



## The PROBUS Club of Durham West

Next General Meeting **May 11<sup>th</sup>, 2023**, HMS Ajax Room  
South Entrance Ajax Community Centre,  
75 Centennial Road, Ajax, ON L1S 4S4

### President's Message for May 2023

There are two celebratory days in May: Mother's Day, and Victoria Day.

Mother's Day is the second Sunday of May which is May 14<sup>th</sup> this year. This is when we honour Mothers, Grandmothers and the people who love and care for us in the spirit of Motherhood. We also celebrate the influence of women on society. Family is the kernel of society.

Victoria Day is celebrated on the Monday before May 25, in every province and territory in Canada. It honours Queen Victoria's birthday. This year it will be celebrated on May 22.

Queen Victoria, the British monarch from 1837 to 1901, and Prince Albert (her husband from 1840 until he died in 1861) had 9 children, 42 grandchildren, and 87 great-grandchildren.

Speaking of mothers, and fathers, we watch the birds at our feeder from our breakfast table (which also serves lunch and dinner with a free show, just outside the window).

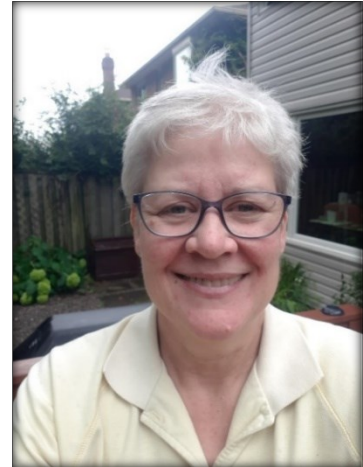
The cardinals boss the other birds: sparrows, nuthatches, and black-capped chickadees. Occasionally we get a blue jay! It is entertaining to watch the sparrow settle down in the middle of the tray, picking out the best seeds and spreading the rest below so the other birds, including juncos and mourning doves, can eat. The squirrels dig around for the leavings.

One morning, we heard blue jays squawking loudly. Outside, a hawk was perched on a fallen tree branch, about 6 feet above the ground, calmly plucking grey fluff. It must have been a blue jay chick. When you put out a feeder, everyone eats...

On this Mother's Day, I would like to honour those women who taught us, nurtured us, and gave us permission to fly away and build our own nests. We raised our chicks and they have flown on strong wings. As I return home to visit my mom, my kids also come back to us. One day, God willing, we'll have grandkids!

Have a Happy Mother's Day! Be safe with the fireworks on May 22.

Ada Larock  
[dwprobus.president@gmail.com](mailto:dwprobus.president@gmail.com)



## SOUND SYSTEM

The sound system issues at our General Meetings are here to stay. We will not be using the overhead speakers due to static issues. We have met with the Town and looked at various solutions. Our best available option, for now, is to use the single portable speaker at the front of the room. We encourage members to sit closer to the front to maximize their experience.

## MAY SPEAKER

**May 11<sup>th</sup>, 2023**

### DR. SHARON COHEN – What is new in Alzheimer’s Research?

Our speaker this month is Dr. Sharon Cohen, a behavioural neurologist. She is the Medical Director and principal investigator of the Toronto Memory Program, a community-based medical facility. Her focus is on Alzheimer’s disease but she also participates in pharmacological trials for acute stroke, frontal-temporal dementia, Parkinson’s disease dementia, Lewy body disease, Huntington’s dementia, and vascular dementia. Dr. Cohen will speak to us about what is new in the work of Alzheimer’s research. This should be both an enlightening and interesting presentation.



[Click here](#) for more information on Dr. Cohen.

## SENIORS’ RESIDENCES AND DAY PROGRAMS

Dr. Cohen will be talking to us about Alzheimer’s disease and related disorders.

Some of our members are dealing with this topic on a very personal level with a spouse, parent or close friend, so we have invited local senior residence providers, who specialize in working with people with Alzheimer’s disease or dementia to join us.

