



cfuw
MLUWC

Newsletter, February 2025

Volume 68, Issue 6

Celebrating over 65 years of Friendship, Advocacy and Education

Volume 68, Issue 6

PRESIDENT'S MESSAGE, Nancy Acemian

**Monday February 10, 2025
On Zoom**

GUEST SPEAKER

Indra Kubicek



**Artificial Intelligence and
our Leaders of Tomorrow**

7:00 p.m. Members' Networking

7:30 p.m. Business Agenda

7:45 p.m. Presentation

Registration required:

According to the Chinese Zodiac, 2025 is the Year of the Snake. The snake symbolizes calmness and introspection—qualities that help us navigate life with wisdom and grace, as noted by chinesenewyear.net. I hope they're right, and that your year has begun with a sense of peace.

As we enter this time of year, some of you may be contacted by a member of the nomination committee. It's the period when the Executive team decides whether to continue for another term or pass the baton to new leadership. If you are approached, please take a moment to consider the opportunity before saying no. This is YOUR club, and it thrives when everyone contributes.

Currently, the nomination committee is seeking candidates for several key positions:

President / Membership Chair / General Meeting
Secretary / Hospitality Coordinator

Those currently in these roles will be happy to guide and support new volunteers. It would be wonderful to see these positions filled, so if you're interested, feel free to speak with the current role-holders to learn more.

In other news, **The MLUWC Snowflakes** are gearing up once again for the **Coldest Night of the Year** event on **February 22**, raising funds for **Ricochet, a WI women's shelter**. We encourage you to support this important cause by donating via the following link:

https://cnoy.w-ith.me/MLUWC_Snowflakes

And finally, Our **February meeting** will be held on **Zoom**, so be sure to register in advance to receive the link. excited to welcome **Indra Kubicek, CEO of Digital Moments**, as our guest speaker. She will be sharing insights on **Artificial Intelligence**, a topic that promises to be both fascinating and thought-provoking.

Don't miss it!
Nancy Acemian

PROGRAM

FEBRUARY GENERAL MEETING

Artificial Intelligence and our Leaders of Tomorrow

Whether you realize it or not, Artificial Intelligence (AI) is already part of our everyday lives. You may not be ready to embrace the idea of driverless vehicles, but you've likely experienced the use of AI in facial recognition technology, predictive text, online shopping, smart home appliances, and applications like WAZE and Siri. Indra Kubicek, CEO of Digital Moment, will tell us about how our youth is being educated in digital technologies and how Canada, and Montreal in particular, have become global leaders in AI.

Indra Kubicek is the CEO of Digital Moment, an award-winning Canadian charity dedicated to equipping youth with digital skills. Under her strategic leadership, Digital Moment has reached over 800,000 young people and 35,000 educators, making significant strides toward digital inclusion.



Her vision to ensure access to AI education has placed the organization at the forefront of youth digital education in Canada.

A dynamic and forward-thinking leader, Indra is passionate about fostering a more inclusive digital world, ensuring that diverse voices shape the future of technological innovation. She believes that empowering the next generation with digital skills is essential for tackling the most pressing global and local challenges. Indra is also a strong advocate for including youth in critical discussions about the ethical use of artificial intelligence as we enter the AI era.

She is also a speaker on the importance of digital literacy, youth empowerment, and building sustainable, socially driven business models to amplify impact. She serves on the boards of Québec Tech and the Montreal Children's Library and acts as an advisor to Mila's Startup Committee, helping to shape the future of AI innovation in Quebec.

Before joining Digital Moment, Indra spearheaded an international initiative while at the Raspberry Pi Foundation in the UK, where she forged partnerships with NGOs across the globe to bridge the digital divide. Her personal experience as a young woman entrepreneur in the tech space, where she faced significant barriers, inspired her to advocate for greater inclusion in digital literacy, particularly for women and underrepresented groups. This journey solidified her commitment to ensure every young person has the opportunity to pursue their "big dreams".

