



Women's Probus Club of Cambridge



Spring is in the Air!

Next Meeting

Friday April 17, 2026

Time: 9:30 – 11:30 am

Portuguese Club
870 Townline Rd
Cambridge, ON
N1T 2G3

[Women's Probus Club Of](#)

[Cambridge Website](#)

(Ctrl +click)

<https://womensprobusclubofcambridge.ca/>

Welcome to our newest pinned Probus Members!



Welcome to Donna, Anne, and Katie, with our President Connie.

Please Remember:



Should you be aware of a fellow Probrian who may welcome a gentle connection, whether through a card of support for illness, sympathy, a hospital visit or simply a “thinking of you”, please contact Kay Mattear (519 623-3241)

April's Guest Speaker: Alex Allen, Manager, Volunteer Services & Community Outreach at Hospice Waterloo Region



We look forward to welcoming Alex as she leads us through an empowering conversation about Advance Care Planning in Ontario. As we all hope to be able to make our own health care decisions until the end; that may not be the case for all, many of us will need someone to make health care decisions for us at some point in our life.

Advance Care Planning (ACP) is about deciding who will make health care decisions for you if you are unable to, and having conversations with them about your wishes, values and beliefs to help them understand how you would like to be cared for.

April Greeters:

If YOU would like to welcome new and old friends please let the registration desk know!

What's Next: May 15, 2026 – Theme: Gardening
Speaker: Jeanette Berenz – Rivers' Edge Gardeners

April Days of Acknowledgement

Sikh Heritage Month

Autism Awareness Month

Passover

April 2-9

Good Friday

April 3

Easter Sunday

April 5

Vaisakhi - April 14

- A spring harvest celebrated primarily in Punjab and Northern India and for many it marks the first day of the traditional solar new year. Vaisakhi is the most sacred day in the Sikh religious calendar. It commemorates the founding of the Khalsa Panth by Guru Gobind Singh on April 13, 1699.

Earth Day

April 22



March Guest Speaker: Tim McGowan, a senior lawyer with Bennett Grant (formerly Madorin Snyder)



Tim shared his knowledge on estate planning, gave us good advice on wills, power of attorney and overall considerations as we think about our future plans. Tim was greeted with many follow-up questions. If you would like to connect with Tim and set up an appointment to discuss your specifics, please reach out to Tim at (519.744.4491) or tmcgown@kw-law.com

Committee Updates

Note: You will find contact details on the last page of the Newsletter.

“Who Am I?”: At the start of our meetings, it is always a pleasure to get to know both our new and long-standing members. While you may have been part of Probus for many years, our newer members may not yet know your story, so please don’t hesitate to share.

If you are interested in sharing a little about who you are, please reach out to Carol Bonnett.



Thank you to **Marcia Renner** for March’s Who Am I? The story of her father, Wilfred Renner, safe keeping during WWII, and the on-going connection with the family in Belgium who kept him safe, was heartwarming and inspiring. Wilfred’s “life advice” of courage, family and connections made with other people is a lesson for all of us.

Book Club #1: This club **will not be** meeting in April.

The Page Turners (Book Club #2): March’s book selection was **The Prophet Song** by Paul Lynch. The group found it to be a good read, and a bit disturbing as many of the themes parallel current political issues. April’s read will be **The Spirit of Scatarie** by Lesley Crewe.

April Birthdays

*Wishing you all
the Best!*

Sharon Bird

Shirley Boddy

Joyce Cooper

Virginia Craig

Pat Fyfe

Pam Gillespie

Evelyn Gordon

Jane Malczewski

Linda Melnyk

Kathleen Schrumm

Colleen Smith

Chris Spencer



Culture Club: It was pure spring Spring on March 25, when the 18 members of the Culture Club ventured to the **Royal Botanical Gardens** in Burlington to take in Bloomland in Oz. The flowers, especially the orchids, were amazing.



Enjoy
the
Show!



The **McMichael Gallery** is on deck for April 22nd. If you are interested in attending or joining the Club, please reach out to the committee chair, Carol Harvey.



Our new name tags are being prepared, and we are expecting delivery shortly.

The new tags will be magnetic. Please heed the warning of NOT wearing it if you use a pacemaker. If you need an alternative name tag, please advise Connie T.

Going forward it will be responsibility of each member to keep their tag and to bring it to each meeting.

Please see a sample below.



