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UWC Vancouver

- Book Group
- Bridge
- Bridge - Beginner's
- Busy Gourmet
- Cinephiles
- She Leads
- Community Outreach
- Shall We Dance (Intermediate Ballroom)
- Femme Du Fromage
- Financial Literacy
- Fitness Tuesday
- Thursday French
- Beginning French
- Sip & Stittch
- Uwcw Knitters
- Hycroft Painters
- Hycroft Singers
- In Discussion
- Mah Jong
- Meditation
- Wine Appreciation
- Social Lights
- Play Reading
- Scrabble Group

- Social Games
- Spanish For Travel
- Whiskey Women
- Writers Group

CFUW Orillia

Advocacy Group

This group meets on the second Tuesday of each month at 7:00 p.m. from September to April to discuss current events, write letters to the editor and/or prepare op-ed pieces for local papers. Speakers occasionally provide information and insight on issues of interest. Resolutions from National and Ontario Council are vetted through this group for presentation at the March General Meeting.

Book Club

This group meets at 1:30 p.m. on the second Thursday from September to June, except for December. Books chosen during our June planning meeting cover a range of topics and genres generating lively and interesting discussions.

Bridge Group Monday

This group consists of 8 experienced bridge players who meet twice a month on the 2nd & 4th Monday at 1:00 p.m. for friendly yet competitive games. Although the group is full, we welcome members who would like to be added to our substitute list.

Bridge Group Thursday

This group meets twice a month on the 1st & 3rd Thursday 1:30 p.m. at a member's home. The group has one table of four playing each week. Our players are seasoned but it is a friendly group. We always need spares, so give us a thought and enjoy some good bridge and conversation.

Bridge Group Wednesday Afternoon

The group meets on the 1st and 3rd Wednesday each month at a member's home.

We welcome experienced bridge players to spare in the group.

Cocktail Hour / Dinner Out

This group meets on the second Friday of the month at 6:00 p.m. from September to June, except December, to enjoy good camaraderie and conversation as we try local area restaurants. Significant others are welcome.

Community Connections

This interest group will focus on reaching out, exploring, and engaging with the Orillia community. What organizations are out there that we want to learn more about? How can we have a positive impact within our community? Get together to nurture and strengthen our relations with community organizations.

Dinner Club

This group meets in person at a restaurant at 5:00 p.m. on the 4th Tuesday of the month (prior to the CFUW general meetings). Dinner Club meets September to November, January to March and May. This is a great networking opportunity and a chance to enjoy the company of members.

Friendship, Fun & A Book Club

This group meets on the first Tuesday of the month at 7:00 p.m., from September to June. January & February meetings are via zoom. Books chosen cover a range of topics, authors, and genres, while generating stimulating and lively discussions.

Fifth Tuesday Flicks

This group will meet on the 5th Tuesday of each month that has five Tuesdays. We'll meet at the Orillia Galaxy Cinema to watch an afternoon or early evening movie.

Golf Group

This group plays 9 holes every Monday morning during the season from May to October. We usually play at Couchiching Golf & Country Club, but once a month we try to organize a field trip to another local course. Be at the Club ready to play by 8:45 a.m. Players of all levels are encouraged to join in a relaxed game.

Hiking – Trails

From September to June this group meets on the 2nd, 4th and 5th (if there is one) Tuesday at 10:00 a.m. to hike for 60 to 90 minutes at forest trails near Orillia. Partners are invited on all hikes. Details of each hike location are found in the CFUW Calendar in the Members Resources section of the website.

Lunch Bunch

This group meets on the third Wednesday of the month from September to June. However, the last few years we've tried going through the summer months and that change has been very well received with 12 people attending our recent August Lunch Bunch. We gather at different restaurants and enjoy each other's company while also enjoying lunch out. The conversation is kept light and upbeat. It's a great way to get to know other members and perhaps even make a new friend. Do give it a try!

Mah Jongg

This group meets on the 2nd and 4th Wednesday of the month at 1:30 p.m. from September – June. To all those who are interested in an afternoon of Mah Jongg in the company of a fun-loving group, there are members participating at various skill levels and all enjoy learning together.

Skiing - Downhill

This group meets at Mt. St. Louis/Moonstone every Wednesday at 9:00 a.m. during January, February and March. Some take or buy lunch and ski all day; others just stay for the morning. Everyone has a great time together and enjoys some slope watching. Partners are welcome to join.

Tech Club

This group meets on the first Thursday of the month at 10:00 a.m. from September to June. The group decides what topics they would like to learn about each month. No matter your skill level, you are sure to learn some new tips to get more from your tablet, computer, and phone. Partners are welcome to join.

Wake Up Call

This group meets at The Sunset Grill Restaurant in West Ridge, Orillia for discussion of current events and local issues on the first Wednesday of the month at 8:15 a.m., from September to June. The group usually finishes before 9:30 a.m. It is a stimulating and pleasant way to begin the day!

Walking - Tudhope

From September to June this group meets on the 1st and 3rd Tuesdays of each month at Tudhope Park at 10:00 a.m. to walk the paths there for approximately 60 minutes. This is a self guided walk. Anyone is welcome to attend. Meet at the Sweet Dreams hut near the Barnfield Centre.

Zoom-Licious

This group meets via Zoom the 1st Monday of each month at 4:30 p.m., from October to June. We take turns with one member doing a cooking demonstration of a favourite recipe while the other members cook along in their own kitchens. Be prepared for lots of laughter and a fun social time culminating in culinary treats for you and your family to enjoy!

CFUW Oakville

- 10 book discussion groups
- 3 book exchange groups
- Marathon bridge
- Scrabble
- 4 gourmet groups
- Ladies at Lunch (a fun group that meets monthly for lunch and socializing)
- Foodie World Adventures (members enjoy cooking, baking and experimenting with unusual ingredients from around the world)

- Social Eves (focuses on exploring a wide variety of interests and topics while providing an opportunity to socialize, network and have lots of fun)
- Couples' Chat And Chow (Couples dine out on a weekday evening)
- Bakers Club
- Bronte Neighbourhood Group
- The Singles Network
- Advocacy Committee (Issues to Advocacy)
- Aging Collaboratively
- Beyond Bloomsbury (members meet once a month to listen to speakers and discuss topic of interest such as health, politics, education and literature.)
- Evening Meditation (relaxation of a guided meditation followed by a group discussion)
- Mindfulness and Meditation (explores through readings, discussions and practice)
- Psychology and Spirituality (explores the human soul in a cheerful friendly atmosphere; research is shared and discussed)
- Dragon Boating
- Golf
- 2 Happy Hikers groups
- Pickleball
- Walking with Friends

CFUW Southport

- 7 book clubs (run on different days of the week, both afternoon and evening and a Zoom option for one for members who travel)
- Euchre groups - both afternoon and evening groups
- Cooking Club - groups of members create menus and cook together and then enjoy the meal
- Dinner Club - includes partners but also many single members - the hostess creates the main and participants bring sides, desserts, etc. - we run two separate groups; one a weekday evening and another on Saturday
- Knitting/Crochetting Club
- Board Games - a new offering to start soon
- Rovers - a group that arranges field trip events; carpooling is arranged for travel to venues such as wineries, an artisan fair, a nuclear operation, a musical performance, etc.
- Advocacy - a standing committee that looks at national and provincial CFUW advocacy initiatives, as well as local ones

CFUW Prince George

- Bridge - weekly
- Book Club - once a month via a zoom or in person (2 groups)
- Coffee group - weekly
- Symphony - sometimes
- Movie - sometimes

CFUW Edmonton

Morning Book Club

Members vote on suggestions to compile our book reading list and then engage in stimulating discussion and conversation. The club meets throughout the year 11 am on the 4th Wednesday of the month at the Royal Glenora Club courtesy of one of the members Judy Pagano. A light lunch may be purchased. New members are welcome.

Afternoon Readers

The group meets the 1st Tuesday of the month in each other's homes at 12:30. The hostess provides a light snack after the discussion. New members are welcome.

Evening Random Readers

This group meets on the 2nd Thursday of the month from September to May. A varied selection of books is read and discussed. A member hosts the meeting at 7pm in her home and light refreshments are served. New members are welcome.

Afternoon Bridge

The group plays bridge on the 2nd and 4th Tuesday of the month in members' homes at 12:30. The hostess provides a light snack following play. If you are interested in playing in a friendly, social group we would welcome you to join.

Film Group

The group usually meets for matinees. The Convener identifies the available films the preceding week and sends choices out to members to choose from. If a film is not found a video may be selected and shown at the movie theatre in one of the member's condominiums. New members are welcome.

