



PROBUS NEWS

Women's Probus Club of Cambridge Riverside

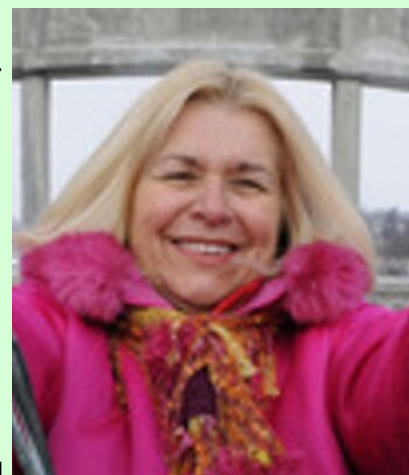
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Vol. 22 Issue 7 March 2026

Hello Ladies,

March is a month that carries the promise of Spring, the celebration of St. Patrick's Day and for parents with school age children, March Break! Our family's March Break was skiing with everyone taking to the hills and at the end of a long day, Bingo. A team of parents helped created all kinds of activities and my volunteer job was to get prizes and call the numbers. I was in a local grocery store and a little girl tugged on her mom's coat as she cried "Mom, there's the Bingo Lady!", and that was my claim to fame for years.



St. Patrick's Day brings with it, the colour green, Leprechauns and luck. Try and think back to when you first found a four-leaf clover and most likely, it was not in March. Spring is just around the corner with fresh beginnings and thoughts of cleaning out things that have been collected.

Our Management Team has been working thoughtfully on new speakers and experiences for our Probian members. We are all looking forward to welcoming you March 11, 2026, at The Portuguese Club at 9.30AM.
Sue Sturdy



Probuss Meeting

2nd Wednesday of the month

Next Meeting **March 11th** at 9:30 am

Portuguese Club of Cambridge

Preferred Seating & Late Arrival Tables

We have 3 tables set aside for anyone who may have the need to be seated closer to the front of the room. Vision, hearing etc. Please let **Josephine or Wanda** know (they hand out the table #'s) and they will be happy to direct you to those tables.

There will be a table set up for **late arrivals** near the front and to the side.

INCLEMENT WEATHER ALERT !!

It's that time of the year to start planning for foul weather. In the event that a Probus meeting is cancelled due to weather conditions, **an email will be sent out** to all Probians on the membership list **by 9PM the night before** the meeting.

If you do not have email, please be sure to buddy up with someone who does, so that they can call you.



MANAGEMENT TEAM 2025-2026

President	Sue Sturdy
President Elect	Ruth Legate Exon
Past President	Lynda Berg
Treasurer	Suzanne Cline
Recording Secretary	Debbie Swift
Technology Communications	Aline Chan
Program	Judith Naylor & Cheryl Clark
Membership	Lynn Pinnington
Travel	Laura Davis-Cook
Facilities	Claire Tinsley
Newsletter	Kriss Gandier
Special Events	Moraig Waite & Peggy Rutherford
Public Relations/Archives	Kathy Whitfield & Peggy Rutherford



MYSTERY WOMAN

Our Mystery Woman for February was

Carol Nussli
Janice Sparrow picking up the prize for her sister



LIKE TO BRING A GUEST TO A MEETING?

We love to welcome guests to our meetings, whether it's an out-of-town friend or relative just here for the day or someone who is interested in joining the club. Here are a few things to keep in mind.

- Each guest may attend one meeting only
- We will do our best to accommodate all requests but, if you can, at least 10 days notice is appreciated
- Unfortunately, for legal reasons, guests are not eligible to purchase Mystery Woman tickets

To bring a guest, please contact
Lyn Pinnington, Membership Chair.



THINKING OF YOU CARDS

If you know of a Probian who is in need of a card for illness, sympathy or thinking of you, please contact Noreen Mikelsons.