Registration required:

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POTLUCK SUPPERS 2025

MLUWC POTLUCK EVENTS JANUARY 13, 2025

Participation at this year's Potluck saw a marked increase in numbers. We had 69 members this year who chose to get involved, compared to 22 in 2023, and 55 in 2024. Of course, the previous dip was due to COVID, as we can see when we look at participation numbers prior, for example 75 people in 2018 and 84 in 2019, from a membership of 200. With club membership now at 147, our participation rate has truly increased.

Varied Format

The 3 options of Potluck seem to be working well, and participants can choose the preference that best suits their lifestyle. This year we had 4 lunches, 3 dinners and 3 "5 a 7" get togethers.

Focus on New Members

All new members of the past year were contacted directly by email or phone to tell them about Potluck events. Many were met in person at the new members' event at the end of October. Consequently 7 new members signed up for the Potluck events this year.

Donation Option

On the sign-up sheet, an option to have a guest make a \$25.00 donation to the Scholarship Fund instead of providing food or drink, was chosen by one person. It seems worthwhile to continue this option, with perhaps more publicity.

Special thanks to those who agreed to open their homes as hostesses, and those who took on the role of assistant hostesses, by managing and coordinating their groups.

Hosts

Kate Le Maistre
Judy Couillard
Marney MacDonald
Louise Dagenais
Sandra Parekh
Beate Cloetta
Yolande Martin
Victoria Pinnell
Linda Sestock
Lorraine Retfalvi

Assistant Hosts

Anne Howard
Helen Findlay
Valerie Fortin
Joan Dyer
Irene Crozier
Renate Sutherland
Marie Belle Cunningham
Nancy Acemian
Sally Gurekian

Thank you to all the members who chose to participate in Potluck this year. I think it is the perfect touch for a cold January meeting.

Linda Ricketts, Potluck Coordinator

GRADUATE WOMEN INTERNATIONAL (GWI)

Graduate Women International (GWI) 105 GRADUATE WOMEN INTERNATIONAL years 2024
YEAR-AT-A-GLANCE

(see attachment with email)

CFUW & MLUWC ADVOCACY COMMITTEE



Election 2025 & Non-Partisanship

A federal election is coming soon.

As in previous years, **CFUW will release an Election Toolkit after the election is called.** The toolkit will include resources to get informed about the election, key messages and questions to ask candidates, and guidance on hosting an all-candidates meeting. It will also outline what non-partisanship is and what it means for CFUW's involvement in elections. As a reminder:

As a non-partisan organization, CFUW National and Clubs cannot support, oppose, endorse, campaign for, or donate to any party or candidate. If a CFUW member is engaged in campaign activities, it *must* be as an individual, fully removed from Club spaces and their role with CFUW.

But non-partisan does not mean non-political. CFUW National and Clubs *can* express support for or opposition to *policies* and *laws* where we have an Adopted Resolution that supports that position, or where it is directly related to CFUW's mission and values. **The key is to focus on the issues, not the individuals or parties.**

For specific examples, see this document with "[Non-Partisanship Do's and Don'ts](#)". Please contact advocacy@cfuw-fcfdu.ca if you have any questions.

To learn more about election guidelines for non-profits, [register here](#) for Imagine Canada's webinar on February 5 at 2pm ET.

ADVOCACY COMMITTEE

This year the amount collected for gift cards to be distributed to CARE Jeunesse was just under \$2000.00, which is double the amount we usually collect. Your generosity enabled us to help the W.I. Women's Shelter by splitting this amount. We cannot thank you enough

Mary Vlahos presenting the gift cards to Michelle Raposo, Program Manager, Care Jeunesse.



Thanks to the generosity of **Halina** ----- the Advocacy Committee is sponsoring the 3rd annual essay contest.

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In partnership with Lester B. Pearson School Board

ESSAY CONTEST 2025


**CALLING
GRADE 5 & 6
WRITERS!**

CONTEST CHALLENGE:
Students are asked to respond in English or French with an essay of 200-300 words to the **following question:**

How would you advise your fellow classmates to adopt a healthy lifestyle?