Lunching Out

This group meets on the 2nd Friday of each month for stimulating conversation and lunch at various restaurants in the city. It provides the opportunity to sample a diverse range of Edmonton's cuisine. This group meets all 12 months of the year. All members are welcome to come to Lunching Out.

Art for Fun

The purpose of this group is to promote members' artistic talents. No formal instruction is provided. The group meets every Wednesday morning throughout the year from 9 am – 12 noon at the Convener's home. There are currently 9 members and new members are not accepted due to space constraints but some members are willing to assist in starting another group.

Hospitality Cooking

This group has been running for 43 years and meets the 2nd Wednesday of every month in a member's home. Due to the changing demographics the group's focus has changed from preparing group meals to sometimes meeting in restaurants to socialize and share recipes and a meal.

Healthy Gourmet

This group meets at noon on the 3rd Tuesday of each month in a member's home, focusing on food preparation to create a healthy meal. The hostess for each meeting rotates among the membership and it is her decision whether the group meets at her home or at a restaurant. The focus of the group now is socializing while still discussing and tasting food.

Environment Study and Action Group

Events and field trips (near and far); documentaries, speakers, site visits and more. Dates and times TBA as opportunities arise. All members are welcome to join this group. This group at times visits Indigenous Issues as environmental concerns and the Indigenous Ways of Living are intertwined.

Club Issues and Action (C.I.A.) Group

This C.I.A. (Club Issues and Action) Interest Group will meet once a month on the 3rd Friday of the month. Usually in a restaurant at 11 am. The purpose of these gatherings is to advance interest, discussion, participation, and possible action for our CFUW Edmonton members. The issues could be of local or national significance, will be determined by the group members and will be guided by the priorities of CFUW National. All are welcome to attend.

Technology Interest Group

Amy MacLeod determined that members would be interested in continuing this Interest Group in an online format (zoom). 3 members signed up. Amy will make her online presentations available to all members. She could be giving presentations, leading discussions, or offering tutorials. She will announce these events to all members probably every other month with no set day or time.

CFUW Peterborough

- Book Mark
- Friday Afternoon Book Club
- Another Bridge Group
- Advocacy/Issues - meets on Zoom
- French Conversation
- Gourmet Dinner
- Gourmet Lunch
- Lunch Bunch
- N' Stiches - meets on Zoom
- The Question - political discussion
- The Green Team
- Saturday Night Group - theatre etc plus dinner
- School For Young Moms - serve lunch to teenage Moms in school
- Dinner Where?

CFUW Montreal - South Shore

- Book Discussion
- Art History
- Bridge
- Walking Group
- Armchair Traveler
- Coffee Meet up
- Out to lunch
- Fun with Cooking

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CFUW Kincardine & District

Breakfast/Lunch club

Interested members gather at a local restaurant for breakfast or lunch, once a month

Dinner Clubs

Small groups gather once a month at a members home to share a themed meal together

Walking Club

Interested members meet every two weeks for a walk around town or on the nearby trails

Euchre Club

A small group meet monthly for euchre and conversation

Book Club

This club meets monthly, discussing books read, using book kits obtained from the library as a resource

Theatre Club

Interested members participate in outings to enjoy live productions at regional theatres, and lunch out

Looking at Art

A small group of members meet occasionally to study, and share an interest in, art and architecture

CFUW Abbotsford

- Hiking/walking
- Several bridge various days
- Golf - seasonal
- Mahjong
- Travel Interest
- Book Circle
- Friday afternoon Book group
- Adhoc Cultural group - attend local plays as a group.

CFUW Lethbridge & District

- Book Group
- Bridge Group
- Gathering Group
- Lunching Out Group

CFUW Northumberland

Antiquers

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Book Group #1**Book Group #2****Bridge****Bridge****Coffee and Conversation**

This group meets monthly on the first Saturday of the month at 2:00 pm at local coffee shops and offers the opportunity to socialize.

Foodie Group #1**Foodie Group #2****Foodie Group #3****Foodie Group #4**

This group meets on the second Friday of the month at 10:00 am for coffee and a snack.

Foodie Group #5**Foodie Group #6 - Dining Divas****Foodie Group #7 - Soupers**

This group meets for a pared down lunch of soup, baguette and conversation on the second Wednesday of the month.

Foodie Group #8 - Breakfast Club

This group meets at 9:00 am on the third Friday of the month at restaurants in the Northumberland area for food and friendship.

Foodie Group #9 - Lunching Out Tuesday

This group meets on the third Tuesday of the month at noon at various venues in Northumberland County.

Foodie Group #10 - Drinks and Appetizers

Members who attend must bring one appetizer plus a beverage between 5:00 and 7:00 pm or 6:00 and 8:00 pm. The host provides coffee, tea and one appetizer and sets out plates, glasses, cutlery.

Foodie Group #11

This group meets once a month for some type of meal/snack in the member's home.

Jaunters**Walkers**

This group meets Thursday morning at 10:00 am at the start of a pre-determined route that is weather dependent from September until the snow arrives and resumes in the spring. There may be some breaks in the summer. Walkers receive an email on Monday with details of that week's walk.

Discussion Group

This group meets on the third Tuesday of the month from 2:00 to 4:00 pm. Topics are decided by the group at initial meetings in September.

Politicos (Political Discussion Group)

Dinner and the Movies

This group attends local movies as well as special events. A meal out is usually included.

CFUW Welland & District

- 3 Book Clubs
- Travelling Tastebuds (Learn to make a new dish from other cultures)
- Crafters Group
- Small Trip Interest Group

CFUW Fredericton

- Book Fair Interest Group
- Education and Scholarships
- Issues, Advocacy, Programmes
- Libraries and Creative Arts
- Membership
- Membership Engagement
- Publicity/Public Relations
- Luncheon Socials
- Appetizer Socials
- Book Club
- Outreach Group
- Knitters Group
- Mahjongg Group

CFUW Ottawa

Book Clubs

- Three fiction book groups

Community Outreach

- Diplomatic Hospitality Group (DHG)
- MadriGals (choir)

Cuisine

- Couples Gourmet
- Dining Out
- Easy Gourmet
- Cooking with Friends
- International Cuisine

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- Lunching Out Group
- Sunday Brunch
- Supper Club
- Wine & Spirits

Culture

- Hocus Phocus (Digital Photography)
- Movie Club
- Music Appreciation
- Gallery Group
- Travel Group
- Spanish Conversation

Outdoor Fitness

- Downhill Skiing
- Gatineau Trails - Hiking, XC Skiing, Cycling
- Snowshoeing in the Wild
- Urban Walks
- Adventure with Friends (NEW GROUP)

Games

- Mah-Jong
- Modern Board Games

International Studies

- University Women Helping Afghan Women (UWHAW)

Life Long Learning

- Canadiana
- Environment Action
- History Studies group
- Tea, Tales & Treasures
- Writers' Workshop

CFUW St. Catharines

- Gourmet Groups
- Breakfast Group
- Book Clubs
- Book Commentaries
- Revolving Books
- Environmental Action Group
- Investment Group
- Bridge Club
- Games Night
- Golf
- Lively Arts

- Movie Groups
- Mah Jongg Groups
- Walk and Talk Groups

CFUW Kelowna

- Adopt a Road
- Advocacy
- Afternoon Book discussion Group
- Book Chains
- Bridge
- Coffee Morning (formerly Morning Chat)
- E-Bike Riding
- Evening Dining Out
- Fundraising
- Games & Grub
- Golfing
- Hiking
- Knitters & Crafters
- Morning Book Discussion
- New Book Club
- Out & About
- Out to Lunch Bunch
- Walking Group

CFUW Aurora / Newmarket

ACTIVE PURSUITS

Bird Watching Club

Whether you're a seasoned birder or just curious about the birds in our area, everyone is welcome. We'll meet once a month to explore local trails and parks, enjoy nature, and learn together. No experience is needed—just bring your curiosity (and binoculars if you have them)! Two useful apps to download: eBird app and Merlin Bird ID app. We hope you'll join us for some fresh air, fun, and feathered friends!

Gentle Hikers

This group enjoys year-round gentle hikes on trails and paths in the area. They bring a drink or snack, a folding chair (and a blanket in winter) to tailgate and visit after a one-hour walk. Hiking Join these active members for a couple of hours Tuesday mornings between September and June. Hike along the Oak Ridges Moraine, York Region Forest, or other local trails, then socialize over coffee.

