

Interest Group Name	Leader Contact	Date & Time	Details
<b>VIRTUAL INTEREST GROUPS</b>			
<b>Wellness Challenge</b>	Cooperatively led by Group Members  Contact - Marybeth Wilson marybwilson72@gmail.com	4 <sup>th</sup> Monday at 1:30 pm	Members can support each other to achieve wellness of the body, mind, and soul, whether it is by fitness, meditation, weight loss, journaling etc; the possibilities are endless. Topics will be decided by group members.
<b>Small Group Virtual Chats</b>	Heather Greenwald – tickityboo@sympatico.ca	1 <sup>st</sup> Friday at 1:30 pm	Each month, the leader will remind the group, by email, which groups are talking. A group of 2 will chat with another group of 2 by Zoom etc. about anything. This group is for those who like to see someone else rather than talking on the phone. The group will decide the number of chats per month.
<b>Virtual Study Group</b>	Jenny Rieger jarieger@sympatico.ca	3 <sup>rd</sup> Thursday at 1:00 pm	The group will pick a topic to study and then each member will talk about one aspect of that topic. You might talk about current events, Ian Brown from the Globe, Water and anything related to water, gardening and famous gardens etc., This is meant to be fun, not a school presentation.
<b>The Call Girls</b>	Mary Anderson maryeanderson1944@gmail.com	Any day, any time	Phone a Friend - This group is especially meant for those without Internet, a slow one that drives you crazy, or any of you who just want to be sure to contact old friends and meet our new members.
<b>Book Group 1</b>	Heather Lindsay hlindsay@bell.net	2 <sup>nd</sup> Tuesday at 7:00 pm (2:00 pm in winter months)	Members read and discuss chosen books.
<b>Book Group 2</b>	Rebekah Chevalier rebekah.chevalier2580@gmail.com	4 <sup>th</sup> Wednesday at 1:30 pm.	Members read chosen books, some from the library book sets.
<b>Book Group 3</b>	Carolyn Gordon cargordon53@hotmail.com	1 <sup>st</sup> Thursday at 1:30 pm	The is the “read whatever you like” group. Each member tells what she has read that month, a quick summary and whether or not she would recommend it.
<b>Euchre</b>	Trish Hewitt - trishhewitt@icloud.com	1st Tuesday at 1:30pm	Downloading the “Trickster” free app allows members to join together and play games online. All skill levels welcome.

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Lunch & Learn	Gay Marie Paige gpaige2022@gmail.com	3 <sup>rd</sup> Tuesday at 1:30 pm	Each month, one member will volunteer to lead an online demo/craft/ or tutorial. This past spring, our online virtual tours of places of our choosing seemed to work well. Here are some of the suggestions: making sour dough. Christmas cake, vegetarian/ vegan recipes, indoor seed starting in a March, creating a vision board, compiling a photo book, a writing/ play workshop, a genealogy workshop, Easter egg decorating with natural dyes, a Fall, Hallowe'en or Christmas centerpiece.
Bridge Group 1	Cheryl Grigg - cgrigg@sympatico.ca	1 <sup>st</sup> and 3 <sup>rd</sup> Friday at 1:00 pm	
Bridge Group 2	Suspended due to low membership	2 <sup>nd</sup> and 4 <sup>th</sup> Friday at 1:00 pm	
Bridge Group 3	Barb Varty - bvarty@gmail.com	1 <sup>st</sup> Wednesday at 1:00 pm 3 <sup>rd</sup> Wednesday at 1:00 pm	
Cuisine Group 1	Charlene Cooper - g47pick@hotmail.com	3 <sup>rd</sup> Monday at 7:00 pm	Virtual Cuisine formats will be determined by the members of each of the groups. If you are interested in finding out how each group is eating virtually or you wish to join a group, please contact the group leader.
Cuisine Group 2	Ann Maher - annmaher@sympatico.ca	1 <sup>st</sup> Monday at 12:00 pm	
Cuisine Group 3	Irene Odell - irene.odell01@gmail.com	2 <sup>nd</sup> Wednesday at 12:00 pm	
Cuisine Group 4	Suspended for the duration of COVID	2 <sup>nd</sup> Thursday at 12:00 pm	
Cuisine Group 5	Trish Hewitt - trishlhewitt@icloud.com	4 <sup>th</sup> Tuesday at 12:00 pm	

### IN PERSON INTEREST GROUPS

Hiking	Mary Fox careyclose@gmail.com Joan Joseph perinjoseph@me.com	Mary's Hikes 2 <sup>nd</sup> Monday at 10:00 am 4 <sup>th</sup> Thursday at 10:00 am Joan's Hikes 1 <sup>st</sup> Wednesday at 10:00 am 3 <sup>rd</sup> Friday at 10:00 am	We have added more times to go hiking/snowshoeing to encourage smaller groups and self-distancing. Contact Mary or Joan to get your name on the mailing list to find out the hike locations.
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***\*\*Please be sure to let the leader of each of these groups know that you are coming back if you have not already done so; contact the leader if you wish to join!\*\****  
***\*\*If you would like to join any of the groups or have any questions, please contact [Gay Marie at gpaige2022@gmail.com](mailto:gpaige2022@gmail.com) \*\****