CONTEST RULES AND TIMELINE

- Deadline for entries is Friday, March 28, 2025.
- All entries must include the student's name, teacher, grade level and school.
- A committee composed of members of the MLUWC will choose three finalists for recognition.
- Finalists will be announced by mid-April, 2025 and prizes will be awarded.
- All participants will receive certificates of appreciation.

 - 1st prize: \$300.00
- 2nd prize: \$200.00
- 3rd prize: \$100.00

For all questions regarding the Essay Contest, kindly contact Nancy Battet, Educational Services at nbattet@lbpsb.qc.ca

All submissions must be sent as a **PDF attachment** by email to: mluwc.essay.contest@gmail.com

COMMISSION ON THE STATUS OF WOMEN 69TH SESSION

COMMISSION ON THE STATUS OF WOMEN 69TH SESSION
CSW69

LET'S GO VIRTUAL

Not attending CSW69 in person, then how about a get-together?

ORGANIZE A WATCH PARTY WITH YOUR FELLOW NFA OR COLLEAGUES!

 Register for the NGO CSW69 Forum **HERE!**

 Access the live stream **HERE!**



10-21
MARCH 2025

The CSW offers a virtual environment that allows everyone to participate in the various sessions. This year's CSW offers **more than 800 events** with speakers from all over the world to review the **Beijing Declaration and Platform for Action, including three parallel events organized by GWI**. Click **HERE** to register for GWI parallel events.



Mary Vlahos and Patricia DuVal (Co-chairs)

CHRISTMAS PARTY WRAP UP

Cancellation of the 2024 December Christmas Meeting

What a disappointment it was to cancel our December Christmas meeting! However, it turned out to be the right decision, as power to the church wasn't restored until 10:00p.m. For a summary of how we fulfilled our commitments to the various charities we had pledged to support please see the January newsletter sent last month or visit the MLUWC website and click on Newsletters.

This year, \$1,975 worth of gift cards were collected—an increase compared to previous years. The advocacy group proposed splitting the donations between **Care Jeunesse and the West Island Women's Shelter (WIWS)**, a suggestion approved by the Executive. As a result, \$1,000 in gift cards has already been given to Care Jeunesse, with the remaining \$975 designated for WIWS. Of course an even bigger THANK YOU, to you, our wonderful members, for your big hearts, understanding, support and generosity once again. Nancy Acemian President MLUWC

Nancy Acemian
MLUWC President

CONDOLENCES



We extend our condolences to the family and friends of **Hildburg Schleiermacher** who passed away on January 17 after being admitted to the Lakeshore Hospital a week earlier. The obituary has been posted on the Rideau Memorial website.

<http://rideaumemorial.sharingmemories.ca/site/HildburgSchleiermacherEngelmann.html>

Our thoughts and prayers are with her family. Hildburg was a very special lady, generous, kind and open-minded, who lived life to the fullest and who will be missed by all who knew her. She was a long-time member of MLUWC.

She lived autonomously at The Wellesley for the last 15 years. She enjoyed her years of participation in the MLUWC's Book Club and the former Environment Studies group. She loved receiving and reading the monthly newsletter with its informative content of the Club's activities

LOOKING BACK TO LOOK FORWARD

STORIES FROM THE ARCHIVES

In 1970, the Community Studies group co-chaired by Mary Scott and Mary Grasser with an average of 13 participating members successfully compiled, published and distributed a bilingual directory of social services. The directory was called the “Directory of Community Services” and covered the area from Lachine to the Ontario border and listed the services available in the fields of health, welfare, education, culture and recreation.