At the back of the room, we will have Cerita Miller from the Lighthouse Retreat and Renée Mathieu from Parkland Ajax to provide you with information on their facilities.

The Lighthouse Retreat has a Day Program with a safe place for seniors to socialize, and improve mental and physical health. This assists in delaying or preventing cognitive decline.

Parkland is a Lifestyle residence with a Memory Care lifestyle option designed specifically for older adults living with Alzheimer’s and other forms of dementia.

# MEMBERSHIP

We presently have 275 members.

Some of our newest members were awarded badges at the April General Meeting. Left to right are Ed and Ann Eriksson, Ada Larock (President) presenting, and Michael and Shirley Fournier



Something new; to speed up the process at the front registration desk, when someone is identified as a guest, they will be given a yellow lanyard to wear and will then be directed by our greeters to the Membership Desk. We will then record their sponsors or confirm Identification as required.

This is a reminder that guests may attend two meetings before deciding to join the Club.

Newer members can be identified by a blue lanyard, please ensure that we give them a special welcome as they get to know us better.

We will be asking you as members to volunteer to be a greeter at the entrance to the meeting room. It's a great way to get to know other members and will help the flow as name tags and badges are checked. Please remember to wear your PROBUS badge to all PROBUS events. You may purchase a replacement at the Membership Desk if yours has gone missing.

## NAME BADGES

Please remember to wear your badge at **every** PROBUS meeting and event. It helps identify you as a member and makes it easier for your fellow members to greet you and get to know you.

It also serves as a level of security.

You may purchase a replacement badge at the Membership Desk or contact us at [dwprobud.membership@gmail.com](mailto:dwprobud.membership@gmail.com) if yours has gone missing. The cost of a new badge is \$25.00.

Bev & Dave Bicknell [dwprobud.membership@gmail.com](mailto:dwprobud.membership@gmail.com)  
Membership Chair

## Share the Wealth

Elizabeth Schlee won the Share the Wealth draw for April in the amount of \$62.75.

Congratulations Elizabeth!



## SOCIAL

Please note, there are **NO REFUNDS** if you sign-up for an event and are unable to attend. You may have someone go in your place by getting payment from them and notifying the convenor of the event of the change along with the name and phone number of the person replacing you.

Be aware that many people are very allergic to scents so please **DO NOT wear perfume or aftershave** when attending gatherings.

Some of our members are unable to drive but would like to participate in social events. If you are planning on driving to an event and are willing to share your ride with someone unable to drive, please contact the event convenor and let them know. Likewise, if you need a ride, contact the event convenor so they can match you up with a driver.

Please use the suggestion box for feedback and ideas for social events.

## MEN OF NOTE AND CLAUDHMOR SPRING CONCERTS

Garry Fitzpatrick, a member of the PROBUS Club of Durham West, and Past President of Pickering Probus, has been singing with **The Men of Note Male Voice Choir** for many years.



This is a non-profit organization and Garry would like to invite you to a combination concert of Claidhmor, a Scottish Group and The Men of Note. There will be three shows, two of which will be held in Port Perry on May 13 and one in Uxbridge on May 14.

This choir has travelled extensively over several years including singing in St Mark Cathedral in Venice, Prague and Vienna as they toured Europe. You may visit their website at <https://menofnote.com/wp/> to see their history. This promises to be a wonderful concert full of familiar songs.

For more information on ordering tickets, times, cost and locations [CLICK HERE](#) to view the concert flyer.

**Tickets will also be on sale at our next General Meeting on May 11.**

If you have any questions please contact Garry Fitzpatrick at [garryfitz@sympatico.ca](mailto:garryfitz@sympatico.ca) or 905-649-8087.

## GLOW-IN-THE-DARK MINI PUTT

Come join us on Wednesday, May 24th for a fun afternoon playing mini-putt in the dark. (Wear something white if you want to see yourself glow.) We will be playing in groups of 4. (No need to prearrange your groups. When you arrive people will form themselves into groups.) We will play 18 holes. It is lots of fun and each hole is different (and very brightly coloured!!) No need to be good at golf...just have a good time socializing with others.



