy each other's company.

PROBUS Clubs have awesome speakers and a wide range of social events, travel and interest groups. It's an ideal environment to meet people while enjoying your favourite activities and the stimulation of social contact.

We are planning a public information meeting:

Thursday, April 11, at 10 am
Hope Church, 14480 Old Simcoe Rd., Port Perry

COME AND BRING A FRIEND !!

Facebook Post of the Month

April Gilkinson
Admin · Top Contributor · 6d · 🌐

Such amazing support for our community. This is so helpful!



Service Canada

COMMUNITY OUTREACH & LIAISON SERVICES

- EMPLOYMENT INSURANCE
- OLD AGE SECURITY
- CANADA PENSION PLAN
- SOCIAL INSURANCE NUMBER
- MY SERVICE CANADA ACCOUNT

2024 DATES: JAN. 24 | FEB. 28 | MARCH 27 | APRIL 24 | MAY 22 | JUNE 26
10:00AM-3:30PM*

4th WEDNESDAY OF THE MONTH!

*Please call 905-852-9747 to book your appointment. Drop-ins welcome depending on availability. Go to Canada.ca to check what documents you will need.

LOWER LEVEL: THE STUDY SPACE UXLIB.COM

The Uxbridge PROBUS Club for Members Only Facebook group continues to grow and now has 116 members. If you use Facebook and haven't joined yet, consider doing so as it is a great way to stay connected and see what our Club members are up to. We are all about Fun, Friendship and Fellowship. You can find us by searching for PROBUS Club of Uxbridge. (Post of the Month by April Gilkinson)

NOTE: You will need a Facebook Account to join in the fun!



Local Events & Activities

HOW AGE FRIENDLY IS UXBRIDGE?



Do you have the supports you need? Can you use Township amenities?

Take the survey and share feedback about what is working well and changes you would like to see.

Scan Here for our Age Friendly Survey



Paper copies are available at Town Hall, the Senior's Centre or the Public Library.

Click on this link: surveymonkey.com/r/



Sunday March 17 - Port Perry PROBUS invites us to a Saint Patrick's Day Luncheon! (See separate flyer for details)

Some St Patrick's Day Humour
(from PROBUS Oshawa)



1. How can you tell if an Irishman is having fun? He's Dublin over with laughter!
2. Why did St Patrick drive the snakes out of Ireland? It was too expensive to buy them all airplane tickets!
3. What does it mean if you find a horseshoe in Ireland? Some horse lost his shoe!
4. How can you tell if a potato is not from Ireland? When it's a French fry.
5. How can you tell if you overdid it on St Patrick's Day? You kiss the Blarney Stone and it kisses you back!

From Your Social Committee



Tour of Little Canada – February 8, 2024

On a bright and early morning, we left Uxbridge on the Mary Morton Tour bus heading for our outing in Toronto. We rendezvoused with our lively tour guide Gerta at City Hall, and our capable bus driver, Basil, who manoeuvred us through some of diverse neighbourhoods. Gerta pointed out some interesting architecture like City Hall and the John Roberts Research Library (a very well known example of Brutalist architecture made mostly from cement), the "Mink Mile" on Bloor Street where the very upscale fashion district once thrived, and the revitalization of the Don River which has had its flow diverted to accommodate safety in case of flooding. Chuck was impressed with the statue (see below) of Chairman Meow! A delicious lunch was enjoyed at the Hot House Cafe opposite St. Lawrence Market.

Then, it was off to Dundas Square and the installation of Little Canada! Memorable shorelines and vibrant cities were brought to life in miniature. They featured a working retractable roof of the Rogers Centre in Toronto, the tides flowing in and out at the Bay of Fundy in the Eastern Canada display and the fireworks on July 1 over the Parliament Buildings in Ottawa. We had the pleasure of meeting with Jean Louis Brenninkmeijer, the founder and developer of Little Canada. Visiting from Belgium many years ago, he fell in love with Canada's landscape and imagined this masterpiece. He spent time answering questions and had his picture taken with all of us (gent in green in photo above). A great big thank you to our team of organizers who made this day so memorable.