This directory was a first for a suburban area in Canada. The Community Studies Group, with the cooperation of many interested citizens spent an “incalculable number of “woman-hour” on the directory. As reported: “We have no formal program of study in our meetings, preferring rather to discuss and research a variety of community problems as we become aware of the problem, in order to decide if there is “something we can do” to support effective community change



Cendra Paas
MLUWC Archivist

SCHOLARSHIP DONATION FORM

Donation Form

MLUWC Scholarship Fund

Charity Registration Number 85457 5289 RR0001

Personal donation

Company donation

For: In Memory

or In Honour

In Memory/In Honour

Please complete the following:

Honouree Name: _____

I enclose my donation of \$ _____

Notification Information:

Please make cheque payable to **MLUWC Scholarship Fund**.

Name: _____

Tax receipts will be issued for donations of \$25.00 and more.

Address: _____

Donor Name: _____

City/Prov. _____ Postal Code _____

Address: _____

City/Prov. _____ Postal Code _____

Send to:

MLUWC Scholarship Fund

Email: _____

P.O. Box 383, Pointe-Claire,
QC H9R 4P3

You can also make secure online donations using your credit card through CanadaHelps.org.

Visit mluwc.com and click on: Donate to the Scholarship Fund.

Thank you for your support!



INTEREST GROUPS

Participation in interest groups is a privilege of membership in MLUWC, a chance to get to know other members better while sharing a mutual interest and enjoying some time together.

Interest Group Coordinator
mluwc.interestgroupchair2@gmail.com

TECHNOLOGY AND ZOOM



We welcome Tamara our new coordinator. Please note the new email address to use for requests. If you have any technology or Zoom requirements, kindly direct your requests or queries to **Tamara Colbeck** at : **mluwc.techno@gmail.com**

WEBSITE

Pursuant to Quebec Law 25 on the protection of personal information which came into force in September 2023, you will find a cookie permission screen on the MLUWC website.

ARMCHAIR TRAVEL

Looking forward to you joining us on Zoom for our next adventure. On Tuesday, February 25 at 7:00p.m. we meet for a chat and at 7:30 for our presentation.

This month we are off to Patagonia with Pam Manning. We will explore and see photos of the diverse facets of this legendary adventure realm, on an all-encompassing odyssey to the bottom of South America.

Joyce Schaaf

BOOK CLUB I

We will be looking forward to discussing the works of Colm Tóibín, with our key focus being his latest novel, released in 2024, "**Long Island**". Our meeting is scheduled for Wednesday, February 12, at 1:00p.m. at either Anna's or Judy's. TBD

Judy Kelley

BOOK CLUB II

We will meet on Zoom on Thursday, February 20 at 1:00p.m. Louise Dagenais will review A **“Death in Malta: An Assassination and a Family's Quest for Justice”** written by Paul Caruana Galizia about his mother, the journalist Daphne Caruana Galizia.

Susan Pick Vadivel

BOOK CLUB III

We will once again meet on Zoom Tuesday, February 4 at 7:00p.m. Our selection this month is **“The Rule Breaker, the Life and Times of Barbara Walters”** by Susan Page. It is an in depth look at an extraordinary trail blazer.

Janet McKelvie

BOOK CLUB IV

The group will be meeting on Monday February 19 on Zoom at 7:00pm. The book that we will be discussing will be **“Horse”** by Geraldine Brooks”

We are looking to enlarge our group, new members are welcomed.
Happy Reading.

Luhan Wahbeh

BOOK CLUB V (MYSTERY BOOK CLUB)

The book we will be reading for February is **“The Art Thief: A True Story of Love, Crime, and a Dangerous Obsession”** by Michael Finkel. This book is about Stéphane Breitwieser who carried out more than 200 heists over 10 years. Our meeting will be on Zoom and will be on Wednesday, February 12 at 1:00p.m. Joanne Fraser will be reviewing the book.

Gilda Martinello

COFFEE TIME



Coffee Time 2025 continues on Wednesdays at 10:30am starting in mid-September via Zoom. No reservations required. A topic of conversation is suggested for each week in the invite that is sent out on Monday by either Joyce Schaaf or Marianna Newkirk, co-hosts. It is a chit-chat group where we share laughs and opinions from the comfort of our homes. Hope to see some new faces. **Visitors to Coffee time are always welcome. We meet by Zoom every Wednesday at 10:30 and have a different topic to discuss each time.**

Joyce Schaaf and Marianna Newkirk

DINNER CLUB

Our Dinner Club is a dynamic group of approximately 52 club members, who enjoy dining together and sharing the gastronomy of restaurants in and around the West Island. We average between 15 to 24 diners an outing.