**Date:** Wednesday, May 24, 2023

**Time:** 1:30 to 3:00 p.m.

**Cost:** \$14.25 including tax

**Location:** Putting Edge, 75 Consumers Drive, Whitby

To register for this outing [Go to the Event](#).

Please note that once you pay, you are committed. If you can't make it, you are welcome to find a replacement from the waitlist. Plan on arriving ten minutes early to sign in and get your putter and ball. Masks are optional.

### **Looking forward to seeing you there!!**

Please note that the deadline to sign up and pay is May 15. We only have 16 spots available. After that, you can add your name to the waitlist in case a registrant can't attend and would like someone to take their spot.

If you need more information, contact Bernice Pyke at [billandbernicepyke@hotmail.com](mailto:billandbernicepyke@hotmail.com).

## BRUCE BELL FINANCIAL DISTRICT TOUR

This exciting two-hour tour starts at Union Station and ends at City Hall on Bay Street. We have been assured that this tour is at a leisurely pace with places to sit while listening and washrooms available throughout.

Bruce Bell will walk us to different sites and provide historical information about each one. Check out his website at <http://www.brucebelltours.ca/>.

We will meet Bruce at 61 Front Street East (SE corner of Front and Bay).

This tour will cover the stunning 1920s skyscrapers built along Bay Street in downtown Toronto. It will also include visits to modern skyscrapers like the TD Centre built in 1966 by famed International Style architect Ludwig Mies van der Rohe and Commerce Court built by IM Pei in





1972. Then we will discover some of the newest just-built skyscrapers as well as the stunning art deco Concourse Building 1929 with murals by the Group of 7.

We will end the tour at noon with lunch at Sap restaurant located at 401 Bay Street, (own expense).

Please be sure to indicate when registering if you will or will not be joining us for lunch.  
<https://www.saprestaurant.com/>

This will be a rain-or-shine event!

**Date:** Monday, June 12, 2023

**Transportation:** GO train (own expense - meet on the accessibility car – upper level)

**Time of Departure:** 8:52 a.m. leaving Ajax,  
8:57 a.m. leaving Pickering

**Cost:** \$35.00 Bruce Bell (tour only includes admin fees and tips)

*We require a minimum of 10 people for this event. Once 10 people have registered, invoices will be sent out that can then be paid online.*

**Lunch:** 12:00 p.m. at Sap Restaurant (optional – own expense)

To register for this event [Go to the Event](#).

Convenors: Lorna Smith [Lsmith1@bell.net](mailto:Lsmith1@bell.net)  
Bev Waite [bev.waite@outlook.com](mailto:bev.waite@outlook.com)

## LES MISÉRABLES IN CONCERT AT WESTBEN

Experience the music of one of the most moving musicals in history. An all-star cast assembles at The Barn to bring to life all the favourite musical moments from this international hit. Featuring Adam Fisher, Robert Longo, Caitlin Wood, David Michael Moote, Maher Pavri & Kim Dafoe.



This venue includes picnic grounds, a snack bar and the Milkshed Bar which serves beer and wine. The grounds open 90 minutes before each performance. You are asked to arrive at least 30 minutes before the show.

**Date:** Tuesday, July 25, 2023

**Time:** 2:00 p.m.

**Cost:** \$52 (Concert only)

You may opt to join us for dinner at the Mill Restaurant at your own cost.

This is a self-drive/carpool event.

Please indicate if you will be joining us for dinner as we need a firm number for reservations.

To register [Go to the Event](#)

CONVENORS: Maria Bawcutt [bamb63e@gmail.com](mailto:bamb63e@gmail.com)  
Sharon Fenn [slf809@hotmail.com](mailto:slf809@hotmail.com)

## LET'S GO BLUE JAYS!

The last exciting game of the season is taking place at the Rogers Centre on Sunday, October 1<sup>st</sup> and our club has secured 50 seats!