Walkers

The Monday morning group meets for an easy walk on the groomed paths of various trails in York Region during the summer months, and walks on Tom Taylor Trail in Newmarket during the winter months. Enjoy a

social 'cuppa' at a local coffee shop afterward Pickleball Join these groups Thursday mornings for some fun and exercise. No experience necessary. Just bring your pickleball racquet and a smile.

PLAYING GAMES

Bridge Clubs

Enjoy duplicate bridge, played at beginner to intermediate level. Small groups meet weekdays - monthly, bi-monthly or weekly - in members' homes.

Euchre

Spend a fun, social afternoon playing euchre and its variations. Never played before? We'll teach you! Get-togethers are held on the last Wednesday of every month, September to May.

Scrabblers

These women-of-many-words meet once a month in members' homes to play Scrabble and socialize. Meetings occur on the second Monday afternoon of each month.

PURSUIING THE ARTS

Brush Strokes

Join this group of beginner painters to experiment and learn from videos, each other, or guest artists. BYO supplies to the afternoon meetings on the second Wednesday of each month. No experience required.

Film Appreciation

Let your inner film critic loose. Members view films individually, then gather in members' homes to discuss the selected movies. Chosen films run the gamut from classics to documentaries.

Movie Mavens

Watch a matinee with this group on the first Thursday of the month. Movies are chosen by group consensus, from a list of the current offerings. Following the movie, members may gather for a social time at a nearby establishment

Photographers

Develop your photography skills with club members or with guest professionals. This group gets together on the second Thursday of the month, from September to May. Meeting formats may be a gathering in members' homes, going on outings to galleries, visiting photographers' studios or exploring various locations for photo ops. All skill levels are welcome.

Stitchers

From beginners to 'old hands', come laugh and learn with this group. Create any needlework projects you wish – knitting, crochet, cross-stitch, tatting. From September to June, join us in members' homes on the second and fourth Wednesday mornings of the month.

Theatre

Join this group and enjoy monthly matinee or evening performances by local community theatre groups and professional companies in the GTA. To view lists of past plays and shows currently being considered.

BEING SOCIAL

Book Clubs

There are currently 8 book clubs in which up to twelve people meet on ZOOM or in members' homes monthly to discuss a variety of books. Let's Do Lunch Join a friendly group of people for sociable and relaxing lunches at various restaurants in the area. Meeting times vary.

Supper Club

Whether your culinary skill is gourmet or comfort-food level, you're invited to share your talents with a small group of women, taking turns planning, preparing and hosting a dinner party each month, year-round. "Laughter is brightest where food is served."

CONTINUOUS LEARNING

International Studies

Explore foreign societies, cultures and issues with these involved women. Members research an aspect of a country and meet to share and discuss their research. Awareness and continuous learning are the endgame for this group. Jaunters Enjoy day trips to interesting sites and socialize over lunch at locations around the GTA, or slightly further afield. Reserve the third Thursday of the month for these popular outings.

Gardening Group

The Gardening Group brings together members who share a love of plants and nature. Open to all experience levels, it offers a friendly space to exchange tips and gain confidence in gardening skills. From improving home gardens to exploring community beautification projects, the group inspires creativity, learning, and connection while fostering pride in shared spaces

CFUW Barrie & District

Book Exchange

The group reads as many books as there are members, for the price of one! Here is an opportunity to read a diverse selection of books, both fiction and non-fiction. Read one book per designated month and then pass it on. No discussion group, no pressure to read the book...just relax and enjoy a good read!

We meet once in the fall and/or submit 2 recommendations and then vote on the list of books. Books are then purchased and distributed in December. The last book on your personal list, is the one you get to keep.

Classic Book Club

CBC members read 6 classic books per year. All pre-date 1925 and may be translations. Meetings start at 1:30 pm in one another's homes and happen roughly every 2 months, but consideration is given to members'

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personal schedules. We fuel up on yummy dessert + tea and coffee, then move to the living room for book discussion and to set the next date. The Leader provides a Long List of 8 classics at the start of each reading year; members then vote on which 6 they wish to read. Voting is always lively and fun! The Leader determines the Reading Order and makes suggestions as to which editions to buy or borrow. This includes advice on good translations. Our interests are wide-ranging, and can include children's classics, but most are written for adults.

Contemporary Book Club

The group meets on the afternoon of the 4th Thursday of the month. We meet in each other's homes and the format is very relaxed – meaning if you haven't finished reading the book or haven't even started it, you are still welcome to come.

Meetings start at 1:30 pm and are usually 2 to 2 ½ hours long. The hostess, in whose home the meeting takes place, provides refreshments, usually a delicious desert, tea and coffee. The facilitator for the book being read provides some background information on the book and its author and leads the discussion of the book.

Each year (September – June, excluding December), we read 9 books that were chosen by the group in May and June of the previous year. At the May meeting, current members come prepared with a couple of suggestions of books they would like our group to read in the coming year. The group leader prepares a list of the suggested books with a brief description of each book. This is distributed to all members for the June meeting, where the selection of the 9 books for the coming year is made.

Murder Mystery Book Club

Our interest group is, currently, the only one that meets in the evenings, starting at 7:30 pm on the 2nd Wednesday of the month, in each other's homes. We all have a shared appreciation for the genre of "murder mystery," which can run the gamut of cozy mystery to Scandi-Noir to the occasional non-fiction. Once a year, we contribute suggestions for what we should read and then select a total of 10 books for the year. We take turns facilitating a discussion, but this is not an onerous task since our members always have lots to say.

International Dinner Group

Couples or pairs of friends or relatives get together 3 or 4 times per year to dine on a particular country's assembled menu. So, if this tickles your foodie gene, grab your partner and sign up. Each pair is responsible for shopping and preparing a part of the provided menu (cooking details are all included), then we all 8 dine together on the entire meal.

Each pair keeps track of their expenses, and after the meal, these are added up and divided by 4, so that each pair has the same cost for the meal. The cost for a pair, including wine, is generally under \$60! A wonderful meal, for less than one could dine out on. It's amazing and a lot of fun to cook.

Lunch Bunch

This activity is open to all members, so there is no need to sign up. It is a group of like-minded foodies with the aim of visiting a wide variety of restaurants, pubs, bistros, in the wider Barrie area, on mostly a monthly basis. The day of the week may vary, but noon is our reservation time.

We seek out new places and revisit old favourites. Occasionally, a restaurant that has fallen out of favour is revisited to see if things have changed. We encourage car-pooling where possible. Teresa Habs, Helen Robb and Jan Harris are our researchers and Teresa is the administrator of details.

Wine Tasters

Our members enjoy a good glass of wine. We have a great time together learning to further our appreciation and knowledge of this most magic of elixirs. As we swirl, sniff, sip and savour our way through a variety of choices, we hope to become attuned to the sweetness, acidity, tannin, alcohol and body which produce the character of the wine. We also aim to become adept at pairing wines with the foods they enhance.

We meet in each other's homes on the 2nd Friday afternoon of the month from 2:00 – to 4:00. Each hostess chooses 3 wines for us to enjoy, and the others provide the snacks to go with them. We also fit in a visit to an area winery or 2, in the summer.

Adventurers

Because a majority of our members belong to this group, the decision was made to make it like the Lunch Bunch – open to all. From now on, every member is considered part of the Adventurers.

A group of women seeking adventure, learning, new experiences and FUN! Each month, from January to November, one of the members of this group plans and leads an outing with the support and assistance from the interest group leader. Adventures can be in Barrie or outside the city and the date and agenda is up to the specific adventure leader. Often lunch is included. (When car-pooling out of town, passengers share the cost of gas.) A list of possible adventures is available and additions from members are welcome at any time.

Euchres Babes

All players from beginner to novice to experienced, are most welcome to join in the camaraderie, groans and laughter, over a fun afternoon of cards. Hosting rotates amongst the members with hosts providing drinks and the others bringing snacks. We meet the 1st and 3rd Thursday of the month from 2:00 – 4:00, with room for 9 players. If you don't have space for 2 tables, one of the homeowners who does, will be happy to let you host at their home.

Golf Gals

This is the group for those who would enjoy playing 9 holes of golf on Wednesday mornings, at an approximate start of 9:30 am – 10:00 am. The group leader will arrange tee times at a different (if possible) course every week. Both walkers and drivers of carts of all skill levels are welcome. For those who wish, the fun can continue over lunch at the 19th hole (otherwise known as the clubhouse).

Movie Moguls

The Movie Moguls meet on the second Tuesday of the month, usually in the late afternoon. The interest group leader will select a movie and will send out an invitation via email. Often after the movie, there is an opportunity to meet at a restaurant for dinner to enjoy a discussion of the movie and good eats.