We meet the fourth Thursday of the month at 6:00 p.m. for the dinners and 12:00 p.m. for the luncheons. As your interest group leaders, we will inform you of the date, time and location of that month's restaurant and request confirmation of your presence. We will also call and reserve the restaurant, arrange preferred seating, method of payment and review the menu.

In January our diners enjoyed a splendid luncheon at the French restaurant La Maison Verte in Sainte Geneviève.

Our next gathering will be a dinner, Thursday, February 27, 2025.

An invitation will be distributed to Dinner Club members with the chosen restaurant and to request that they confirm their presence.

We welcome any MLUWC member. Should you wish to join our group, please feel free to contact us.

Luncheon at La Maison Verte



Group leaders

Victoria Pinnell (vpinnell@gmail.com)

Sally Gurekian (shgmontreal@gmail.com)

FRENCH CONVERSATION

French Conversation meets on Zoom on Friday February 21 at 9:30a.m.

Janet Anderson

JAUNTERS

A Jaunt will happen in February, but arrangements are not yet finalized. It is hopefully to be a visit to the **Cosmodome**. Details will be sent to members who wishes to be on the Jaunters membership list. Send your email address and phone number to Pat Jones. _All are welcome.

Pat Jones

Stewart Hall Jaunt



NETWORKING



MLUWC
Networking Event
February 26, 2025
7-9pm
Viva Vida Art Gallery
Pointe-Claire
\$25.00



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For information, please contact Linda Sestock

LET'S PLAY GAMES

This group meets the 2nd Tuesday of each month from 2:00pm to 4:00pm from September to May. We take turns hosting the gathering.

There is always room for more players! If you want to be added to the mailing list, be sure to sign up at the September 4 General Meeting.

Nancy Acemian



WEST ISLAND WALKS

West Island Walks meets every Monday morning at 10 a.m. at a predetermined location in the West Island. Some walk quickly, others walk slower as we discover different neighbourhoods and parks and get to meet other members. Not everyone can come every week, but by signing up, you will get the schedule and know where to meet up when you are available. We are always accepting new members so feel free to contact Jane Cowell

Jane Cowell



On this page, we announce activities that are going on in the community, e.g., breakfasts, concerts, etc. as well as other topics that may be of interest to our members but are not directly associated with our Club, e.g., commissioner of oaths. If you have any items you would like published on this page, please email the information to me (mluwc.newsletter3@gmail.com) and note that it is for the Community News page.

Linda Sestock, Nancy Acemian and Heather MacKay will be joined by Cheryl-Ann Simoneau for the 2025 walk



This year the MLUWC Snowflakes (Nancy, Heather, Linda Cheryl-Ann) are walking in support of **Ricochet Homeless Shelter in Pierrefonds**. The links to join our team or to donate are below: Linda will provide information regarding the exact spot where we are walking this year as it becomes available. Last year was a lot of fun - the CNOY organizers take good care of the walkers.

The MLUWC is supporting the **Ricochet Homeless Shelter in the West Island on February 22, 2025**.