Report by Gerri Martin

Photos by Chrystal Paisley & Chuck Heroux



Upcoming Social Events

TO SIGN UP FOR ALL SOCIAL EVENTS:

First - you must sign up at the Social Events Table during General Meetings, by e-mail to social.uxbridgeprobus@gmail.com or by telephone to Social Chair Gail Heroux (905-852-9927).

Next - you must pay either by e-transfer to treasurer.uxbridgeprobus@gmail.com or by cheque at a meeting or by mail to: Uxbridge PROBUS c/o Gail Heroux, 72 Munro Cres., Uxbridge ON L9P 1L8.

You must be a vaccinated member of Uxbridge PROBUS to attend Social Events (or be sponsored by a member and provide proof of COVID19 vaccination).



SUNDAY MARCH 17 at 2:00 pm **(NOTE RESCHEDULED DATE!!!)**
at the FLATO MARKHAM THEATRE

The MARKHAM CONCERT BAND Presents...



Sign up to join us after the concert for dinner at the Mandarin Restaurant in Markham (Boxgrove)

PURCHASE YOUR OWN TICKETS BY TELEPHONE OR ONLINE AND INDICATE PROMO CODE "PROBUS" TO RECEIVE THE SPECIAL DISCOUNT

See separate flyer for more details



Mysteriously Yours Mystery Dinner Theatre presents "MURDER AT SEA"

TUESDAY MARCH 26, 2024 11:30 a.m.

Cost: \$120 - Members \$130 - Guests

Lunchtime event with hot roast beef meal catered by the Ladies Auxiliary of the Uxbridge Legion (cash bar available)





Wednesday, April 17, 2024

at the UXBRIDGE CURLING CLUB (70 Franklin Street)

6 Outstanding Canadian films:

see separate flyer for more details about films

10:00 am	The Red Violin	downstairs
	All My Puny Sorrows	upstairs
1:15 pm	Remember	downstairs
	Inside Hana's Suitcase	upstairs
3:30 pm	Being Canadian	downstairs
	A Bear Named Winnie	upstairs

COST: 1 movie \$5 members (\$10 guests)
 2-3 movies \$10 members (\$15 guests)

Fresh Popcorn \$2

Drinks \$1

We plan to have pizza delivered at noon for those who would like to eat before the afternoon showings. (Charge per slice - tbd)

"MCB Rocks Again"

May 5, 2024 – 2 pm

Time to Rock! The popular theme from 2018 is back. Great medleys from Elvis, Elton John, Abba, Queen and more. Dressing like your favourite rocker is optional but encouraged!

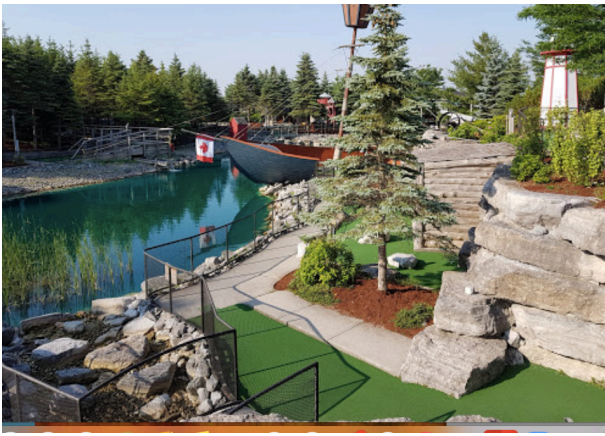
SUNDAY MAY 5 at 2:00 pm

FLATO MARKHAM THEATRE

MARKHAM CONCERT BAND

PURCHASE YOUR OWN TICKETS BY TELEPHONE AND INDICATE PROMO CODE "PROBUS" TO RECEIVE THE SPECIAL DISCOUNT

SIGN UP IN THE USUAL MANNER TO JOIN US FOR DINNER AFTER THE CONCERT AT THE MANDARIN RESTAURANT IN MARKHAM (BOXGROVE SITE)



