

Group Name	Date & Time	Details
Wellness Challenge <b>VIRTUAL ONLY</b>	4 <sup>th</sup> Monday at 1:30 pm	Wellness is about much more than our physical bodies being healthy. Wellness is also about our minds and spirits — about all aspects of our beings — working together to keep us ‘well’. Members of this group support each other’s efforts to be well as we take turns exploring topics of interest from breathing to laughter to mindfulness and anything else related to wellness.
Study Group <b>VIRTUAL ONLY</b>	3 <sup>rd</sup> Monday at 1:30 pm	Each member takes a turn doing a short (20-30 minute) presentation on a current topic that is of interest to her. The presentation is followed by a discussion period. Past presentations have included: historical attitudes to ageing, sustainable fashion, composting in bear country, privacy and DNA, and the Olympics.
Lunch & Learn <b>IN PERSON</b>	3 <sup>rd</sup> Tuesday at 1:30 pm	Lunch and Learn is a fun afternoon sharing a meal and personal interests. Once a month a member will offer to host a light lunch and activity. Lunch can either be in the person’s home or in a restaurant. Some of our past meetings have been lunch and a tour of Castle Antiques; lunch and a craft; lunch and sharing a special item and the story behind it; lunch at McKecks and then we went across the street to Lockside Trading Company for a talk on decorating. So, you do not have to have a special talent, just share an interest you have with the group.
Book Group 1 <b>VIRTUAL ONLY</b>	2 <sup>nd</sup> Tuesday at 1:30 pm	Members read and discuss a chosen book each month. Some books are from library book sets. Members take turns hosting in their homes and leading the discussion.
Book Group 2	2 <sup>nd</sup> Tuesday at 1:30 pm.	Members read and discuss a chosen book each month. Some books are from library book sets. Members take turns hosting in their homes and leading the discussion. Most members live in the area around Haliburton.
Book Group 4	4 <sup>th</sup> Wednesday at 1:30 pm.	Members read and discuss a chosen book each month. Some books are from library book sets. Members take turns hosting in their homes and leading the discussion. Most members live in the area around Minden and Carnarvon.
Bridge Group 1	1 <sup>st</sup> Friday at 1:00 pm 3 <sup>rd</sup> Friday at 1:00 pm	
Bridge Group 2 <b>VIRTUAL ONLY</b>	TBD	Trickster is being used
Bridge Group 3 <b>VIRTUAL ONLY</b>	1 <sup>st</sup> Wednesday at 1:00 pm 3 <sup>rd</sup> Wednesday at 1:00 pm	Trickster is being used
Euchre	1 <sup>st</sup> Tuesday at 1:30pm	Each month, we meet at the Haliburton Legion. Beginners are welcome and enrollment is unlimited.

<b>Group Name</b>	<b>Date &amp; Time</b>	<b>Details</b>
<b>Cuisine Group 1</b>	1st Thursday (meeting times vary)	Plant-based cuisine
<b>Cuisine Group 2</b>	1 <sup>st</sup> Monday at 12:00 pm	Cuisine 2 is a dedicated group of 8 independent women who enjoy our informal get togethers mostly for companionship but of course we do enjoy the food. Our intent is to meet on the first Monday of the month at 12:30 pm but as we are a busy and flexible bunch, we are open to agreeing to meet on another day and place.
<b>Cuisine Group 3</b>	2 <sup>nd</sup> Wednesday at 12:00 pm	The host of the month chooses the theme for our gathering. Themes can be based on a holiday, event, specific food item, preparation technique, specific diet requirements, focused menu, etc. New members are always welcome!
<b>Cuisine Group 4</b>	2 <sup>nd</sup> Tuesday at 12:00 pm	The host will provide the main course and assign other courses to the other members. It will be up to the members to choose the recipe she would like to make according to the course they have been given. Having no theme takes the pressure off to find a specific recipe that would fit the theme. You just make whatever you like!
<b>Cuisine Group 5</b>	4 <sup>th</sup> Tuesday at 12:00 pm	Cuisine 5 is a monthly lunch club featuring a themed international menu. Once per month, group members prepare a potluck lunch featuring a cuisine and menu chosen by the home hosts. Each month (October- May) 2 members volunteer to host a maximum of 8 members for the lunch and the groups are mixed and rotated so that everyone gets a chance to have lunch together while sharing some new cuisine.
<b>The Lunch Bunch</b>	2 <sup>nd</sup> Thursday at 12:00	Getting together each month for lunch at a different restaurant within the Highlands.
<b>Hiking</b>	1 <sup>st</sup> Wed. at 10:00 am 2 <sup>nd</sup> Monday at 10:00 am 3 <sup>rd</sup> Friday at 10:00 am 4 <sup>th</sup> Thursday at 10:00 am	There are many beautiful hiking trails, country roads and wandering paths in our county that we can enjoy together while getting some physical exercise and supporting each other socially. Fellowship, laughter, and friendships are the bonus part of each hike! During the winter months we generally snowshoe. Additionally, during the winter months we may also do Full Moon hikes. Members of this group are expected to host hikes - choose a location, give travel directions, rate the hike as easy, moderate, or challenging and be familiar with the route.
<b>Sports Sisters</b>		Every month we will explore a new and different activity in the area. It may be indoors or outdoors depending on the weather and season. Some activities may be instructor-led, and others may be led by members of the group. This is an opportunity to engage in activities you already love with CFUW members but also try new activities that you may have never explored. All levels are welcome, and everybody is encouraged in a safe and supportive environment. There may be costs for venues, instructor lead events, and/or equipment rental which will be shared by the attending members. Activities may include cycling, tennis, yoga class, downhill skiing, fitness class, golfing. The opportunities are endless!
<b>Ladies of the Lake</b>	Every other Monday from June to October	Each meeting is planned around warm weather activities around Haliburton Lakes.