cfuw OSHAWA AND DISTRICT

Realizing potential. For all women.

February 2026 newsletter

cfuw fcfdu Realizing potential. For all women. Le pouvoir par le savoir.

February General Meeting

MUSIC AS THERAPY

with Toni Mongillo Desideri







Music therapy helps improve cognitive and social skills, emotional awareness and expression, and coping with mental health issues. Therapy techniques include singing, playing instruments, song writing, movement with music, and music discussion. Toni, Director of Creative Minds Music Therapy will tell us about it.

Wednesday, February 11, 2026 - 7:00 PM

All Guests Welcome - Free Admission

St Mark's United Church 201 Centre St S, Whitby

cfuw.oshawa@gmail.com
http://cfuw-oshawa-and-district.weebly.com

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When you bring your used books to the general meeting, please remember to take them home again if unsold. We have no storage for them.

Interest Groups — Janet N

Reading One — Barbara L

Tuesday, February 17 at 1:30 pm Host & discussion leader: Sheila S

Book selection: *The Life Cycle of the Common Octopus* by Emma Knight

Book Chat — Jane R

Wednesday, February 4 at 10 am Discussion leader: Karen N Host: Dianne H

Book selection: *Fried Green Tomatoes at the Whistle Stop Cafe* by Fannie Flagg

It's a Mystery — Mary K

Monday, March 30th Discussion leader: Hedy G Host: Janet N

Book selection: *It Begins in Betrayal* by Iona Whishaw

Bridge Buddies — Karen D

Bridge dates for this month: February 9th and 23rd at 1pm.

Let's Do Lunch — Pat D

Venue: **"The Ruby"** - a unique fine dining experience with spectacular views 8 floors above Whitby and beyond!!!!!!!!!!! Address: 3800 Brock Street North, Whitby

Date: Friday, February 27, 2026 Time: 12:30 p.m.

RSVP: Lunch convenor, Pat D (see club Roster for contact information)

Former members and friends are always welcome. Weather permitting.

Advocacy — Donna H

Next meeting: Thursday, February 12 at 3 pm on Zoom. Contact Donna for the link.

Personal contact information of CFUW Oshawa and District members is considered confidential and not to be used for personal or business solicitation purposes.

At our January meeting, Carol O'Neil from the Alzheimer Society of Durham made an excellent presentation to our club on dementia in all its forms.

We learned the best ways to deal with people with dementia so as not to cause them embarrassment or worsen their confusion.

Pictured are Nonie H, Melanie K, Carol, and Margo M.



Looking ahead…

The Advocacy Committee is pleased to announce that our speaker for the March General Meeting is **Dr. Winnie Sun** of the Faculty of Health Sciences at Ontario Technical University. Dr. Sun is involved with the AGE WELL network - Aging Gracefully across Environments using Technology to Support Wellness, Engagement and Long Life. Her research projects include patient safety in home care, self-care in chronic disease management, and the use of technology for dementia patients and caregivers. Her topic for our meeting is **Embracing Technology as we Age.** This should be an interesting, relevant and practical talk for our membership and guests.

Ontario Council Speaker Series: Saturday, February 21, 10 am to 12 noon on Zoom

AI: How Artificial Intelligence Impacts Education

Registration required on the CFUW Ontario Council website

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A dozen women braved the cold on January 30 to meet for lunch at Spicy Affairs in Oshawa. Good food and good service, and good company of course. We were able to choose our own spice level, thankfully.

National website: **www.cfuw.org**

Ontario Council Website: **www.cfuwontcouncil.org**

CFUW Oshawa & District **http://cfuw-oshawa-and-district.weebly.com**

Newsletter	**Barbara L**

Please submit all newsletter items to barblewis@rogers.com

Items for the March newsletter should be received by Wednesday, February 25th

Friendship	**Maureen A**

Significant news about a member (serious illness or injury or death of member, or death of her spouse or child) should be reported to Maureen A who will advise all members through an email from Barb L and send an appropriate card on our behalf.

CFUW Oshawa & District General Meeting Minutes

Wednesday, January 14 at 7pm St. Mark's United Church, Whitby

1. Welcome: Barbara L Recorder: Hedy G

2. Barbara introduced our speaker, Carol O'Neil, from the Alzheimer Society of Durham: (her presentation was *Understanding Dementia*). Janet N thanked Carol.

3. Attendees - 18 members, 16 guests

4. **Break** for refreshments and conversation - 8:20 pm

Business Meeting Call to order @ 8:35 pm

Motion: by Lynn P, seconded by Joyce F, to approve the minutes of the meeting of November 12, 2025, as circulated in the December newsletter. Carried.

Business arising from the minutes: None

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1. **CFUW National and CFUW Ontario Council News:** Melanie K and Donna H: Nothing new to report to the club members.

2. **Committee Reports:**

a) Membership-Hedy G

- 40 paid members at present
- Sent three prospective members information about the club as well as the January flyer
- Emailed January flyer to past members who attended the 80th anniversary tea
- Updates on Janet B and Lindy K
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b) **Program –** February 11, Music therapy: Melanie K

c) **Publicity:** Jone W – February flyer will be distributed soon

d) **Newsletter- please** send items to Barbara L by January 29

e) **Scholarship:** Lynn P – nothing new to report

f) **Social:** Pamela G - soda bread was provided by Sheila S for tonight's meeting.

g) **Interest Groups**: Janet N

- lunch on January 30 at Spicy Affairs, Oshawa. Contact Pat D if interested.

h) **Advocacy**- Donna H **-**meets monthly via Zoom, contact Donna if interested in attending.

Motion to adjourn: Melanie K @ 8:40 pm **Happy bucks**



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