TUESDAY MAY 28 2:00 pm

TIMBERCREEK MINI-GOLF

NO EXPERIENCE NECESSARY - COME FOR FUN

TIMBERCREEK GOLF & FAMILY FUN CENTRE
12772 NINTH LINE, STOUFFVILLE

COST: likely \$10-\$12 (tbd)

Stay after the game for Kawartha ice cream

FRIDAY JUNE 7 - SHAW FESTIVAL
(Niagara-On-The Lake)

MY FAIR LADY

PACKAGE INCLUDES:

- Deluxe return coach from Uxbridge Walmart Parking lot
- Time to browse in Niagara-on-the-Lake
- Lunch at Prince of Wales Hotel
- Orchestra level show ticket
- All HST & gratuities
- Use of 407 both ways

To sign up, follow directions in Gold Box



COST \$200 (Guest \$210)

Arranged by Mary Morton Tours

WEDNESDAY JUNE 22 at 6:00 p.m.

RCMP MUSICAL RIDE

returns to WINDREACH FARM
in Ashburn to celebrate their
35th anniversary!



Pre-show performance by
SUPERDOGS!

Drive yourself or carpool!
Watch for details coming soon



THURSDAY, JUNE 27, 10 a.m. - Noon
COFFEE & CONVERSATION
Only \$5 per person!

ONCE AGAIN DEIRDRE & ROBERT WILL HOST
THIS EVENT IN THEIR HOME
23 Wilson St, Uxbridge

Please come for an opportunity to chat with your fellow members and meet some newer members.
Everyone welcome - both new and longer term members!

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THURSDAY, JULY 18
1000 ISLANDS CRUISE



COST : \$185 (Members) \$195 (Guests)
Package includes:

9:00 am - Pick-up by deluxe motor coach
12:30 pm - Lunch aboard the Island Star with entertainment (Songs of the Beatles)
4:00 pm - Trolley tour of Kingston (1 hr)
7:30 pm - Approx. arrival at home
All HST, taxes and gratuities
Water provided on coach



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

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MARK YOUR CALENDARS!!!!

Thursday September 26 at Cullen Central Park

SUMMER FINALE BBQ
(Mary Evans Catering)

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Would YOU be interested?

TUESDAY OCTOBER 8

HALIBURTON WOLF CENTRE

WITH RON BROWN

Approximate cost \$150

- 8:30 am Depart from Walmart (6 Welwood Dr, Uxbridge)
- 12:00 pm Lunch is included at the Bonnie View Inn
Entrée choice of Chicken or Vegetarian.
- 2:30 pm Visit the Haliburton Wolf Centre, home to a pack of Timber Wolves in a large 15-acre enclosure, which is one of the largest of its kind in the world. The Wolf Centre contains numerous exhibits; a small cinema/classroom; a retail area featuring a wide selection of wolf related books, tapes, and graphics; and a large indoor observatory overlooking the feeding area within the wolf compound.
- 4:00 pm Spend time at the Country Cottage Log Cabin Trading Company, where you will find over 40 flavours of fudge and an incredible array of products including CR Plastics Outdoor Furniture, personalized lake items and cottage clothing, cottage décor, awesome gifts, baby and kids' stuff, and so much more to explore and enjoy.
- 7:30 pm Approximate return time home



THIS IS A PROPOSED TRIP ONLY!

IF INTERESTED, PLEASE SIGN UP AT THE MEETING OR BY EMAIL OR BY TELEPHONE.

WE NEED TO KNOW THAT ENOUGH MEMBERS ARE INTERESTED BEFORE COMMITTING TO MARY MORTON TOURS.

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THE LION KING

Wednesday, November 20, 2024

Mirvish Productions is bringing this show back to the Princess of Wales Theatre. We are planning to attend the Wednesday, November 20 matinee performance with lunch before the show.

Toronto will become the first city in North America to have a second sit-down production of "Disney's The Lion King" and will launch a new generation of Canadian artists.

If you would be interested in coming to see this show with us, please sign up at the social table or by email.

THIS IS NOT A COMMITMENT, merely an expression of interest.