Theatre Group

This is the group for those who enjoy theatrical performance. We want to attend up to four matinees a year at venues located in Barrie and surrounding locations: for example, Georgian Theatre, Five Points Theatre, King's Warf Theatre, Orillia

Opera House, South Simcoe Theatre, Theatre Orangeville. Included in our excursions will be plans for lunch or supper at a convenient restaurant.

Walking Group

The Walking Group is a year-round activity and one that our members find most enjoyable. Once a week on Tuesday mornings, the group meets at a starting point at one of the many trails in the Barrie area and walk for about 1 to 1 ½ hours. The unique aspect of this group is that we like to challenge ourselves to take on most of the fine and even inclement weather in all seasons. We only have been deterred by stormy and rainy conditions. Our numbers are not restricted. Walks begin at 9:30 am, except when it is really hot in the summer. Then, walks begin at 9:00 am.

CFUW Richmond

- Afternoon Book
- The Tuesday Murder Club
- Lit Lovers
- Bridge
- Euchre
- Mahjong
- Coffee Group
- Dinner Group
- Wednesday Walking
- Lunch Bunch
- TALK -Third Age Learning at Kwantlen including Philosophers' Corner
- Advocacy Group

Upcoming potentials:

- Knitting and Crocheting group revival
- Environmental Group focusing on Ocean Health

CFUW Nanaimo

Book Groups:

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- Best Ever Fabulous Mystery Group
- Canadian Literature I
- Canadian Literature II
- Jane Austin Read Aloud
- Thursday Afternoon Readers
- Tuesday Afternoon Eclectic Readers
- Wednesday Novel Afternoons
- Who Done It?
- Women's Issues

Card Groups:

- Bridge
- Canasta

Dining Groups:

- Couples Adventure in Dining
- Dash-Away-Lunch
- Joy of Not Cooking
- International Food Group
- Veggie Potluck

Outdoor Activity Groups:

- Cycling
- Hiking
- Pickleball
- Walking

Other Groups:

- Environment
- Jaunts
- Jazz Appreciation
- Know Your iPad and iPhone
- Let's Chat
- Let's go to the Market
- Movie Group
- Museum Visits
- Stitchery Group
- Writers' Group

CFUW White Rock / Surrey

- Art Appreciation group: This group convenes on the 3rd Wednesday of the month at different locations in White Rock/Surrey/Langley area.
- Stitch & Chat: The group meets on the 3rd Friday of the month @ 1:00 pm @ a member's home.

- Symphony: This group attends concerts @ various dates through the fall and winter. Members are invited to join in August.
- Alpha Book: Group meets the 2nd Tuesday of the month @ 11:30 AM @ Morgan's Restaurant.
- Evening Book Club: Group meet the 3rd Tuesday of the month @ 7:00 pm @ members' homes.
- Fully Booked Book Club: 2nd Thursday of the month @ 1:00 pm @ members' homes.
- Bridgets: Group meets on the 2nd and 4th Tuesday of the month @ 1:00 pm @ members' home.
- Duplicate Bridge: Group meets on the 2nd Monday of the month @ 1:00 pm @ members' home.
- Newbies (Beginner's Bridge): Group meets Thursdays @ 1:00 or 2:00 pm @ members' home.
- Dining out: Couples and Solos: Group meets every 2nd Tuesday of the month. Venues selected by members from restaurants in the area.
- Dames Who Dine: The group meets on the first Tuesday of each month at 5:00 pm. Members select various restaurants in the area.
- French conversation: Every Friday @ 4:00pm via Zoom. Members take turns to prepare topics.
- Golf for Fun: Each Wednesday, April to September. Tee times start at 2:06 pm at Nico Wynd Golf Course.
- Let's Travel: The lead hears of opportunities and puts it to the group. No set dates or times.

CFUW Kanata

- 6 book clubs
- 3 bridge groups including one duplicate bridge group.
- Mah-Jongg
- Nia and Ageless Grace
- Yoga with Chair
- Ski Days
- Ladies Gourmet
- Pot luck lunch
- Guitar Groovers
- History
- Current Issues
- Travel Talk
- Genealogy
- Theatre Group

CFUW St. John's

Walking Group

Throughout the year we walk on a selection of trails around the city. In the late fall our venue is Bowering Park as the trails are well cleared. We meet at 9:30 on weekdays and walk for 40-60 minutes. It is a good way to get exercise and to chat in very small groups. If you would like to join us on one or more days of the week.

Bridge

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Are there members interested in starting a bridge group? We can put members in touch. Bridge groups usually meet two afternoons a month. Please email to let Gillian Brown know if you are interested. gebrown@nf.sympatico.ca

Crafteas

"CrafTeas" meet on the second Friday each month at 10:00 a.m. in members' homes and do whatever craft we happen to wish to take along. That could be a real craft or even mending a sock, or nothing if you wish to just meet a few other members and chat.

Dining Out

We dine out at various restaurants on the first Wednesday evening of each month at 6:30 p.m.

Ladies Who Lunch

We meet for lunch on the 3rd Tuesday of each month at a restaurant in the St. John's- Mt. Pearl-CBS area.

Women on Tap

Gentle Tap Dancing Instruction, given by a professional dance teacher. This group meets every Monday morning from 11:00 a.m. – 12:00 from September to May, at a local dance studio for dancing enjoyment. No experience necessary.

Book Club

Our Book Clubs usually meet once a month, each club at a different time. We can put members in touch. (There was talk of a Mt Pearl club if several people wanted to cut out the drive to St. John's during the winter). Are there any members interested in starting a new book club?

Facebook

We have a FB Page (public) and a FB Group (private) Our FB Page is found at CFUW St. John's. We have a small FB team that administers the page. If you would like to help with this, please contact Susan McNicholas. Our FB Group is Members only of CFUW St. John's. This is open to CFUW members only.

We also have several committees to oversee the smooth running of our organization and help in the decision making. The following committees have a handful of members and welcome your interest.

Issues and Resolutions

This is our Advocacy Committee. It acts on issues that are of importance to women (ex. Prevention of violence against women) and the resolutions passed by CFUW National on the club's behalf. It also researches and presents the proposed resolutions for the upcoming AGM to our local club for their acceptance/rejection. It is ongoing throughout the year.

Program Committee

Plans and organizes speakers for the monthly meetings as well as the Christmas and AGM dinners. Organizes tea, coffee and treats donated by other members for our monthly meetings.

Scholarship Committee

Helps decide how to spend money allocated to scholarships and bursaries; plans with MUN, MI and CNA; tracks winners of our scholarships.

Outreach Committee

Researches and spends money provided for Outreach Activities. Arranges items for Fresh Start Baskets for Iris Kirby on a monthly basis.

Membership Committee

Develops strategies to attract new members, welcomes new members and provides material and resources to get them involved quickly.

Communications Committee/ PR

Plans a yearly communication strategy and puts it in place using local media, social media.

Sunshine Committee

Supports ill members with cards/messages, in-person visits, where appropriate, and transportation to monthly meetings and members' networks.

Book Sale Committee

Active Jan- April. Plans Book Sale.

CFUW Halifax

- Coffee and Conversation
- Lunch Bunch
- Nimrod Investment Club
- Book Exchange I
 - The members of the Book Exchange meet in May to choose the books for next year. One copy of each book is purchased, paid for by the members, and the books are exchanged through September to May.
- Book Exchange II
 - Same procedure as for Book Exchange I

UWC North York

Status of Women & Human Rights

Become an advocate for women's rights in our community, by studying issues of concern to UWC North York members, by partnering with CFUW and by urging leaders to take action! Our advocacy-oriented group is focused this year on Safe Drinking Water, Long Term Care and Aging in Place, Health issues and Gender Based Violence. This group is comfortable and informal. Meetings are focused on issues of concern to women. We start with education and raising awareness which may or may not evolve to taking action. We meet via Zoom on the first Wednesday of the month at 7:00pm. New members welcome.

Aging In Place – Long Term Care Working Group

The members of the Aging in Place/LTC Working Group actively monitor community support services and long-term care. They use this monitoring to inform UWCNY members as assistance to remaining in their

current homes as long as possible. Working Group members then offer support in making the transition to a retirement or long-term care home.