When every game counts, 50 lucky members will be there for the last deciding game of the season with the Blue Jays vs Tampa Bay Rays.



The seats are in the 200 Level on the west side of the ballpark between third base and home plate. To make it even more exciting it is Fan Appreciation Day and there will be two giveaways.

These giveaways will be announced on the Blue Jays website. Watch for it!!

**Date:** Sunday, October 1, 2023

**Time:** 3:07 p.m.

**Cost:** \$59.95 including tax

**Location:** Rogers Centre

This is a GO train/carpool event (own expense)

To register [Go to the Event](#)

CONVENORS: Sharon Fenn [slf809@hotmail.com](mailto:slf809@hotmail.com)  
Sharon Marshall [oxford9390@gmail.com](mailto:oxford9390@gmail.com)

## UPCOMING EXCURSIONS

For any of the following excursions please contact **Shirley Van Putten** at [shirliavanputten@rogers.com](mailto:shirliavanputten@rogers.com) or call 905-619-8583.

**Flyers will be available at the next General Meeting on May 11.**

## DAY TRIPS

### Tuesday, June 13 – Visit to the Royal Botanical Gardens & Whistling Gardens – Cost \$126

Royal Botanical Gardens (**RBG**) is the largest botanical garden in Canada. It is located at the western tip of Lake Ontario. Four distinct formal gardens are contained within 1100 hectares of a nature reserve, nestled into the slopes of the Niagara Escarpment.

Whistling Gardens Mission is: to establish an internationally recognized horticultural destination attraction, featuring exclusive contributions to our plant collections. Focusing on new and viable ornamental plants for today's gardens with a special emphasis on conifers, woody plants and peonies.

Your tour includes:

- Return transportation by motor coach;
- Guided Tours of both Gardens;
- Driver's Tip;
- 407 Toll.

## MULTI-DAY TRIPS

### June 7-10 – Louise Penny – Three Pines Tour - Cost \$1,159 + HST

Award-winning Canadian author Louise Penny has captivated the world with her compelling mystery novels set primarily in the Eastern Townships of Quebec. Her wildly popular books from the Three Pines series have consistently topped the New York Times bestseller lists and have been translated into 29 languages, selling more than 10 million copies worldwide. Her recent collaboration, co-authoring the State of Terror with Hillary Rodham Clinton has cemented her as one of the mystery genre's all-time greats.

### July 14-24 – Newfoundland – Cost \$4,419 + HST (double), \$5,629 + HST (single)

Every Canadian should go at least once to Newfoundland to experience the people and see the magnificent scenery. This excursion includes 10 nights accommodation in Newfoundland, site seeing, boat cruises, etc.

### September 3-8 – New Orleans - Cost \$2,699

Your five-night stay in New Orleans is at the DRURY INN -Located in the historic Cumberland Phone Building just one block from the St. Charles trolley.



Your stay in New Orleans Includes:

- New Orleans City Orientation tour;
- Tour to the Houmas Plantation, including lunch;
- Bayou Swamp Tour.

**November 16-23 – King Meets Country – Memphis & Nashville – Cost \$3,700**

Your trip includes:

- Round trip direct airfare from Toronto to Nashville;
- Three nights in Memphis – downtown hotel including breakfast;
- Four nights in Nashville – downtown hotel including breakfast - also includes evening “Happy Hour” - snacks & drinks;
- City tours of Memphis and Nashville;
- Graceland - the “Elvis Experience” and Sun Studio;
- Country Music Hall of Fame + RCA Studio B;
- Grand Ole Opry and The Ryman Auditorium;
- **Performance at the Grand Old Opry - the highlight of the tour!!!**

## ACTIVITIES

The PROBUS Club provides its members with the opportunity to join a wide variety of Activity groups. If you are interested in joining a group, the activity leaders are looking forward to hearing from you, and their contact information is available on the webpage.