We do not have ticket prices yet or other information but it will give us an idea of the interest level. If there is a sufficient number of people signing up, we may plan a second bus.



Reducing Your Footprint

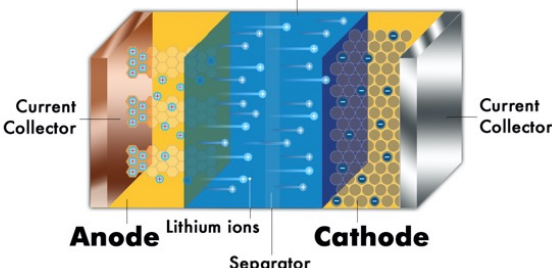
EXTENDING THE LIFE OF YOUR LITHIUM ION BATTERY

Today, if it's a battery and you plug it in, it's a lithium battery. Lithium batteries are used everywhere - for industry, construction, commercial, consumer products, transportation, etc! There are a few different types of lithium batteries and manufacturers mix the contents giving them their desired characteristics. Lithium batteries are replacing traditional batteries like lead acid & nickel metal hydride (NiMH), the exception being Alkaline due to voltage differences. There are many new battery types on the horizon in various design stages including hydrogen & solid state, but nothing stable enough to bring to market, yet. (Report by Brian Keeling)



Lithium-ion Cell

Electrolyte



Want to extend the life of your lithium ion (Li-ion) battery? If you are a person who has a habit of charging your battery within the bandwidth of 0%-100% or leaves your battery charging overnight it's damaging your battery and shortening the battery life. Research has shown, by narrowing the charging bandwidth (ie 25%-75%) can double the life of a battery. Since lithium batteries are said to have no memory, try to recharge before your battery is below 20% and unplug before the battery reaches 80%. Research shows frequently charging your battery at around 40%, will extend the life of your battery almost indefinitely:)

From Your Interest Groups Chair



Our next General Meeting will be on **March 13, 2024**, at the **Uxbridge Community Centre! Only our Club members** are invited to join an Interest Group unless the group has reached it's maximim number of members. (Port Perry club members can can join the Joint Club Latin Dancing Group). Sign-Up sheets will be available at the Interest Groups table during our General Meeting, or please contact me at interestgroups.uxbridgeprobus@gmail.com if you want to join any of our Interest Groups.

POTENTIAL INTEREST GROUPS could include Bid Euchre, Bowling, Board Games, Breakfast Club, Casino Visits, Cooking, Current Events, Fitness, Horses & Other Animals, Mah-jong, Meditation, Memoir Writing, Movies, Music, Sign Language, Spanish Lessons, Sports: (Pole Walking, Running, Biking, Golf, Skating, Swimming), Photography, Yoga and more.

**If you have an idea for another potential new group or want to join one of the above suggested groups, please contact me at the General Meetings or send me a message.*

REMEMBER - THERE'S AN INTEREST GROUP FOR THAT! (Debra Revie Lippay)

TO SIGN UP FOR ALL INTEREST GROUPS:

At General Meetings, there will be Interest Group sign-up sheets at the back of the meeting room. If you are interested in joining any of the groups, add your name & contact information to the sign-up sheets! Please print! During the coffee break, I'll be at the back of the room with the sign-up sheets. Hopefully, I'll be able to answer any questions. Coordinators all have their group name tags and may be sitting with me, or elsewhere in the room available to answer any questions. Everyone joining an Interest Group must be a Club member!

As well you can contact me, Betty Bignell, at interestgroups.uxbridgeprobus@gmail.com. There usually isn't a charge to join an Interest Group, but some may have a minimal fee to pay for using the venue. Everyone joining an Interest Group must be a vaccinated member of the Club and have proof of vaccination for COVID-19 recorded by the Social Committee.



Gail and Chuck Heroux, and Ted and Marion Meyers checking out sites for the Let's Eat Out Interest Group. The consensus for Manny's Chophouse was "a bit of a drive, but worth the trip!" It is located in Winter Garden, Florida.

Current Interest Groups

BANNED BOOK CLUB: Coordinator Camille Scarlett This group now has a wait list.