Art Appreciation

We're a friendly group who welcome both enthusiasts and casual visitors. Volunteers present papers on artists, schools of art, art in history, or sometimes on more recent developments. Just recently we learned that researchers have unearthed a trove of Pre-Columbian Art devoted to love and sex. Last year, we discussed Velasquez (including his famous *Maids in Waiting*), Gaudi (those wonderful rooftop mosaics in Barcelona), and Salvador Dali (he of the melting clocks, spindly-legged sky elephants and portraits with vegetation for hair), plus Joan Miro and lesser known Juan van der Hamen and Joaquin Sorolla. We plan to hear a presentation on Goya in September, before we move on to French art through the ages. Meetings are generally on zoom but we sometimes meet in person. New members are welcome anytime!

Arts Around Toronto

This group goes to an assortment of "art related" events in and around the Toronto area - visiting various places of cultural interest, followed by a sociable lunch in a nearby restaurant or Bistro. Members are encouraged to sign up quickly for events as some venues limit numbers. New members are most welcome!

Not Sister Wendy's Art Group

This group explores and converses on a wide variety of art and artists, meeting once a month in the evening. We would welcome new members to our fun group to enjoy intriguing discussions laced with humour.

Play Reading Group

The Play Reading group is a fun and friendly group that meets monthly to read plays selected from 3 books of one-act plays that the members either own or purchased from the internet. Some extra copies are available for new members. Connecting with members through entertaining conversations makes this group so worthwhile.

Between the Covers

Members determine the book list for the year starting in September, alternating fiction and non-fiction books at each monthly meeting. During the meetings a member reviews a book followed by a very lively discussion. A list of meeting dates and times, monthly scheduled books and member reviewers is sent to all members. We are welcoming new members to join us.

Book Review Leader:

Book Review meets on the first Monday of the month at 1:30pm. Most of our meetings will be in members' homes this year, but there is also a Zoom option for those who can't make it in person. At each meeting, a member of the group gives a short review of the book we have all read, followed by a discussion involving everyone.

The 2025-26 books are *Finding Flora* by Elinor Florence (October), *In Winter I Get Up at Night* by Jane Urquhart, (Nov) , *In the Midst of Winter* by Isabel Allende (Dec), *The Donohue* (April) and *I Left You Behind or Move Over Marrakech* by Nazneen Sheikh (TBA) May). In June we will picnic and choose books for the following year. New members are very welcome.

Book Study I

Pre-selected books are read by all members followed by monthly Zoom meetings to discuss them. Past book themes have been biographies or memoirs written within the last five to ten years which members enjoyed.

Book Trade

The Group members select recent books – a mixture of fiction and non-fiction and members each pay for one book. Every 3 weeks, the books are passed on to another member. During the year, every member will have read 9 to 10 books and will keep the last one.

This group's membership closes after the Club's September General Meeting, so members must sign up before then. After September, the group cannot accommodate new members for that year.

The Next Chapter Book Club

Pre-selected books are read by members and discussed at in-person meetings hosted at members' homes. Light refreshments are provided by the host. Zoom may be used for meetings during winter months.

Fun and Games 2025-26

Fun and Games – it is what it is! Members choose to play a variety of games and meet at other members' homes or on Zoom during winter months. We are a lively bunch and always have a good time with lots of laughs and great treats.

Bridge Online/Hybrid Group 2025-26

There is an option to Play on '**Bridge Base**' online where Zoom is used to enhance the social aspect. Play is available all year as an option. Regular players or spares are welcome.

For the **Bridge In-Person Group** (Generally this group is made up of a subset of the Bridge Online Group, but other in-person only members are welcome to play.)

Play in member's homes in non-winter months, when a host is available; generally several times/year during the afternoon. Members will sign up to play at individual events. The format depends on the number of attendees. Regular players or spares are also welcome.

Life Skills

The Life Skills groups have enjoyed many wide-ranging topics of discussion from "Ideas for more adventurous living" to "Ten Tough Questions and Why we Need to Ask Them". Times change, attitudes do as well – all great fodder for fascinating discussions. You are welcome to come join in those discussions with experienced women.

Movie Mavens

This group enjoys selecting movies of all kinds, watching it on our own time via free streaming sites, (ie. Hoopla, Kanopy, etc.), then gathering at Zoom meetings to discuss the movie. This past year, members chose movies based on the "Dames" featuring Judi Dench, and Maggie Smith. This coming year – let's see what theme we come up with!

Members are sent the overall year's schedule as well as monthly meeting reminders and a Zoom Link about a week before the meeting. There may be in-person meetings too, but likely only in fair weather months – members will be notified of these events. New members are very welcome to join us. Contact one of the co-leaders if you'd like to be a part of this engaging group.

Out to the Movies

This is a new group this year – hoping to attract members who love to go out to movies and meet afterward to discuss the show, and enjoy other member's company. Members will choose movies to watch, and then one member will organize it. Meeting notices are sent to members at least a week before as a reminder.

Through the Garden Gate

If you are a gardener or an admirer of gardens and plants join us as we explore Toronto gardens and parks in-person, OR gardens around the world through digital platforms, followed by a Zoom discussion.

At in-person meetings members go to places like Edwards Gardens, High Park, TBG, Allan Gardens, Casa Loma gardens, the Guild Inn sculpture gardens, the Music Garden, the Aga Khan Park, and Ward Island, just to name a few. Time permitting walks are followed by a rendezvous with lemonade, wine, coffee or tea at a nearby restaurant, bistro, or coffee shop.

For Zoom meetings during the winter months, enjoy a “virtual stroll” through amazing landscaped public parks and gardens locally and from around the world. Participants tour the predetermined site on their own and then come together through a zoom meeting to chat with others who have also explored the site. Discussion may also be about their own travels to other parks and gardens in other countries. Come celebrate nature, sharing virtual adventures to gardens and parks in our own city and beyond!

Join the fun to explore all the wonderful parks and green spaces in our city and throughout the world!

Urban Explorers

The Urban Explorers are a lively and sociable group that enjoys discovering new and interesting places across Toronto and the surrounding area. Every September, members come together to plan the year’s outings. Each event is led by a different member, offering everyone a chance to contribute and share their interests.

You’ll receive email invitations and event details ahead of time and we ask members to RSVP to help with planning. Our past events have included a mix of cultural, artistic and social outings: local theatre performances, art gallery visits, garden and architectural tours, cultural centre explorations (such as Indigenous and Jewish heritage centres), high tea socials, and documentary film nights at Hot Docs.

Each outing usually includes a social component – coffee, lunch or dinner that give members the opportunity to discuss the experience and catch up with one another in a relaxed setting.

We’re a welcoming and inclusive group, and we’d love to have you join us! Whether you’re new or returning, contact one of our co-leaders if you’re interested in exploring the city with a fun and engaging community.

Lawn bowling at the Willowdale Lawn Bowling Club

Come out and enjoy this beautiful sport in the fresh air at the Willowdale Lawn Bowling Club at 150 Beecroft Road, North York. Newcomers to the sport are most welcome and equipment is provided. The cost is only \$40 per month and includes practice events on Thursday evenings to hone your skills! Also, during the fall and winter months, a short mat is available for playing indoors.

Walk and Talk Group

Join our friendly group to walk (vigorously or leisurely) in the local ravines and parks of Toronto. We carpool, if possible, and winter walks occur on cleared paths. We always carry a cell phone. Join us in appreciating nature’s gifts and for congenial conversation. Directions are sent out to members before each Walk.

What’s Cooking?

Members collectively develop food themes for monthly lunch time meetings; such as “Everything Pumpkin” in the fall, “Christmas Cookies Exchange” in December, “Appetizers Only” in January, “Easy Family Recipes to Share” and “Spring Themed Dishes”. Venturing out to an interesting local restaurant has also been done.

Members sign up for hosting the meeting or preparing a part of the themed dishes. Meeting

notices/reminders are sent out about a week before the meetings. Members exchange food ideas and enjoy these food fests with lively conversations.

We are presently at capacity for membership, but we have a wait list for those interested in joining the group when a place becomes available. Please contact the leader if you would like to be on the list.

Table Hoppers

Monthly meetings at Restaurants, chosen by members make this group a real social affair! Come out to meet new members as we enjoy some wonderful food venues at lunchtime.