Marg Debrusk will be sending out the cards.
nursenoreen@rogers.com
Noreen Mikelsons



Our Greeters for February were
Elaine Mihm and Maddie Szczepski

Join us on Facebook: <https://www.facebook.com/ProbusCanadaCambridge>

All documents such as membership forms, constitution and Bylaws, our history, can be found at :
<https://www.alininspirations.com/probus-cambridge-riverside.html>

PROBUS INTEREST GROUPS

COMMITTEE	CONTACT	WHEN
Book Club #1 (Full)	Marg Benian	First Thursday of the month, 9:30am - 11:30am
Book Club #2 (Full)	Cheryl Clark	Last Wednesday of the month
Book Club #3	Moraig Waite	Last Tuesday of the month
Book Exchange	Eileen Jones & Kathy Whitfield	
Bowling - 10 pin	Marg Barette	First Tuesday of the month, 4pm
Breakfast Club	Sue Hutcheson	First Saturday Morning of the month, 9:30am
Brunch	Anne Cher	Second Saturday or Sunday, 11:15am
Bridge	Pauline Isbester	
Cribbage	Suzanne Cline	Third Tuesday of the month at 1:30
Euchre	Suzanne Bolton -Hull & Bonnie Brohman	
Hiking/Walking	Paulette Bissonnette	Mondays - 9:30 am.
Strollers, Slow Walkers	Maddie Sczepski	Starting in February on Mondays
Jigsaw Puzzle Exchange	Ann Snyder	
Lunch Bunch	Kathy Cron	Third Thursday of the month, 12:30
Probus Craft Group	Noreen Mikelsons	Fourth Thursday of the month, 10am - 12 noon Queen's Square Terrace
Sharps & Flats	Marg DeBrusk	



March's Speaker

Sunita Pereira, Coping with Hearing Loss – the Invisible Disability

Sunita Pereira has been with the Canadian Hearing Services, supporting seniors as a Hearing Care Counsellor since 2008. Sunita has a background in Gerontology as an Activation Specialist, and prior to CHS she worked in the Restorative Care Department at a Long-Term Care in Parkdale, Toronto. Prior to that she worked in a Day Program in North York as a Programs Coordinator.

Repeating, miscommunicating, misunderstanding are barriers to effective communication and time management. The loss of hearing can have far reaching consequences affecting daily living, relationships with our friends & family and can also lead to increased isolation. During this session you will learn: The Signs of Hearing Loss, Communication Barriers & Strategies, Hearing Testing Process & Hearing Aids – What they do and don't do, Communication Devices (Non-Hearing Aid Options) – What are they?

Fun facts:

Moved to the KW Region during the end of her Maternity Leave; was living and serving seniors through CHS in the Peel and Halton Region.

Attended a British Boarding school ran by Nuns from Age 4-8 before moving to Canada ~ during those summer holidays – she lived with her grandparents who were both hard of hearing – which is the root of her inspiration to improve the lives of Older Adults.



IN MEMORIAM



Julia Boyd

We regret to announce the passing of Julia Boyd, member of Probus from 2009 to 2024. Julia and her husband moved to Paris, Ontario in 2023, due to her husband's ill health. Julia was an active Probian. She was the chair of the program committee for several years, and the originator and organiser of the Lunch Bunch, taking us to interesting places to eat. She enjoyed Euchre. We remember her fondly for her elegance in attire. Her husband, Bob, passed away August 2025.



Janice Mononen

We regret to announce that Janice has passed away. Janice Mononen (née Whittington), 77, originally of Galt (Cambridge), passed away on January 8th in Cobourg, Ontario, where she resided with her devoted husband of 52 years, William (Bill) Mononen.

Many of you will remember Janice who moved away before Covid. Janice was an active member and chair of the program committee. She helped with special events, and was the originator of the spreadsheet of members with committee listing. She enjoyed playing cards.

UPCOMING TRAVEL

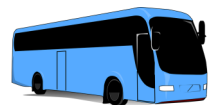
Last Chance to purchase tickets for “&Juliet”!! (Only 6 spots left!!) Date: **Wednesday, June 3, 2026**

Cost: \$325 What if Juliet decided not to end it all with Romeo and instead decided to embark on a fun, empowering trip of self-discovery, friendship and new romance? Featuring a soundtrack of popular hit songs, the show blends humour, heart and high-energy performances, while celebrating second chances and finding your own path in life. This is a Fields Trip so all the usual amenities are included: bus transportation, lunch, and rear orchestra seating at the Princess of Wales Theatre. Payment may be made by either an e-transfer to kfields@fieldstrips.ca (Security answer is PROBUS) or a cheque payable to Fields Trips.