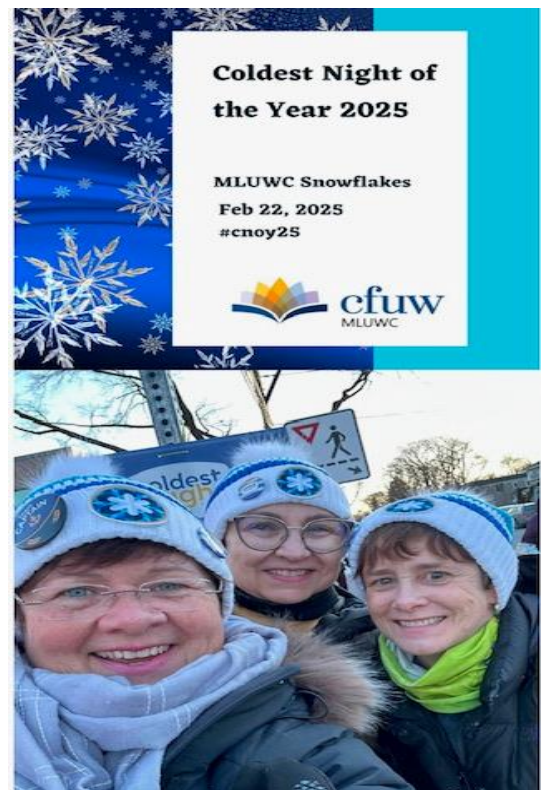
Do you like to walk? Help your community? Enjoy a laugh in the cold? Then you just might want to be an MLUWC Snowflakes

CNOY is a lot of fun and so valuable - would you join us? Just click our team page link below to begin.

<https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=1022927&langPref=en-CA>

Want to support our team? Donate here:

<https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=1022927&langPref=en->



Lakeshore Chamber Music Society

On Friday, February 14, 2025, at 7:30 p.m. the Lakeshore Chamber Music Society will present the following concert:

MORIN QUARTET

STEPHANIE MORIN (flute), **GERALD MORIN** (cello), **DOUGLAS OHASHI** (double bass), **SYLVIA BRUNS** (piano)

Location: Merging Waters Church (formerly Union United Church)
24 Maple Avenue
Ste-Anne-de-Bellevue

Tickets are available at the door: \$25 for adults; \$10 for students; free for 16 & under.

More information is available on our website at: <https://www.lakeshorechambermusic.org/>

ST. COLUMBA CONCERT SERIES 2024-2025

CONCERT INFORMATION: stcolumbaconcerts@gmail.com
Enter on Vincennes Avenue, Pointe-Claire

Saturday, February 22, 7:30 pm: Trans-Atlantic Folk Music
Skye Consort with Emma Björling, *vocalist*;
Sean Dagher, *guitar/vocals*; Amanda Keesmaat, *cello*;
Alex Kehler & Simon Alexandre, *fiddle & nickelharpa*

Montreal 2025 Blanket Project

Raising Awareness About Violence Against Women

A Nota Bene Foundation Initiative



Get involved & make a positive difference!

We are collecting 50 cm x 50 cm squares – knitted or crocheted – symbolizing your **NO** to violence.

The squares will be assembled into blankets. On May 10 2025, they will be displayed at Esplanade PVM. On this day visitors can donate and in exchange will select a blanket(s) of their choice.

All proceeds raised will go to: *Auberge Shalom, Chez Doris, Le Chaïnon and Native Women's Shelter of Montreal*

How to Participate:

Knit or crochet squares measuring 50 cm x 50 cm
Use any type of yarn, colour, or design
Contact us to drop off your squares

Sign up & join the movement

**notabenefoundation@gmail.com
NORI 514-825-0005**

Anyone can participate by knitting or crocheting a square or squares 50x50 cm (20x20 inches) .
Projec will gratefully take any wool anyone would like to donate to pass on to knitters. **Janet Ankcorn** will gladly pick up finished projects & or wool to pass on
Project date is in May so lots of time to leisurely knit

. COMMISSIONER OF OATHS

Do you know the role of a Commissioner of Oaths?
It is an individual who is empowered to certify the oath or "solemn affirmation" of a person upon documents such as diplomas, birth certificates and other records.

If you need this service, please contact
Jennifer Ferguson (between 9am and 5pm)

Please note: If you travel with Senior Tours and are a member of the club, the Scholarship Fund will get a 4% rebate on the cost of your trip.

If you use Senior Tours, please contact me after you return and I will send in the appropriate paperwork.

I just need to have your name, the date of travel and the name of the tour. Thank you and Happy Travels.

