



Message from the President

June 2021



Welcome to June... Seniors' Month in Ontario. This year the theme is, "Stay safe, active and connected." It is a time to recognize and celebrate the lives and contributions of seniors. Also, to highlight that there are programs and services enabling seniors to remain healthy and engaged throughout the COVID-19 outbreak and beyond. Let's hope that this will be the year that the government, and we in the community, see a truly renewed commitment to action to prioritize effective services for all seniors. Did you know that seniors (65 years of age plus) represent 6.2 million (2017)

Canadians and the number continues to grow rapidly? Three cheers for we seniors....! It would well appear there is a future for PROBUS Clubs with increasing numbers of seniors seeking fellowship, friendship, good times and being connected to others.

As you know since we first started Lakeside there has been a keen interest even with COVID. We as members have worked hard to stay connected and maintain our "people" network. Being a volunteer-based seniors' group, we have accomplished so much. As echoed in the past, we have reason to be proud of ourselves and our achievements. As the kids say "Give me five", Lakesiders and happy Seniors' Month to all.

The date Sunday June 20th is, yes, Father's Day. Best wishes and thanks to all the fathers, grandfathers, step- fathers and other significant men in our lives who have meant so much. All the very best gentlemen!!

Your Management team continues to meet on the first Wednesday of each month and at other times. Our agenda is always full with updates, discussions, ideas, technology, new activities and including how we transition back to normal.

As mentioned at the May general meeting we will be looking at different alternatives that will include Zoom and on-site meetings. At this time, our space at the Community Centre, is under renovations and there is currently no confirmation of a completion date. We will meet when the space is available and the City and other authorities approve occupancy. It is contingent on COVID restrictions and guidelines and building renovations underway. The Team will keep you updated as more news is available and of course other items related to your Club.

Please keep checking your club website, Facebook, your newsletter, and emails for upcoming speakers, events, and activities. Lots of great and varied activities to connect. Have ideas, suggestions, comments, ... we welcome them. Take care, [Jim](#)

Speakers Report

For those who missed last month's excellent presentation on Cannabis, a recording is available for you. A link to the recording is included on our Facebook Group page and also on a 'members only' section of the website - [click here](#).

On June 16th, our speaker will be Robin Clipsham. Robin is an Improv specialist and the Artistic Director for [Muskoka StageWorks](#). She will talk to us about the benefits of improv comedy for our well-being and health and it will definitely be a lot of fun as some members of our club have 'volunteered' to help Robin demonstrate this.

[Laura](#)

Membership Report

We want to welcome three new members to PROBUS Pickering Lakeside - **Sue M, Ian M** and **Sandra G**. We hope you find many activities to be a part of and make new friendships. That brings our membership count to 330.

[Sharon](#)

The Social Scene

Wow! It is already June and summer is upon us. Most of our events are scheduled to happen during the day. If you would like them moved to early evening, please let me know and we will try to accommodate your needs. Remember, we are there for you.

As you know, you will no longer be receiving invitations to every activity available. Instead, you will receive an invitation to those activities you have shown an interest in. You can still register for any activity, you will just have to [go to our website](#) and register there. A confirmation will be sent out along with the "join" button once you have signed up.

The Butterfly Project continues June 2nd at 2 pm with Janet Boychuk, one of our members. She will discuss how to raise butterflies and how we can do our part for the pollinators.

Walking Challenge - This was a pop up activity inviting members to get out with a friend or relative for a daily walk. It was for a two week period and the winner with the most combined kilometres will be announced on our webpage after June 3rd. This challenge will be offered again in September, so keep an eye out for it.

The **Movie Club** will be meeting Monday June 7th at 2 p.m. The movie is **Philomena** starring Judy Dench which can be found on Kanopy (Pickering Library) or Prime. This has a 91% rotten tomatoes rating so it will be a good one. Fran will be leading the discussion.

As at the date of publishing, **ZUMBA** will continue until the end of June. Join the fun on June 1st at 11. The music and movements are all doable. (fee involved).

If ZUMBA isn't your thing, what about **Gentle Fit Cardio** on June 4th at 10. This is scheduled to run until June 21st. Success and more classes will depend upon participation. (fee involved).

Card Bingo will feature a poker style game on Wednesday June 9th at 7. Remember, all you need is a deck of cards.

The next **Technology** workshop will be on **Pinterest** on Friday June 11 at 11. Stay up to date with his group's activities by referencing the Keep Updated section on the [Technology Page](#).

Not a Book Club is June 8th at 1 p.m. and **Lakeside Ladies Let's talk** June 10 at 11 a.m. Both continue to entertain us. Give them a try.

Euchre has become a popular activity using Trickster. It is offered on the second Monday of the month at 8 pm. Please join us on June 14th.

Thursday June 17th at 3, we will share some of our summer recipes featuring a mango salsa and a cranberry, apple coleslaw thanks to Elaine. Please join us for our **cooking segment**.

** Reminder - Go to our PPLC Google Files folder with all of the recipes we have featured to date. The link is [PPLC Recipes Google Files folder](#).

It gives me great pleasure to introduce a new activity - "**Our Durham**" starting Tuesday June 22nd. This activity will be something different as it will focus on special people, places and "things" from here in our community. Our first meeting will feature Renae Jarrett, a local journalist and communicator who will share her experiences about how generations communicate with each other. In July, our own Peter Green will share his adventure of climbing Kilimanjaro.