Certain activity groups have participant limits, due to the nature of the group, and there is a waiting list. If you have an interest in a particular group that is at capacity, please contact the Activity Chair ([bev.waite@outlook.com](mailto:bev.waite@outlook.com)), and your name will be added to a waiting list, or consider becoming an activity leader.

Tips and tricks are available for new group leaders to start a new group. Starting a new group provides you with an opportunity to meet like-minded people who enjoy the same activity as you.

If you are interested in joining a group, we are looking forward to hearing from you. Please reach out to our Activities Chair, Bev Waite at [bev.waite@outlook.com](mailto:bev.waite@outlook.com)

**The PROBUS Club of Durham West has been extremely fortunate to benefit from the leadership and expertise of Geoff Nie and Geoff Cutten. Both of these members, who have been activity leaders for several years for the Gardening group and Nature Lovers group respectively, are stepping down. We would like to thank them for their service, dedication and commitment to these two activity groups.**

## APP-TEASERS

When our Nibbles group reached capacity, and in response to requests, a new “nibbles-type” group formed called App-teasers.

The plan is for it to be an informal afternoon gathering for conversation, snacks, and drinks. It will be held on the fourth Tuesday of every month and each month a member will host the group in their home/backyard.

The next App-Teaser will be on Tuesday, May 23rd. If you are interested in attending please email Roseann at [blakeroseann695@gmail.com](mailto:blakeroseann695@gmail.com), who will share more details.

## BILLIARDS

The PROBUS Club of Durham West has been invited to join two other PROBUS clubs to play billiards every other Friday.

**Where:** Petrina’s Billiards – 21 Harwood Avenue South, Ajax.  
(The entrance is on the north side of the building).

**When:** 11:00 a.m. until 1:00 p.m.  
**The dates for May are the 5th and 19th.**

**Cost:** \$6.00 for two hours

The bar will be open but no food will be available.

This is a drop-in format and registration is not required.

If you have any questions please contact Bev Waite at [bev.waite@outlook.com](mailto:bev.waite@outlook.com).



## BOWLING

**Thursday, May 25 at 2:00 p.m.**

Join us for a FUN time!

Novices to experts are welcome!

We welcome **new** bowlers. This is **not** a league.

Contact Bonnie each month to sign-up.

Bowling is once a month usually on the fourth Thursday afternoon.

**Location:** Ajax Bowling Centre, 172 Harwood Avenue South.

**Cost:** \$11.00 includes 2 games and shoes (\$2.00 for shoes)  
\$9.00 if you have your own bowling shoes. Payment at the bowling alley.

Please contact Bonnie **each month** if you would like to bowl at [bcutten0809@rogers.com](mailto:bcutten0809@rogers.com) or call 905-831-7489 for more information.

## BREAKFAST CLUB

On the first Tuesday of each month, a group of Probus members gather at a restaurant for breakfast.

Ajax has many wonderful restaurants open for breakfast.

There is lots of chatting over a nice hot coffee or tea and a good breakfast.

New members of the group are welcome.

For more information please feel free to contact: Linda Robbins at [Richard.robbins@sympatico.ca](mailto:Richard.robbins@sympatico.ca).

Looking forward to meeting new members.

## CINEMA CLUB NEWS

On Saturday, April 15, a group of us met at Landmark Cinemas in Whitby and watched, Mafia Momma.

It was a comedy which we all decided we needed. We went to Denny's after the movie.

The next movie date will be Saturday, May 20, 2023 at Landmark Cinemas in Whitby.

If there is a movie you'd like to see, please let me know.

If you have any questions or would like to join us, you can contact me, Karen Dryden, at [kdryden2852@gmail.com](mailto:kdryden2852@gmail.com) or Anne McKenzie at [annel.Mckenzie@gmail.com](mailto:annel.Mckenzie@gmail.com).



## CREATE AND CHAT

Our second meeting at Parkland Lifestyle Residences was lively and productive. Twelve members shared progress on their projects, including quilts, blankets, scarves and artwork.

For our new location and to view more photos of our projects [Click here](#).