CFUW Saskatoon

- Adventures in Dining
- Travel group
 - These two groups are combined, we often have a travel presentation (sometimes via ZOOM in the winter) and sometimes we also enjoy a meal of the cuisine of that country either at the home of a member (everyone does one dish from recipes selected by the host) or we meet at an ethnic restaurant
- Three book clubs:
 - Biography books club,
 - Canadian Literature and
 - Mystery book club
- Art Appreciation - going to Art galleries followed by having coffee together. This group also selects a painting (up to \$500) that is given to a school (one per year)
- Theatre - a few times per year depending on what is offered, maybe dinner theatre if available
- Advocacy - Issues and Action
- Piano Fridays or the Jazz group - we go to a place after work on 4th Friday to listen to Jazz and share a glass of wine and visit
- Friendly Visits (going to lunch once a month, inviting members who are shut in)

CFUW Lethbridge

- Craft Group
- Book Clubs: Meet monthly to discuss books
- Bridge
- Dinner Group: Meets about five Friday evenings during the year, usually at restaurants of differing traditional cuisines.
- Learning & Living: Meeting afternoon of 4th Thursday each month to discuss issues of interest to women, and money management.
- Lunch Group: Once a month on a Wednesday at various restaurants to experience the diverse cuisines of Calgary
- Jaunters: Entertainment or cultural activities, once per month. Guests are welcomed.
- Art & Painting: Third and fourth Wednesday of the month.
- Scrabble
- Walking/Hiking: Afternoon winter walking in Calgary; summer hiking in the mountains; Sundays.

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CFUW South Delta

- Book Club
- Travel Group
- Bridge Club
- Gourmet Group
- Foodies Group
- Walking Group

CFUW Headwaters

Active Living Group

Meet up for active activities such as hiking, walking, biking, skiing, bowling, dancing, snowshoeing, etc.

Appetizers, Soup, Salad & Dessert

Taste and share appetizers, soups, salads, and desserts.

Art Appreciation Group

Attend events related to art, music, dance, theatre, films, museums, galleries, etc.

Book Discussion Group- Evening 1

Discusses a different book per month that is chosen by the group. Please read the book before the discussion date. A volunteer member will have researched and reviewed a book and will lead the discussion with questions to stimulate discussion.

Book Discussion Group - Mornings 1

Discusses a different book per month that is chosen by the group. Please read the book before the discussion date. A volunteer member will have researched and reviewed a book and will lead the discussion with questions to stimulate discussion.

Book Exchange Group

Literary and Mystery books are chosen and bought through booklore through Convenor. Exchange books once a month. Last book(s) - is yours to keep. \$38 for one exchange and \$76 for both. Very Popular!

Breakfast Group - Restaurants

Meet up at Stacked Pancake & Breakfast House, Orangeville for great food, fun and conversation.

Day Trippers Group

Excursions to local attractions within 100 kms from Dufferin/Caledon area.

Dinner At Home Group

Meet up for dinner at different members homes for fun, food and conversation. Potluck style.

Dinner Group - Restaurants

Meet up at different local restaurants for fun, food and conversation.

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Dog Walking

Get together with your furry pups and go for a walk

Community Outreach Group

This is for anyone that is interested in different local events that you want to join as a team/group through CFUW, like the coldest night, environmental protests etc

Friday Night Social Group

Meet for food, drinks and entertainment. May include evening at a member's home or meet at a pub or restaurant.

Games Group

Meets at a member's home on a rotation basis to play board and card games. Super fun !!

Golf Group

Meet several times in Spring, Summer, and Autumn to play at various reasonably priced golf courses in the Dufferin, Caledon area.

Live Music Entertainment Group

Visit local venues to hear new and familiar musicians and music.

Lunch Group -Home

Meet up for lunch at different members' homes for fun, food and conversation. Potluck style.

Lunch Group- Restaurants

Meet up at different local restaurants for lunch for fun, food and conversation.

Making Art Group/Needle Art/Crafts

Meets occasionally to learn about and work on a variety type of art.

Needle Arts Group

Meet at a member's home to learn new skills, or share your latest project - knit, crochet, needle point ...

Paddling Group

Relaxed paddling in local lakes on calm days. Carpooling can be arranged by members.

Plant Based Cooking Group**Secret Santa Group**

Members choose a book they would like to receive; names are drawn for Secret Santa. Meet at a member's home in December for laughs, games, fun, and holiday goodies brought by all attendees to share. Happy Holidays !!

Skating Group

Meets once a week for a leisure skate at a local arena.

Wine Women & Travel Group

Meet at a member's home to share travel information, websites, best practices and experiences.

Women's Weekend Get Away Group

Join a group of women for a weekend getaway around the end of April. Great food, lots of shopping, and tons of fun. Members can arrange carpooling.

CFUW Thunder Bay

- Advocacy
- Book Club
- Bridge
- Environment
- Games
- Music
- Walking
- Social
- Lunch Bunch

CFUW Markham/Unionville

- Book Clubs
- Bowling
- Bridge
- Crochet
- Crew
- Dinner Club
- Euchre
- Five Crowns
- Foreign Films
- French Conversation
- Games Night
- Golf
- Gourmet Cooking
- Hiking
- Issues and Advocacy
- Knit and Nibble
- Line Dancing
- Lunch Bunch
- Memoir Writing
- Netflix Movie Group
- Photography Club
- Sip and Dip
- Theater Group
- Walking Markham
- Winers and Diners
- Yoga

CFUW Brantford

- Biking
- Book Clubs
- Bridge
- Creative Cooking
- Day Tripping
- Dining Out
- Film
- Food with Thought
- Games
- Golf
- Mahjong
- Technology
- Walking
- World Awareness

CFUW West Vancouver

DAMES WHO DINE

Purpose is to enjoy an evening dinner together at a nearby restaurant. At each dinner all participants donate \$5 which enables this CFUW WV group to choose a charity to which we donate the total collected during the year.

COMMUNITY ISSUES - joint with CFUW-NV

A study group following/promoting advocacy policies of GWI, CFUW National, & BC Council. Monitoring social and political issues from local to federal levels, keeping our Clubs informed of issues, attending and presenting public presentations as warranted.

CREATIVE MEMOIR WRITING -joint with CFUW NV

The writing consists of learning techniques from contemporary Creative Non-Fiction writing and learning to give peer feedback in a confidential atmosphere due to the often personal nature of the writings.

GWI Interests

This is a new group for this year to learn more about our international association, Graduate Women International (GWI). Meeting date and time to be determined at an initial meeting with those who are interested.

Happy Hour

To meet monthly to enjoy a social. The plan is to meet on the first Tuesday of each month from 4p-6p at a local restaurant. The first Happy Hour will be on October 7 and will discuss details for future events.

INTERNATIONAL STUDIES - joint with CFUW-NV

Each member generally follows the English language edition of a foreign publication (eg newspaper) to learn what is important in a chosen country and what the effect might be on the world scene. The group is also

interested in any mention of Canada in the above publications. The various readings lead to interesting discussions among the attendees

Whodunnit

Discussion group of 7 members who read a variety of mystery books. Each member voices her opinion on books content, viewpoints, comparisons with other authors. Members choose books based on suggested themes, geographic areas, historical time periods. Group currently at capacity.

“4 BOOKS”

A delightful group of 10-12 members who read an eclectic selection of 10 books per year. We do not have a designated presenter, each member voices her opinion on book's content, level of interest, author, writing style, use of language, background info, etc – lively discussion follows. Book selections for the following year are made in June. New members welcome.

“MORNING BOOKS”

Discussion around the author, hear reviews, give personal views of the book read. Books for the next year are chosen in June

CFUW Guelph

- Arts & Entertainment
- Hiking
- Art Interest Touring
- Book Discussion (5 groups)
- Book Exchange
- Scrabble
- Bridge
- Scribblers (creative writing)
- Scrabble
- Exploring Music
- Cycling
- Gardening
- Golf
- Investments Plus
- Snowshoeing
- Canoe/Kayak
- Cross Country Skiing
- Euchre
- Gourmet Dining
- Knitting/Crochet
- Arts & Crafts

CFUW Sudbury

- Adventures in Dining

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- Antiques & Collectables
- Book Discussion Group (afternoon)
- Revolving Book Club
- Rebel Book Club
- Card Games
- Circle Teachings
- Environment & Climate Change
- Film Discussion Group
- Horticulture
- Knitting
- Lunch & Learn
- Out & About Together
- Paint/Pencil
- Singing
- Tech Talk
- Urban Poling
- Wine Tasting

CFUW Nepean

Armchair Travel

Art Tours

The Arts Tour interest group has planned 4 outings during the 2025-26 program year. Each tour will be on the 4th Wednesday of the month (November, February, April, May), from 2-3pm. We will be collecting \$10 (cash or cheque) from each participant at the November CFUW meeting to cover the Art Tour fees charged. In addition, each member will need to pay their own admission to the National Gallery of Canada, or show their membership card. The first tour will be to the Carleton University Art Gallery at 2pm on November 26, 2025. The topic of the tour will be "Runs in the Family". Three tours are planned in the new year, including the National Gallery of Canada. Venues will be finalized once exhibits are announced. The tours will be February 25, April 22 and May 27.