Hiking Club: Hi-dee-ho Hikers, March provided another hiking opportunity. A bit more inland to keep out of the swampy spring grounds. As the weather is warming, the Hiking Club is looking forward to welcoming more participants. Please sign up to receive the updates for future locations, times and dates!



Euchre Club: Always a good time, and there is an open invitation for more card players!

Technology Booster Club: The new session will start April 7th and will be running until June.

Theatre Club: The theatre group saw a wonderful play at the St Jacobs Playhouse entitled **Dear Evan Hansen**. They rated it as exceptional with a few tears during the story, and then all smiled at the ending.

On April 18, at 1 pm at the Hamilton Family Theatre in Cambridge, the group will be flying off to seeing **Finding Neverland**.





New Members Welcome Tea

To welcome new members since May 2025, a New Members Welcome Tea has been organized for Thursday, **April 9th at 10:00 am** at **Seasons** in Cambridge

Join the Fun!

Some of our groups have reached their current capacity such as the Book Clubs, & POSH. If you would like to be a part of the fun, please contact the Convenor to be placed on a wait list.



ArtC: This club had their first gathering on March 12 with "Learn to Crochet". Check out the instructions on how to crochet a dish cloth later in the newsletter. The club will share upcoming topics/dates, and a sign-up will be available *first come, first serve* at our monthly meeting.

Luncheon Ladies: The Luncheon Ladies went to the Zander's Fire and Grill in Brantford on March 27. Good Food and Good Connections were on the menu. Be sure to check out sign-up sheets at the April meeting for the upcoming locations: The Old School House in Brantford, and the Metro

Restaurant on Victoria Street in Kitchener.



Connie's Comments (President's Update)

Dear Probians,

Spring has arrived and this week promises warmer temperatures. Even with plenty of rain in the forecast, the familiar saying "April showers bring May flowers" gives us all something to look forward to.

Our activity groups are in full swing, and members are enjoying the wonderful variety our Club offers. If you haven't already signed up for something that interests you, please take a moment to browse the list of available activities. It's a great way to have fun and get to know your fellow Probians.



Wishing each of you a very Happy Easter weekend!!! Looking forward to seeing you on April **17th** !

**Warm wishes,
Connie (519-277-1738)**





April's Must-try Recipe:

AIR FRYER CHICKEN BITES WITH BANG BANG SAUCE

Ingredients:

- 1.5 lb boneless skinless chicken breast or thighs
- ½ cup all purpose flour
- ½ cup cornstarch
- 1 cup buttermilk
- 1 egg
- 1 teaspoon hot sauce
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup panko breadcrumbs
- Cooking spray for air fryer

For The Bang Bang Sauce:

- ½ cup mayonnaise
- 3 tablespoons sweet chili sauce
- 2 teaspoons sriracha
- 1 tablespoon honey
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- chopped green onions for garnish

1. **Prep the chicken:** Pat the chicken dry and cut it into 1-inch bite-sized pieces.
2. **Make the marinade:** In a medium bowl, whisk together flour, cornstarch, buttermilk, egg, hot sauce, garlic powder, onion powder, salt, and pepper until smooth. Add chicken, toss to coat, and marinate for at least 30 minutes.
3. **Bread the bites:** Remove chicken from marinade, shaking off excess. Press each piece firmly into panko breadcrumbs until fully coated. Place on a baking sheet.
4. **Air fry:** Lightly spray the air fryer basket with cooking oil or cooking spray. Arrange chicken in a single layer, leaving space between each piece. Spray tops with cooking spray. Cook at 375°F for 10–12 minutes, flipping halfway, until golden brown and crisp. Internal temperature should hit 165°F.
5. **Make the sauce:** While the chicken cooks, whisk together mayonnaise, sweet chili sauce, sriracha, honey, salt, and black pepper until smooth.
6. **Toss and serve:** Transfer hot chicken bites to a large bowl. Drizzle with Bang Bang sauce, toss to coat, and garnish with green onions.

Tips!

Bread chicken up to 4 hours ahead and refrigerate until ready to air fry for extra crunch. Dark meat advantage: Chicken thighs hold up better in the air fryer and stay juicier than breasts, especially when cooking in batches.

Please share your comment on this recipe and forward your Must-Try to Linda.