Joyce Schaaf



Let's Get Excited About Travel Again!

Senior Discovery Tours takes care of all your travel details, so all you have to do is enjoy our beautiful world. As Canada's largest and most trusted operator of escorted tours and cruises for over 45 years, our tours are designed to provide peace of mind for the mature traveller who enjoys a carefree experience.

Our travellers love our tours because we include everything! They also rave about our Tour Managers, who go above and beyond to ensure that their trip runs smoothly and that everyone has a wonderful experience!

*For every MLUWC member that travels with Senior Discovery Tours,
the MLUWC will receive a 4% commission per booking!
Please contact Joyce Schaaf (joyceschaaf@gmail.com) for booking details.*

Request a Brochure
1.800.268.3492
SeniorDiscoveryTours.ca
Reg# 701736



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<i>Classics</i>	<i>...and more!</i>	<i>Classiques</i>	<i>...et plus encore!</i>

Atwater 3405 Ave. Atwater Montreal, QC www.thomasmore.qc.ca (514) 935-9585

Newsletter Editor: Maria De Wolfe mluwc.newsletter3@gmail.com

Thank you to proofreaders Jane Cowell and Janet Ankcorn.

I take full responsibility for all errors, omissions or spelling mishaps and incorrect punctuation. If you would like me to correct an error in the next newsletter, please email me at: mluwc.newsletter3@gmail.com

If you would like to contact someone mentioned in the newsletter but you don't have their email address, please let me know at mluwc.newsletter3@gmail.com.

Newsletter Deadline: March 12

Happy Valentine's Day to All



http://www.freepik.com/free-vector/valentines-day-decorative-heart-background-design_27960858.htm#from_view=keyword&page=1&position=1&from_view=keyword&from_view=keyword

**May the words of
Bishop Mariann
Budde help us
remember
love**

One courageous woman cleric, Episcopal (Anglican) Bishop Mariann Budde spoke truth to power at the Prayer Service at Washington National Cathedral on Tuesday, calling for unity, mercy, and respect for all people. For more than the soundbite that is being reported, you can hear the whole sermon below.

<https://youtu.be/xwwaEuDeqM8?si=Bf1t6rBrRwXby1-m>

the true meaning of



<https://www.youtube.com/watch?v=xwwaEuDeqM8>

POTLUCK 2025 MEMORIES



Francine Boucher, Marie Belle Cunningham, Carole Newberry, Anna Wilkins and Yolande Martin.
Second photo from left to right is Linda Ricketts, Francine Boucher, Carole Newberry, Anna Wilkins and Yolande Martin.



Heather Robertson, Jane Edwards, Sonia Serfaty, Gilda Martinello, Marney MacDonald, Isabella Hewitt, Jane Weber, Jane Cowell, Valerie Fortin



Linda Sestock, Pat Jones, Heather MacKay, Jennifer Jessup, Pilar Espallat, Veronica Desaulniers, Linda McManus, Sally Gurekian, (Cheryl Simoneau)



Kathleen McGrath, Nancy Acemian, Maria Wadja, Pamela Manning, Addie Ciebien, Rachel Chenier
Not in photo; Victoria Pinnell

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 West island Walks	4 Book Club III 7:00pm Zoom	5 Coffee time 10:30am	6 Advocacy 7:30pm Zoom	7	8
9	10 General meeting Zoom 7:00pm West Island Walks	11 Let's Play Games 2:00pm	12 Coffee time 10:30am Book Club I 1:00pm Book Club V 1:00pm Zoom	13	14 Happy Valentine's Day	15
16	17 Executive meeting 7:00pm West Island Walks	18	19 Coffee time 10:30am Book Club IV 7:00pm Zoom	20 Book Club II 1:00pm Zoom	21 French Conversation Zoom 9:30 am	22
23	24 West Island Walks	25 Armchair Travel 7:00pm	26 Coffee time 10:30am Networking 7:00pm	27 Dinner Club 6:00pm	28	