The group will meet next on on **Tuesday, March 19 at 1:30**. They will be reading *Harry Potter and the Philosophers Stone* by J. K. Rowling. At the last meeting they read *The Catcher in the Rye*, by J.D. Salinger. A common theme was that some had read the book in high school and enjoyed it. The main character, Holden Caulfield, was a non-conformist doing things none would have dared to do. Reading this as adults gave a very different perspective and they did not enjoy it to the same extent as previously. Some great discussion followed.

LIT HAPPENS - Coordinator Jen Thorson There is a spot for one new member!

On **Thursday, March 28 at 1:00** the group will be discussing *The Goldfinch*. The group will meet monthly on the third Thursday at 1:00. To sign up, follow the directions in the gold box above.

BOOK CLUB: Coordinators Gerri Martin & Kelly Keilty This group now has a wait list

The group will be meeting **March 28** to discuss *Tea Girl of Hummingbird Lane* by Lisa See. Their meetings are always very lively with many differences of opinion in the book chosen by of one of their members. The group meet on the third Thursday at 1:30. Please contact Betty Bignell if you want to be added to the wait list.

CANASTA GAMES & LESSONS: Interim Coordinator Joanne Binns

Canasta Lessons will be held on **Thursday, March 21** from 1:00-2:00 pm with **Canasta Games** following from 2:00-4:00 pm. Canasta will now be played just once a month. To sign up, follow the directions in the gold box above.

EUCHRE: Coordinator Carolyn Hicken

Looking forward to more enjoyment on **March 5** at 10:00 am. The Euchre group meets on the first Tuesday of the month, at 10:00 am. To sign up, follow the directions in the gold box above.

GARDENING: Coordinator Sally Kotsopoulos

The Group will meet **Thursday, March 7** from 11:30 am to 1 pm. All Gardening Group members must be a member of the Uxbridge Seniors Centre. Coordinator Sally will give you details. The group will be discussing starting seeds for their gardens. If you have harvested seeds from the fall and would like to trade or share, please bring your seeds. The group will also be discussing plans for the upcoming months. Last year the group visited many gardens to learn from each other and some terrific gardeners in our area. If you have ideas for what the group can do together, please come prepared to share.

GENEALOGY: Coordinator Bernie Beales This group now has a wait list

The next meeting will be **Thursday, March 21 from 1:30-3:30**. At the last meeting the the group talked about using the 1901 census and Historical Map collection to locate ancestors. The Genealogy group meets on the third Thursday of each month from 1:30-3:30. Please contact Betty Bignell if you want to be added to the wait list.

HANDICRAFTS: Coordinator Sally Kotsopoulos

The Group will meet on **Friday, March 15 from 1:00-3:00 pm**. Handicrafters are encouraged to bring their own projects to work on so others interested can try to make them. Sally will have supplies available! There will be a small initial charge and weekly charge for members of this group. To sign up, follow the directions in the gold box above.

HIKING: 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. The group explores these forest trails near Uxbridge in the Durham and York Regions for 1 ½ to 2 hours. Join them for lively discussions, interesting views and leisurely treks! Hikes are scheduled for **Thurs., March 7** and **Thurs., March 21** at 9:30 am. Hike details are emailed to group members. The Hiking Group meets on the 1st and 3rd Thursday morning of each month at 9:30. To sign up, follow the directions in the gold box above.



KITCHEN BRIDGE: Coordinator Anne-Marie Sacco

The group will meet next on **Thursday, March 7** from 1:00 - 4:00 pm. Kitchen bridge is an informal relaxed game among a mixed group of people. They are fortunate to be able to fill 3 tables and always encourage more people to join. **The group** plays on the first Thursday of each month at 1:00 til near 4:00. To sign up, follow the directions in the gold box above.

LADIES BRIDGE CLUB: Coordinator Caren Narvet

The group will be meeting on **Tuesday, March 19** at 1:00 p.m. The group will now meet monthly on the **third** Tuesday of each month at 1:00. To sign up, follow the directions in the gold box above.