Samples are always welcomed! v.linda.rodrigues88@gmail.com

Lemon Bar/Square Renovation – Weight Watchers 2-3 Pts Each

Highly recommended by [Donna Gill](#) – Thank you Donna for the share!

- 1 $\frac{1}{3}$ cups [flour](#)
- 5 tablespoons packed [light brown sugar](#)
- 8 tablespoons [unsalted butter](#), cold, cut into 1/2-inch pieces
- 4 large [eggs](#)
- $\frac{1}{2}$ teaspoon [vanilla extract](#)
- 1 $\frac{1}{2}$ cups [powdered sugar](#), divided
- $\frac{3}{4}$ cup [lemon juice](#)



Directions Preheat oven to 350*.

1. Make crust: mix flour and brown sugar using a food processor until fully incorporated. Toss butter into flour mixture and pulse to combine until butter is cut into tiny pea-sized pieces and dough appears lumpy. Pack gently into ungreased 13 x 9 x 2" pan (I lined mine w/foil to simplify cutting). Bake 20 minutes until golden.
2. Meanwhile: Make lemon topping. Beat eggs in medium bowl w/electric mixer (I just did everything in the food processor for easy cleanup). Add vanilla extract and 3/4 c powdered sugar. Mix well. Add lemon juice and remaining powdered sugar until sugar is completely dissolved.
3. As soon as crust is finished, remove from oven and reduce temperature to 300*. Immediately pour lemon mixture over hot crust. Bake completely, about 30 minutes Cool and cut into 24 bars.
4. NOTE: Instructions emphasize that the crust MUST be hot when you pour the lemon mixture over. Not sure why, but they made a special note, so I'm passing that along.

**From our ArtC Club, and specifically [Cathy Button](#),
Here are the instructions to crochet your own dishcloth.**

The yarn must be 100% cotton. The picture shows the yarn I bought at Mary Maxim. Only 1 ball is required.

The pattern is:

1. Using a 4.5 mm crochet hook, chain 26 stitches.
2. Do a single crochet stitch in the second chain from the hook, and then into each stitch across.
3. At the end of the row, chain 1 and turn.
4. Do a single crochet in each stitch to end of row. Chain 1 and turn (25 single crochet stitches).
Rows 5 to 25 - repeat row 4

Border:

Chain 1 and single crochet in each stitch across.

When you get to the corner, do 3 single crochet stitches into the corner. Repeat for the next 3 sides. Do a slip stitch into first corner when last edge is complete.

Sew any loose yarn ends into the stitches.





Committee Connections

Increase your fun by joining!

Learn more by reaching out to the welcoming Convenor

Committee	Where	When	Convenor
BOOK CLUB #1	Galt Country Club 750 Coronation Blvd Cambridge	Second Friday Morning of the Month	Marilyn Parkinson-Crump 519 653-9743 mcrump@rogers.com
The Page Turners BOOK CLUB #2	Rotating Homes	Third Wednesday Afternoon of the Month	Carol Bonnett 519 573-9076 cduffieldbonnett@rogers.com
CULTURE CLUB <i>Expanding our awareness</i>	Varies based on venue	Varies based on venue	Carol Harvey 519 619-9512 harveyce@bell.net
ArtC <i>All things Creative</i>	Various Locations	Second Thursday afternoon of the Month	Sharon Bird 519-212-2368 birdiebirdxxx@gmail.com
EUCHRE	180 Grand Avenue S. Cambridge	First Wednesday each Month	Gaenor Williams 905 802-0494 williamsgaenor@gmail.com
HIKING CLUB	Various Locations in the region	TBD	Angela Dietrich 416-320-7359 angelad@tutamail.com
LUNCHEON LADIES	Variety of venues	Fourth Friday of each Month, 12 noon	Paulette Bissonnette 519 651-1772 pauletteplb2020@gmail.com or sign-up at monthly meetings
THEATRE GROUP	Various locations	Various Times	Sylvia Brooks sbrooks963@gmail.com 416-669-6603
POSH <i>enjoying food, drink and conversation</i>	Rotating homes	First Saturday of the Month, 5 – 9 pm	Heather Cooper 519 404- 4432 hjcooper@hotmail.com
TECHNOLOGY BOOSTER CLUB <i>Learn how to maximize your tech</i>	On-Line – Zoom	First Tuesday of each Month, 1:00 pm	Kay Crawford, 519 616-8704 advisorkay@gmail.com