Potting Workshop- Wednesday, May 20- 10:00 to 12:00 We are offering a fun, hands-on, two-hour potting workshop at The Urban Jungle on May 20, from 10:00 a.m. to 12:00 noon. This is a wonderful opportunity to design and build your own beautiful outdoor planter to take home and enjoy all season long. Participants are asked to bring their own pot (10”, 12”, 14”, or 16”). The cost will vary depending on the size of the pot you choose to fill. Payment will be made directly to Urban Jungle. For those who would like to continue the social time, we will be organizing a lunch following the workshop.

Trip to Port Dover Date: Thursday, June 11, 2026 Cost: \$130 We are heading to Port Dover where we will enjoy time for browsing the shops, a delicious lunch at the Erie Beach Hotel, and a wonderful theatre performance of The Beaver Club. On our way home, we hope to stop at the Windmill Country Market in Mount Pleasant, if time allows. This trip is sold out, but don't worry — we are still accepting names for a waiting list. With June still a little way off, spaces often become available, so it's definitely worth putting your name down. Payment for this trip can be made beginning at the March Probus meeting, with either cash, a cheque made out to “Women's Probus of Cambridge Riverside” or an e-transfer to camrivprob@gmail.com.

Any questions or concerns, please contact Laura Davis-Cook at lauracook@rogers.com.



Thank you to all the Probians who showed interest in the **Port Dover trip on June 11**. The Travel Committee was delighted by your enthusiastic early response. We are currently exploring the possibility of purchasing additional tickets for the play so that more members may join this adventure. If you were unable to sign up at Wednesday's meeting but would still be interested in attending, please contact Laura Davis-Cook at lauracook@rogers.com by March 1. This will help us determine how many extra tickets to secure. Thank you for your continued interest and support.

Breakfast Club with Sue Hutcheson

The Probus Breakfast will be at Tony's Family Diner on March 7, 2026 starting at 9:30 am.



April's Probus Breakfast will be at ZAZ Bistro on April 4, 2026 starting at 9:30.

Please email Sue at s.hutches@sympatico.ca if you would like to attend.

Kathy's Lunch Bunch for March



Restaurant: Browns Social
355 Hespeler Rd (Cambridge Mall)

Time: 12.30

Date: 19 March 2026

An email will be sent out the weekend before to those on my email list.

Kathy Cron kathycron@ymail.com

Probus Sunday Brunch / High Tea



Sunday, March 15th at 12:30
Little Mushroom Dining Lounge
on 131 Sheldon Dr. Unit 17, Cambridge

Please email anne.cherwonogrodzky@gmail.com only if you are joining the Sunday Brunch/High Tea

Afternoon Tea at the Cedars on Blenheim

Come and enjoy a spectacular afternoon tea (high tea) at the Cedars, a private historic home in West Galt. You will eat in the stunning dining room and listen to the history of this beautifully restored private home. The owners are very happy to answer questions and will tell you stories of the refurbishment of their historic home.

Dates: Thursdays 21, 28 May 2026 @ 2pm

Cost: \$70

Names will be taken at the March meeting and payment is due at the April meeting by cash, cheque or e-transfer.

Below are some photos of the Cedars on Blenheim.

Kathy Cron 226-755-2565

Probus Book Club #3 members have elected to restrict our number of members to 10 and so are full. For those members who approached me to join, I would suggest that a Probus Book Club #4 might be greeted with enthusiasm?

Moraig

Book Club #3 Chairperson



Cribbage



The Probus Cribbage group will meet on **Tuesday, March 17th** at Queens' Square Terrace, 4th floor activity room, from 1:30 to 3:30. Beginners and experienced players are all welcome. We hope to see you there.

For more information please contact Suzanne Cline at sclinearmstrong@gmail.com.

An Irish Prayer

May God give you...
For every storm, a rainbow,
For every tear, a smile,
For every care, a promise,
And a blessing in each trial.
For every problem life sends,
A faithful friend to share,
For every sigh, a sweet song,
And an answer for each prayer.



HAPPY
St Patrick's
DAY

Ladies in red and pink for Valentines, enjoying coffee and muffins.



Our speaker for February was Beau Dixon



Hiking/Walking Group
Paulette Bissonnette Mondays
at 9:30am.



Dumfries Conservation 250 Hespeler Rd behind YMCA, February 17th