For more information on the group please contact: Sharon Marshall, at [oxford9390@gmail.com](mailto:oxford9390@gmail.com)

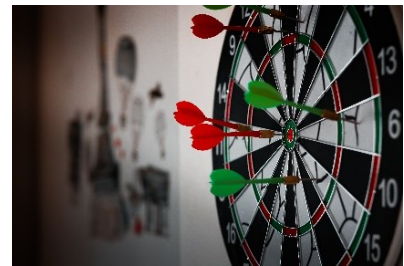


## DARTS

Darts are on hold for the summer months and will start again in the fall.

This is a drop-in format, and registration is not required, but members must bring their own darts.

For information contact: Ruth Bridge at [rbridge@rogers.com](mailto:rbridge@rogers.com)



## DINNER GROUP – “Dinner is Served”

"Sixteen members of our group enjoyed a scrumptious dinner at Amici Trattoria on April 27."

For more information contact: Maria Bawcutt at [bamb63e@gmail.com](mailto:bamb63e@gmail.com)



## DURHAM WEST MARATHON BRIDGE CLUB

Our members are looking forward to the 2023 season.

For further information please contact us.

Contact: Dave Powley at, [powleydi@gmail.com](mailto:powleydi@gmail.com) or (905) 683-1444

## FRIENDLY EUCHRE

This event takes place every second Friday at Ajax Main Library in the Rotary Room.

**The dates for May are the 5th and 19th.**

Doors will open at 1:30 p.m. and Euchre starts at 2:00 p.m. and finishes at 4:00 p.m.

**Everyone is welcome.** If you are interested in joining us, please contact Ann Buffett at [annbuffett28@gmail.com](mailto:annbuffett28@gmail.com).

## GARDENING CLUB

The Gardening Club will be inactive over the winter but will start again next Spring.

See you then and stay safe.

Bev Waite at [bev.waite@outlook.com](mailto:bev.waite@outlook.com)

## LET'S EAT

For the month of April, the Let's Eat group ventured to Italy (in our imaginations), via Brothers Ristorante, in Whitby. We enjoyed our delicious meals and the service was great; the Manager even stopped by to ensure we were all OK. We had some good laughs as we chatted about our adventures in Italy and other destinations. Next month (May) we are dining at The Lake Grill.



Contact Mary McFadden at [mcfadm2@gmail.com](mailto:mcfadm2@gmail.com) or Ada Larock at [larockgrada@gmail.com](mailto:larockgrada@gmail.com)

## NIBBLES AT NIGHT

Our April Nibbles at Night was hosted by Liz Ryan. For the first time since before Covid, we had a full house of 24 members. The nibbles were plentiful and the desserts provided by our hostess were delicious. It was another fun-filled evening with a terrific bunch of people.



Our Nibbles group is currently at capacity.

[Click here](#) for more information on Nibbles and to check out a variety of photos taken by our members.

Fran Griffin [frangriffinhome@gmail.com](mailto:frangriffinhome@gmail.com)

## NORDIC POLE WALKERS

Walkers meet twice a week on Mondays and Fridays at 10:00 a.m.

Contact Eileen Nixon at [eileennixon8585@gmail.com](mailto:eileennixon8585@gmail.com) for information.



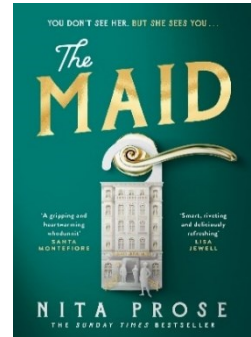


## NOVEL READERS BOOK CLUB

The Novel Readers will meet on May 3, 2023, to discuss *The Maid* by Canadian author, Nita Prose. Prose has written a somewhat different take on the murder mystery. Looking ahead to June, we will be reading *Becoming* by Michelle Obama. During our June 7<sup>th</sup> meeting, we will also be drafting our reading schedule for the coming year.