Book Club

Please join us for interesting and wide-ranging discussions. Our reading list for our 2025-26 season is based on suggestions from members. Note that this local author will be a speaker in the evening speaker series in January.

Bridge

The Bridge group meets Monday afternoons. We usually have one or two tables playing in person and/or one or two tables playing on-line - on a program called Bridge Base.

Environmental Action Group (EAG)

The EAG is an informal group focusing on sharing practical information to help each of us reduce our environmental impact. We also look at issues, large and small, that are of interest to the group. We have

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been keeping a special eye on the Ottawa Solid Waste Master Plan including composting in multi-resident units. Other topics have ranged from TED talks, National and International news, local initiatives to reduce food waste and the best plastic free laundry products!! The conversation is energized and never boring - new topics, questions, concerns are always welcome - we set the agenda.

Lunching Out

Movie Matinee Group

The first Movie Matinee of the season will be Friday October 17th. A list of proposed films will be emailed to the movie group members a few days prior for voting and final selection.

Friday Exercise/Chat Group

The key to living longer and keeping your brain functioning is exercise! Join our Friday exercise group. We follow a video of an expert doing chair yoga exercises for about half an hour and then comes the fun part where we chat together about a variety of topics. Usually we decide the chat topic for the next week at the current week's session. Of course, we don't always stay on topic but we have a fun discussion about our travels, our hobbies, politics (surprisingly we seem to have similar thoughts on that topic), book or movie recommendations, or whatever happens to come to mind. We take some Fridays off during holiday periods but, in general, it is a weekly commitment to support better health outcomes for us all. If you are interested in participating, let me know and I will add you to the distribution list.

CFUW Cornwall & District

- Book Club
- Gourmet Group
- Outdoor Group
- Excursion Group

CFUW Cambridge

- Chapter 2 Books: Meets the second Tuesday of each month at 1:30 p.m.
- Gourmet: Meets 4-5 times a year to enjoy a meal together based on a theme
- Investments: Meets the last Wednesday of the month at 6:00 p.m. Galt Country Club
- Reader's Theatre: Meets once a month on the third Monday at 7:30

CFUW North Bay

- Book Club
- Bridge
- Breakfast Group
- Lunch Bunch
- Dinner Group
- Heritage Gardners
- Morning Zoom Chat

CFUW North Vancouver

- Book Discussion
- Bridge
- Community Issues
- Creative Memoir Writing
- Happy Hour with Friends
- International Studies
- Mah Jong
- Meander & Munch
- Walking group

CFUW Cape Breton

- Early Bird Book Club - many of the books covered are relevant to women's rights

CFUW Milton & District

Globetrotters

Join us for virtual travel around the world! Each month, a member shares recent travel experiences through photos, videos and stories. Due to group size, we will continue to meet on Zoom next year.

Day Trippers

Join us for visits to art exhibits and museums in the GTA.

Hiking

Each week, the group gathers to hike 5 - 10 km. Sometimes we are on rugged sections of the Bruce Trail. At times we are hiking flat, urban areas with lots to see.

Ladies' Bridge

Ladies Bridge is a friendly non competitive game where friendship and support are also very important. We play on the second Tuesday of the month at 7 pm online on Trickster Bridge. The 4th Tuesday we play in the homes of members. The in person games will be either in the afternoon or evening depending on the wishes of the hostess and the group.

Cuisine Crew

Formerly known as the Evening out and Lunch Bunch. This group will get together for a dinner and /or lunch, evening walk, movie, arts performance, or even an event on a Saturday or Sunday afternoon. Group members are encouraged to suggest ideas.

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Words with Friends

On-line game to be played against club members.

Euchre

Players will play once or twice a month online or in-person based on personal preference and members' availability. Players of any experience level are welcome and novices will be given instruction.

Avid Readers

Each member chooses a newly released book, and the book is circulated to all members for reading. People choose a variety of fiction and non-fiction books. It is a great opportunity to read something that is outside of your normal genres. Cost is approximately \$25-30 to cover the costs of the books.

Couples Gourmet

Members and their partners meet 3-4 times per year for gourmet dinners in each others' homes. The hostess chooses the dinner theme, plans the menu and chooses the recipes. Each couple is then assigned 1 or 2 courses to prepare that follow the planned menu.

Wine Tasters

Members meet to try out new and interesting vintages. Members share the cost of the wine.

Antiquing and Thrifters

Members car pool to antique markets and thrift shops to find the world's best bargains. Fall trip on a Sunday to Aberfoyle Flea Market. Spring trip during a weekday to Georgetown Beaumont Mills and thrift shops.

Advocacy/LTC

To work to improve community and/or women's issues.

Bowling

To have fun bowling

CFUW Calgary

- Book Circle
- Lunch Bunch
- Thursday Walking Group
- Mahjong
- Random Readers
- Jainters

CFUW Parksville Qualicum

Standing Committees and Working Groups:

- Advocacy
- Archives
- Booksale
- Global Outreach
- Programme
- Social Media
- Scholarship & Bursary Trust
- Sunshine and Sorrow

Ad Hoc Committees and Working Groups:

- Governance
- Finance
- Resolutions
- Strategic Giving
- International Women's Day
- Garden Tour

Interest Groups:

- Talking Circle on Indigenous Affairs
- Slow Walking Group
- Ladies Who Lunch
- Monthly Coffee Klatsch
- Shrinking Violets Bookclub
- QF Bookclub
- Wednesday Bookclub
- Thursday Bookclub

CFUW Etobicoke

ARTS

- Downtown Museum Hoppers

Join our friendly group to discover what our culture-rich city has to offer. Each member is expected to take a turn planning a morning outing at a downtown museum/gallery, making a lunch reservation at a convenient restaurant, and notifying group members of the details.

- Movies at Home

This group meets on the second Thursday afternoon in members' homes. We watch all kinds of movies – old, new, comedies, musicals, at the choice of the members.

BRIDGE

- Assisted Bridge

This group plays on a Thursday every two weeks at 1 pm for 2 hours at Fairfield. The members were part of a teaching group for 2 years before COVID. We will be reviewing how to play. Textbook: Fun Way to Play Serious Bridge by Harry Lampert, available at Indigo and Amazon.

- Social Bridge

Social bridge meets every Wednesday at Fairfield at 1.30. We would welcome new members for an afternoon of casual and fun bridge.

DINING OUT

- Dining Out 1

Dining Out One meets for lunch at 12:30 pm on the last Thursday of the month. Members take turns organizing our outing at a local restaurant by choosing a location, contacting members with details and making a reservation.

- Dining Out 2

The group meets at noon on the third Thursday of the month, September to June. Each month a different member chooses a restaurant and makes a reservation, asking for separate cheques. She then contacts everyone with the information and asks for a commitment of attendance.

- **Lunch Bunch**

The group meets at 1pm on the second Tuesday of the month, September to July. Members take it in turn to select the restaurant, communicate with other members and make the reservations. All restaurants chosen provide separate cheques. New members welcome.

- **Dining Out Saturday**

We meet in-person for an early dinner at 5:30 pm on the first Saturday of the month.

- **Gourmet 3**

Gourmet 3 meets once a month, usually on the third Monday of the month, for dinner at a different member's home. Usually three of us cook the dinner and the others are guests. We share the cost of the meal and discuss the menu and recipes afterwards. We often have a theme for our dinner.

At Christmas we have a Christmas Party. In June we go out for dinner and at that time discuss our summer "mid-week getaway" which is two nights away. We are a group that enjoys good food and likes to have fun.

- **Lunch and a Movie**

Looking for something fun to do? Join our group for lunch and/or a movie at 1:00 pm on the 2nd Wednesday of the month. We meet for lunch at a restaurant near Cineplex Odeon or Kingsway Theatre and then go to a movie. Some go together to a movie chosen by the group; some choose to go to another movie. We are a small group, but we have a big time!

- **Sunday Brunch**

Sunday Brunch group meets every other month on the second Sunday of the month at 10:30 am. This works out to be six times a year. Every member takes a turn to choose a restaurant and then contacts the rest of the group. If you enjoy socializing and like to try out various brunch venues in Toronto this is the dining out group for you.

FITNESS & HEALTH

- **Hiking in the GTA**

We hike for a couple of hours on the third Sunday of each month, year round. We take turns planning hikes throughout the GTA. We hike anywhere we can get some exercise and enjoy the beauty of the environment around us — in parks, along the waterfront, in the river ravines, in conservation areas.