Crack the Case will be on Wednesday June 23rd at 1. Investigators are given clues and have to solve the mystery. Murder, gambling and robbery are a couple of topics but don't forget extortion. You never know until you know!

Golf is finally back and a good time was had by all. Make sure you register early for this month's outings so you don't miss out!

Team Trivia will be on Monday June 28 at 3. This is a popular activity so make sure you register.

The monthly **Cocktail hour** will be at 5 p.m. on Friday June 25th. Last month we featured bar keeping tips and cocktails with rum and blue Curacao.

Monday June 28th at 11 our **gardening club** will feature Matthew Dressing, a passionate horticulturist and podcaster who enjoys helping people explore their gardens despite their busy lifestyles.

Easy walking should be back soon. Keep watching the website for news - it is updated regularly.

Finally, we are always looking for new ideas. If you have any, please let me know. We do have a couple of things in the works but are always looking for more.

A summary listing of all the events currently planned for June is shown below, Click on any link for more details or to register. You can also see the [Calendar view here](#).

[Lynne](#)

Listing of Events by date:

ZUMBA (session 6 of 10)	1 Jun 2021 11:00 am
How to raise butterflies	2 Jun 2021 2:00 pm
Lakeside Walking Challenge	3 Jun 2021 7:00 pm
Gentle Cardio Fit (session 3 of 4)	4 Jun 2021 10:00 am
Movies	7 Jun 2021 2:00 pm
ZUMBA (session 7 of 10)	8 Jun 2021 11:00 am
Not a Book Club	8 Jun 2021 1:00 pm
Card Bingo	9 Jun 2021 7:00 pm
Golf at Spring Creek Golf Club	10 Jun 2021 10:00 am
Lakeside Ladies Let's Talk	10 Jun 2021 11:00 am
Gentle Cardio Fit (session 4 of 4)	11 Jun 2021 10:00 am
Technology - Pinterest	11 Jun 2021 11:00 am
Euchre	14 Jun 2021 8:00 pm
ZUMBA (session 8 of 10)	15 Jun 2021 11:00 am
June Monthly Meeting	16 Jun 2021 10:00 am
International Cooking	17 Jun 2021 3:00 pm
Gentle Cardio Fit - 2nd Session	18 Jun 2021 10:00 am
ZUMBA (session 9 of 10)	22 Jun 2021 11:00 am
Our Durham	22 Jun 2021 7:00 pm
Crack the Case	23 Jun 2021 1:00 pm
Golf at Spring Creek Golf Club	24 Jun 2021 10:00 am
Lakeside Cocktail Hour	25 Jun 2021 5:00 pm
Gardening outside	28 Jun 2021 11:00 am
ZUMBA (session 10 of 10)	29 Jun 2021 11:00 am

PROBUS CANADA Executive Changes

Last month, PROBUS Canada announced their new executive committee. They are as follows: President, Bob MacNair (Collingwood), Vice President, Brenda Andrews (Bradford), Past President, Jamie Doolittle (Cobourg), Secretary, D Keith McGregor (Nanaimo) and Treasurer, Martin Capper (Milton).

Our congratulations to them all and especially to Brenda Andrews. As District 2 Director, Brenda has been very helpful in enabling us to set up our club and to grow it so quickly.

For more information about the executive committee, their role, and the other members serving on the Board of Directors please visit the [PROBUS CANADA website](#).

Ask a Techie

In discussing possible questions for this column, a fellow member stated that "Napster always puzzled me. It was this amazing pioneering tech that was first to market to allow people to share stuff over the www and yet all they did was to encourage their users to illegally share music.... Never could figure out what their end game was".

So Elaine decided to turn to the Internet to see what she could find. [Check out the answer here.](#)

It's a fascinating story, well worth the read.

We are always looking for new questions to research. Don't forget to send your questions to pplc.webmaster@gmail.com and we will try to find an answer for you.

[Peter](#), [Elaine](#) & [Valerie](#)

Facebook Report

Our Facebook Group page has now grown to 108 members.

As a gentle reminder our Facebook Group page is **NOT to be used** for promoting any types of business. Admin will delete these posts.

If you are interested in joining our Facebook Group please click on the following link: [PROBUS Pickering Lakeside | Facebook](#)

[Valerie](#)

Little known definitions:

Arbitrator: A cook that leaves Arby's to work at McDonalds

Avoidable: What a bullfighter tried to do.

Burglarize: What a crook sees with.

Counterfeiters: Workers who install kitchen cabinets.

Eclipse: What a Cockney barber does for a living.

Eyedropper: A clumsy ophthalmologist.

Paradox: Two physicians.

Parasites: What you see from the top of the Eiffel Tower.

Pharmacist: A farm hand.

Relief: What trees do in the spring.

Rubberneck: What you do to relax your wife.

Sudafed: Brought a suit against a government official.

Your Management Team:

President - [Jim McMinn](#)

Treasurer - [Peter Davidson](#)

Membership Coord - [Sharon McMinn](#)

Activities Coord - [Lynne Stewart](#)

Social Coord - [Lorna Ware](#)

Speakers Coord - [Laura Green](#)

Webmaster - [Peter Green](#)

Member-at-large - [Valerie Rodrigues](#)

Member-at-large - [Elaine Phipps](#)

House Coord - [Eileen Higdon](#)