LATIN DANCING A New Group, Fee Required Coordinator Anne-Marie Sacco

The group will be dancing on **March 11 and March 25 from 3:00-4:00**. A monthly fee of \$30 paid upfront by participants to the instructor will be required. The group will be dancing on the second and fourth Mondays of each month. This is a **Joint Interest Group with members from the Uxbridge Port Perry Club**. To sign up, follow the directions in the gold box above.



LET'S EAT OUT: Coordinators Gail & Chuck Heroux

Meeting monthly for dinner, Let's Eat Out members have enjoyed dining in a great variety of restaurants. In January the group dined at Foxbridge Restaurant, Uxbridge. The February dinner was cancelled because of inclement weather. Each month, when the name of the restaurant and location is chosen, group members will be notified. The group usually meets on the third Thursday of the month. To sign up, follow the directions in the gold box above.

LUNCH GROUP: Coordinators Betty Bignell & Joy Freemantle

The next lunch get together will be on **March 25 at 12:00**. In February many enjoyed lunch at Boston Pizza, in Uxbridge. Each month, members are informed of the name of the next restaurant where they will meet. The Lunch Group meets on the last Monday of the month at 12:00. To sign up, follow the directions in the gold box above.



MULTI-DAY CLUB TRAVEL OPTIONS: Coordinator Anne-Marie Sacco.

Several members of the group will be travelling to Newfoundland in June of 2025 for 12 days! To join the group for detailed information about the trip to Newfoundland and more Club travel opportunities please contact Betty Bignell.

interestgroups.Uxbridgeprobus@gmail.com

PICKLE BALL: Coordinators Gerry Bignell & Alan James

The Pickleball group has now closed for the season. To play independently, a summary of indoor locations including time, associated fees and/or membership requirements will be sent out to group members.

REDUCING OUR FOOTPRINT: Coordinator Brian Keeling

The next meeting will be on **March 20** from 10:00 a.m. to 12:00 noon. The purpose of the group is to discuss reducing our impact on the planet. Many topics can be discussed - energy, food & health. Each decision made can make a difference! To sign up, follow the directions in the gold box above. **Look for our monthly tip in each edition of this Newsletter.**

SCRABBLE: Interim Coordinator Kathleen Ravitch

The Scrabble Group will meet next on **March 13** from 12:30-3:30 and will be enjoying their lunch at the same time. The group meets on the second Wednesday of each month at 1:00 pm. To sign up, follow the directions in the gold box above.

SMALL TOWN THEATRE GROUP: Coordinators Steve Fryzuk & Peggy Kennedy

This group now has a wait list

The group will get together next on **April 13, 2024**, at the Whitby Courthouse Theatre after having lunch together. An event hasn't been planned for March. Members of the group attend matinee theatre performances in the Durham and York Region. Please contact Betty Bignell if you want to be added to the wait list.

WALKING FOR FITNESS: Coordinator Patricia Bell

The group will meet on **Tuesday, March 5** and **March 19** at 1:00. Choosing from a variety of locations in Uxbridge, the group will begin walking at 1:00 on the first and third Tuesdays each month. Depending on weather, initially the group will walk for approximately 30 minutes and length of times may vary for future walks. To sign up, follow the directions in the gold box above.

WINE CLUB: Coordinators Sherrill Burns & Anne Gauvreau

The group will get together next on **Wednesday, April 10** at 7:00 p.m. until approximately 10:00. pm. (There will not be a meeting in March.) The group always looks forward to having more members enjoying the fun. This group meets monthly on the second Wednesday at 7:00. To sign up, follow the directions in the gold box above.



From The Mayo Clinic:

Socializing is good for your mind and body.

"We are social animals by nature, so we tend to function better when we're in a community and being around others," Dr. Sawchuk says.

He adds that people who spend a lot of time alone, such as the elderly or new moms, may have an increased risk of depression and lower quality of life. You don't have to be supersocial to see benefits of connecting with others.

"Just being able to shoot the breeze, you know, about certain things can be a very, very positive type of thing," Dr. Sawchuk says.