The Novel Readers meet monthly, usually on the first Wednesday of the month. We currently have full membership. We do not meet during July and August.

For more information, please contact Colleen Lea at 905-686-1629 or [colleenlea@hotmail.com](mailto:colleenlea@hotmail.com)



## OUTDOOR GOLF GROUP

The weather is getting warmer, and the greens are getting greener! Another season of outdoor golf has commenced at Hawthorne Valley on Tuesday mornings! If you are ready to Tee off, call Hawthorn and book yourself in (905-686-2028). You can book as a single, pair, triple or foursome. All members are welcome.

Let them know you are a PROBUS member, and you will get the special rate.

Hope to see you on the fairways!

If you are interested in joining us email Marcia Everitt at [marciaeveritt@yahoo.ca](mailto:marciaeveritt@yahoo.ca)

## SNAPPED CAMERA CLUB

Snapped members ventured to Port Hope for their April outing. We had a great warm sunny day. Our first stop was at Primitive Designs just north of the 401 located at 2762 Northumberland County Rd 28. There are many huge sculptures made from salvaged metal. Many interesting imported products can be purchased.



We heard that the trout were running, so we then headed to Corbett's Dam which was located five minutes south of where we were. The trout were very determined to jump the dam or the culvert with many unsuccessful attempts hitting the concrete walls (ouch)!

After watching workmen weigh, measure and take scale samples of the trout, we headed to the Dancing Bee Equipment store on Toronto Street, Port Hope. If you are looking for a variety of honey products, then this is the place to go. Creamed honey with gingerbread spices was my purchase. Others bought a variety of products.



[Click here](#) to enjoy the many photos we took in Port Hope and a variety of photos taken by the Snapped Camera Club on previous outings.

If you are interested in joining Snapped, please contact Lorna Smith at [lsmith1@bell.net](mailto:lsmith1@bell.net)

## UKULELE STRUMMERS

The ukulele strummers are having fun meeting twice a month. Here are some members playing together

Membership is currently at capacity.

For information contact Sue Porter at [s.e.porter@rogers.com](mailto:s.e.porter@rogers.com)



## WEDNESDAY WALKING GROUP

Join us each Wednesday as we spend an hour walking along the paths in the area. We have walkers of all speeds from fast to snail-like. So, you are sure to find other people who are happy to walk at the same pace as you.

If you are interested in joining our Wednesday Walking Group [Click here](#) for more information or contact Bernice Pyke at [billandbernicepyke@hotmail.com](mailto:billandbernicepyke@hotmail.com)

## WORDS WORTH READING BOOK CLUB

In May the members of our book club will be discussing the novel, *Everything I Never Told You* by Celeste Ng. She wrote it in 2014 and it is her debut novel. Wikipedia outlines that "The story is about a mixed-race Chinese-American family whose middle daughter Lydia is found drowned in a nearby lake. The death of their child leads her parents James and Marilyn to reflect on their lives."

Kirkus Reviews noted, "Ng's emotionally complex debut novel sucks you in like a strong current and holds you fast until its final secrets surface."

Our book club meets monthly from January to June on the third Tuesday of the month. Presently our book club is at capacity.

Contact: Jean Jackson at 905-420-6410 or [jeanej@rogers.com](mailto:jeanej@rogers.com)



# SHARING OUR RECIPE

## MARRY ME CHICKEN

Serve with a salad, pasta or rice.

“The Big Guy” is totally oblivious to the name of this recipe and, I must tell you, it has not worked in this household. I searched on the web for a recipe with lots of taste and I found this treasure at [www.littlesunnykitchen.com](http://www.littlesunnykitchen.com) then I jiggled it to feed two hungry seniors. You can up-size or down-size the sauce as you need. We like lots of sauce for dipping bread or topping up some rice or pasta. It is a great recipe for a small dinner party or special event.