- **Walk and Talk**

When it comes to walking regularly, it helps to have walking friends. Join these women who meet for an hour-long walk in parks, usually in Etobicoke, on Tuesday mornings. Walking speed is up to you. Some of the group are vigorous walkers while others are leisure walkers. Winter walks occur on cleared sidewalks.

- **Jaunters**

Jaunters enjoy daytime outings the third Tuesday of the month or the third Wednesday if needed. We visit places of interest such as museums, historical sites, and art displays in and around Toronto. Lunch is included in the outing.

- **Winning at Losing**

The Winning at Losing group meets every Monday 11 am – 12 pm. The purpose of the group is to assist members to lose weight. Each member has their own program/path they are using. Other members encourage and share ideas. We have been meeting on Zoom with the occasional outside meeting in good weather.

COMMUNITY

- **Food Bank Outreach**

CFUW Etobicoke has supported the Daily Bread Food Bank for many years in various ways, including direct monetary donation by the club, personal donations by members and through the volunteer hours worked by our Food Bank Outreach group. We currently volunteer at Daily Bread Food Bank, generally the 3rd Monday of the month. We fill the slots allocated by the food bank on a first come – first served basis.

- **Canadian Red Cross – Meals on Wheels**

Would you like to volunteer for the Meals On Wheels program in Etobicoke? The Red Cross provides dietary and nutritional support for people in our community. You would also be providing security checks for the vulnerable clients who are often isolated. Clients include seniors, older adults and those with chronic illness and/or physical disabilities.

LEARNING

- **Jaunters**

Jaunters enjoy daytime outings the third Tuesday or the third Wednesday of the month. We visit places of interest such as museums, historical sites or art displays in and around Toronto. Lunch is included in the outing.

- **Past-Presidents Parlez**

An Interest Group that meets at 1:00pm on the fourth Thursday of each month. This group has 17 members of Past Presidents from 1975 – 2023 who have continued to be involved with CFUW Etobicoke. Presently we are meeting on Zoom to socialize together and to discuss future endeavours.

CONNECTING

- **Bonne Fête**

Join us for lunch at 12:30 on the last Wednesday of each month. We will celebrate all the members for the month ahead and if there are no members' birthdays in the upcoming month, we'll eat cake anyway!

- **Chin Wag Wednesday**

Friendly women chatting informally in a group. We meet in person on the 4th Wednesday of the month with the option of zooming in on the 2nd Wednesday of the month. All are welcome.

- **Kaffeeklatsch**

Join your CFUW friends for a Kaffeeklatsch on the first Tuesday of the month at 3:00. We'll meet in the food court at Sherway Gardens. Pick up a drink from one of the several coffee places nearby and come and chat with us! You're welcome to meet us every month or whenever you are able to pop by.

- **Nice to See You**

You are invited to join "Nice To See You!", an Interest Group that started in February 2021 and meets every Friday at 4:00. It's an informal chat-time on Zoom that you can attend every week ...or any Friday you want to join us. Chat with other CFUW members, make some new friends, connect with people you haven't seen for awhile and have a few laughs!

- **On Our Own**

On Your Own is a group for members who want social contact and friendship with others who are also "on their own" such as single, widowed, divorced or with a spouse in long term care. The group meets on Fridays at 10 a.m. In the nice weather, we meet in the park beside Fairfield. Once the weather is too nippy we meet in the Food Court at Sherway Gardens.

READING

- **Revolving Books**

This group offers Club members the opportunity to read for pleasure (while holding a real book). For approximately \$40 you read a book a month during the Club year and keep the final book. There are no meetings, only the obligation to pass the book to the next reader on a set date. The committee selects the books and endeavors to provide something for everyone using these guidelines: current books published

within the year, a variety of genres, time frames and topics, half fiction and half non-fiction and, whenever possible, a biography and a mystery.

The committee welcomes suggestions to add to our list of prospective titles, although the titles have been chosen for this year. We try to deal with an independent book store able to help with information on content and availability and possibly provide a discount but we may make our purchases with the big-name online sellers when necessary.

- **Book Club Groups**

There are eight discussion groups that meet afternoons and evenings. The books, discussion leaders, and monthly hostesses are chosen in June for the following year. Books chosen include fiction and non-fiction, both Canadian and from other countries. Lists of the books selected for the current year are available from the Convenors.

- **Tuesday Afternoon Book Discussion**

We meet on the fourth Tuesday afternoon at 1 pm from September to November, then again from January to May. We meet at member's homes. At the May meeting we select the following seasons books. Each of our members brings their suggestions. We vote on which book we would like, and would ask for a member to agree to host the meeting. Each month we typically have a discussion leader (the member who suggested the book). Occasionally, we will have a general discussion with someone agreeing to give an overview of the book, and someone else looking up some discussion questions.

- **Bookenders 1**

Our group members have an eclectic taste, choosing both fiction and non fiction books. Meetings run September to May, omitting December. We meet in person at Fairfield on the third Tuesday of the month at 7 pm but, in Jan and Feb, we will meet on Zoom. A member of the group volunteers to be the discussion leader each month. In June we decide on the books we want to read and discuss for the next season and have a social meeting in June to finalize our book selections.

- **Bookenders 2**

A lively group of intelligent women, gifted with wit and charm, meet for approximately an hour and a half to discuss selected books, on the 3rd Tuesday of the month. January, February and March will be on Zoom and the other meeting in members' homes.

- **Book Worms**

Are you interested in reading world class books? We read fiction and non-fiction by authors from the Americas, Europe and Asia. Books are selected because they either contain discussion-worthy topics (political, social, racial, religious or environmental issues) or provide us exposure to something new/different

– as in a “food for thought” experience. Because each group member reads a wide variety of books, our group reads books that vary in style and tone.

- **Canadian Book Discussion**

The number of excellent Canadian writers just keeps growing and we thoroughly enjoy discovering the worlds they create for us. You are most welcome to join us for friendly and lively discussions.

- **Flashlight Worthy Books**

Did you huddle beneath your blankets as a child with a flashlight reading a book you simply could not put down? If yes, this book club interest group is for you. We meet on the third Wednesday of each month in the evening for a lively discussion of books from all literary genres—fiction, non-fiction, history, biography, and more.

- **Horizon Book Discussion Group**

We read books in all categories and our choices are made in June for the following year.

- **Novels+**

Our group meets eight times a year – from October to December and February to June. Next year’s books are chosen in June. Since Covid we have so far continued to meet via Zoom, but this decision is always up for review. There are no rules about the kinds of books we choose, although we do tend to favour novels and we try to select books that are available from the library without excessively long waits. Normally, the rather informal discussion is started by the person who suggested the book and is then joined by the rest of the group.

- **Who Durnit Book Club our NEWEST**

Do you love a good mystery novel? Do you enjoy the chance to find clues and test your sleuthing skills? Have you read every novel Agatha Christie or Deborah Crombie wrote? Are Poirot and Inspector Morse your super heroes? Join other murder mystery aficionados to chat about your favourite author, crime fighting detective, or the best mystery novel you’ve ever read! OR....If you aren’t a mystery buff, join WHO DURNIT BOOK CLUB and find out why this is the most popular literary genre. We’ll start with the discussion of a mystery novel written by a well-known author and then ask our members to suggest some lesser-known authors or a “one hit wonder”.

CFUW Scarborough

Gourmet Lunch Group

- Good food combined with friendship gives you a chance to get to know other members better. We would be happy to welcome new members

Out-to-Lunch Bunch

- If you enjoy a diversity of tastes, this is the group for you. No obligation to sign up for each month's outing, the choice is yours.

Afternoon Book Discussion

- Books are chosen by members. Join us for light refreshments and engaging discussion.

Evening Book Discussion

- Books to discuss are chosen and led by members. Come out and join us for a lively discussion.

Afternoon Bridge

- Members bring a 'Bag Lunch,' and the Hostess provides tea and coffee. Twelve hands of bridge are played. Substitutes are frequently needed.

Mixed Bridge

- We meet on the first Friday or Saturday evening of the month. We have dessert and coffee followed by 16 hands of bridge.

No Frills Bridge

- Join to improve your game. We will be using bidding boxes and using the duplicate style for playing the hands. We will hope to get in a minimum of twelve hands, if not sixteen.

Movie Club

- Members watch a selected movie at home (on a streaming platform such as Netflix) and then meet on a weekday evening to discuss the movie via Zoom.

Theatre Group

- Members attend an interesting fare of performances about six times during the Club year. Once you commit to attending, you are responsible for the price of your ticket.

Walking Group

- Join us for a hike of about two hours, discovering different trails in the Toronto vicinity.