Socializing not only staves off feelings of loneliness, but also it helps sharpen memory and cognitive skills, increases your sense of happiness and well-being, and may even help you live longer. In-person is best, but connecting via technology also works.

<https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-minute-the-benefits-of-being-socially-connected/>

Share A Smile!

Signature Songs

Sometimes a song is associated with a particular performer no matter how many others record it! In this quiz, we give the song title. Can you name the singer or group most closely identified with it? (Thanks to [BrookIn](#) PROBUS Club for this quiz.)

1. Everybody Loves Somebody Sometime
2. Stand By Your Man
3. I Got You Babe
4. Thanks For The Memory
5. It Was A Very Good Year
6. (I Can't Get No) Satisfaction
7. Over The Rainbow
8. I Left My Heart In San Francisco
9. People
10. It's Not Unusual
11. This Land Is Your Land
12. Hello, Dolly
13. Coal Miner's Daughter
14. Tiptoe Through The Tulips



(Answers below)

The great news is I've made it to my golden years.
The very bad news is there is no gold.

Recipes From Heaven
www.myincrediblerecipes.com

Fact 1:

Reading can make you a better conversationalist.

Fact 2:

Neighbors will never complain you are reading too loud.

Fact 3:

Knowledge by osmosis has not yet been perfected, so you'd better read.

Fact 4:

Books have stopped bullets. Reading could save your life.

Fact 5:

Dinosaurs did not read. Look what happened to them.



Four great confusions still unresolved:

1. At a movie theatre, which arm rest is yours?
2. If people evolved from monkeys, why are monkeys still around?
3. Why is there a 'D' in fridge, but not in refrigerator?
4. Who knew what time it was when the first clock was made?

Vagaries of English Language

1. If money doesn't grow on trees, how come Banks have Branches?
2. How do you get off a non-stop Flight?
3. Why are goods sent by ship called CARgo and those sent by truck SHIPment?
4. Why do doctors 'practice' medicine? Are they having practice at the cost of the patients?
5. Why is it called 'Rush Hour' when traffic moves at its slowest then?
6. How come Noses run and Feet smell?
7. Why do they call it a TV 'set' when there is only one? (In the old days?)

Answers to Song Quiz

Dean Martin
Tammy Wynette
Sonny & Cher
Bob Hope
Frank Sinatra
The Rolling Stones
Judy Garland
Tony Bennett
Barbra Streisand
Tom Jones
Woody Guthrie
Louis Armstrong
Loretta Lynn
Tiny Tim

Something to Smile About! Submitted by Dawn Gillespie

The biggest lie I tell myself is
"I don't need to write that down, I'll remember it."

If a cookie falls on the floor and you pick it up...
that's a squat, right?

I've been watching my weight.

It's still there.

It turns out that when asked who your favorite child is, you're supposed to pick one of your own. I know that now.

My super power is holding onto junk for years and throwing it away a week before I need it.

Saw a store that has a sign that reads, "We treat you like family!"

Yup, NOT going in there.

Billion dollar idea.
A smoke detector that shuts off when you yell
"I'm just cooking!"

When I say "the other day," I could be referring to any time between yesterday and 15 years ago

Being a little older, I am very fortunate to have someone call and check on me everyday. He is from India and is very concerned about my car warranty.

One thing no one ever talks about when it comes to being an adult, is how much time we debate keeping a cardboard box because it's, you know..... a really good box.

A giraffe's coffee would be cold by the time it reached the bottom of its throat. Ever think about that? No. You only think about yourself.

I BURN ABOUT 2000 CALORIES EVERY TIME I PUT ON FITTED SHEETS BY MYSELF.

You think you know stress? When I grew up, if you missed a TV show you just missed it. Forever.

Anyone remember the good ol' days, before Facebook, Instagram, and Twitter? When you had to take a photo of your dinner, then get the film developed, then go around to all your friends' houses to show them the picture of your dinner? No? Me neither. Stop it.

You drop something when you were younger, you just pick it up.

When you're older and you drop something, you stare at it for a bit contemplating if you actually need it anymore.