I have found that paprika can be a “wild card” spice! Paprika is ground from dried red peppers and it varies in flavour from mild to very hot and spicy depending on the type of red pepper and whether the seeds and pulp are included in the grind. Hungarian paprika can range from mild (bright red) to spicy and pungent (brownish orange) with the most common being the mild or sweet paprika that we find in our stores. Spanish paprika is made from smoked peppers but it can still be *dulce* (mild) ranging to *picante* (hot). I would recommend you have “Your Big Guy” test the paprika before you put a full tablespoon in the flour dredge.

“The Big Guy” recommends a red wine... just any red wine... but likely a Pinot Noir as that is his favourite!

MARRY ME CHICKEN	
<b>Dredge</b> 2 boneless skinless chicken breasts, cut to portion size length-wise or boneless skinless chicken thighs 3 Tablespoons flour ½ teaspoon salt ¼ teaspoon black pepper 1 Tablespoon paprika  1 Tablespoon olive oil 1 Tablespoon butter	<b>Method</b> 1. Dredge chicken pieces in flour, salt, pepper and paprika. 2. In a large skillet on medium heat, brown the chicken in olive oil and butter for 4-5 minutes per side. Remove from the pan. 3. In the same pan, saute the garlic then add the chicken stock to deglaze the pan. 4. Lower heat to medium-low, add the cream, parmesan cheese, sundried tomato and seasonings. 5. Return the chicken pieces to the pan and spoon the sauce over the top. Add the spinach and simmer for 4-5 minutes until the spinach is wilted.

<p><b>Sauce</b></p> <p>2 cloves garlic, pressed  1 cup chicken stock  2/3 cup cream, 10%  1/4 cup parmesan cheese  1/3 cup sundried tomatoes, chopped in strips  2 teaspoons oil from the sundried tomato jar  Pinch of chili flakes  1/4 teaspoon oregano  1/4 teaspoon thyme  2 cups spinach leaves</p> <p>Table Topping  1 Tablespoon fresh basil leaves</p>	<p>6. Garnish with chopped fresh basil leaves and serve immediately.</p>
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Submitted By Patricia Bolger [pbolger@rogers.com](mailto:pbolger@rogers.com)



For updates from the Town of Ajax, including the Library News please click on the link below:

[https://view.publitas.com/ajax/55plus-link\\_newsletter\\_winter-2022/page/1](https://view.publitas.com/ajax/55plus-link_newsletter_winter-2022/page/1)

SCWW (Seniors Centre Without Walls) operates Monday through Wednesday and provides free virtual programs in which older adults and seniors can participate in comfort from home.

To participate in the program via Zoom or call-in, contact [55plus@ajax.ca](mailto:55plus@ajax.ca) or call 905-619-2529, ext. 7243

## Library Bridge

Library Bridge takes place in the Rotary Room at the library's main branch.

The following schedule is for bridge at the library for May.

Dates for May are:

Thursday, May 4, 2023, 2:30 p.m. to 4:30 p.m. Social Bridge

Thursday, May 11, 2023, 2:30 p.m. to 4:30 p.m. Bridge Lesson – Overcalls

Thursday, May 18, 2023, 2:30 p.m. to 4:30 p.m. Social Bridge

Thursday, May 25, 2023, 2:30 p.m. to 4:30 p.m. Bridge Lesson – Review

If you have questions please contact Harvey Brodhecker, [hbrodhecker@yahoo.ca](mailto:hbrodhecker@yahoo.ca)

Also on **May 9** at noon the Marathon Bridge Year End Celebration at Mandarin Restaurant - come and get your prizes for competing.

## Emergency Preparedness Workshop

On Tuesday, May 9 between 1:00 and 3:00 p.m. at the Audley Recreation Centre, there will be a workshop for Seniors and people with disabilities on the subject of Emergency Preparedness. This is a **FREE** event arranged by the Town of Ajax.

Coffee, tea, and pastries will be provided!, [Click here](#) to view the flyer.

If you are interested please register using the link below.

<https://forms.ajax.ca/Recreation-Culture-and-Community-Development/RPAL/Older-Adults/Emergency-Preparedness-Workshop>