



## The PROBUS Club of Durham West

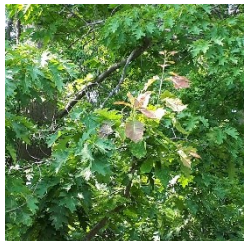
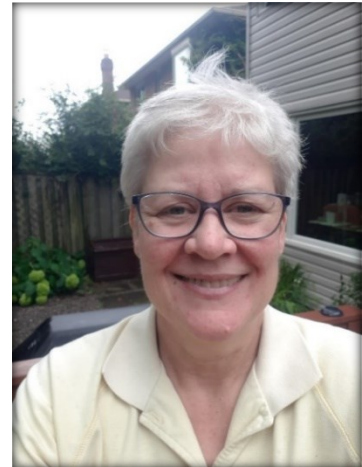
Next General Meeting **July 13, 2023**, HMS Ajax Room  
South Entrance Ajax Community Centre,  
75 Centennial Road, Ajax, ON L1S 4S4

### President's Message for July 2023

Happy Canada Day everyone!

Summer is here, with a vengeance! Sunshine, warm temperatures, mosquitoes, and ants. July is traditionally the time that we look forward to gardening, a vacation, fireworks on July 1<sup>st</sup> and cooking burgers on the BBQ.

My dear Husband re-stained the deck on Father's Day. What else does a retired Dad do on a warm, dry weekend?



As I watched from upstairs, my eye wandered over to the new growth on the Red Oak on the far side of the property line. Sure enough, there is something wrong. Does this picture look like Oak Wilt? While reading another club's newsletter, the message referred to Oak Wilt. I think we have it in Ajax, now. For more information on Invasive Species, or to report a concern, please contact. <https://www.invasivespeciescentre.ca>

Our family joins in a video call on Sunday afternoons. Sometimes we have the whole family and in-laws, and it can run long; other times it's enough to see everyone's faces and wave. We make goals in stone and plans in sand. These days, we must be able to pivot!

One of the many benefits of belonging to PROBUS is sharing hints, tips, and valuable information. In June, I attended the PROBUS Club of Pickering Lakeside, as a guest. As part of the Management Team, we are privileged to receive and read other clubs' newsletters. It was great to meet the leaders of their club and share ideas. The guest speaker, Riley E. Moynes, wrote "The Four Phases of Retirement: What to Expect When You're Retiring". Excellent speaker, I bought his book and sent the details to the Speaker Chair for 2024.

PROBUS is a place to gather as friends, laugh and learn from each other. It's also a place to give back. We need your time, your talent, and your enthusiasm to fill the remaining positions in our Management Team.



**"We make a living by what we get, but we make a life by what we give."**

## 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.

## COFFEE

This is a reminder that coffee/tea will not be served at our July and August meetings.

Please feel free to bring your own coffee or tea and we will revisit this in September.

## SUGGESTION BOX

Please also note that a Suggestion Box is available if you have any thoughts on how to make our club better. The box will be on the Membership Table at General Meetings. If you have any suggestions, please write them down and put them in the box.

Ada Larock

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

## HOLIDAY SEASON LUNCH POLL RESULTS

As you know, we recently conducted a member-wide poll to determine which venue members preferred for our Holiday Season Lunch. Most members were able to use our Wild Apricot survey feature. We expect to get good use of it in the future when need member-wide feedback.

We had 78 online responses and 8 responses by email. (These results represent households, not individuals). If you participated in the poll, we thank you.

The Ajax Convention Centre was the first choice for the majority of respondents and we will soon be securing a contract with them. More announcements will be made at a later date including information on when to register.

Here are the poll results:

A total of 50 online and 5 email responses chose Option 1 - The Ajax Convention Centre as their first choice.

There were 26 online and 3 email responses who chose Option 2 - The Mandarin Buffet as their first choice.

Only 2 chose the Mandarin family style as their first choice.

## VOLUNTEERING FOR OUR MANAGEMENT TEAM POSITIONS

By Walter Matias – Vice President

In this feature, we try to take the mystery out of our upcoming volunteer management vacancies.

Last month we covered the role of Speaker Chair. This month we cover the role of Activities Chair. We will need a new Chair next year.

If you're a sociable person and easy to get along with, this position is ideal for you. You'll get to meet and work with up to 22 Activity Leaders. Call them, meet with them in person or on Zoom – it's up to you. It's a great way to meet new people in the club. You never know when you are going to make a new friend. These activity groups are a key part of why our members join and renew with our club.

Your primary role is to represent these groups at our monthly management meetings and communicate their progress or provide any support they may need. You'll have a vote at these meetings on any decisions made.

The Activity leaders are fairly active and operate independently. They report their monthly updates directly to our newsletter editor – Ena Shaw, so you don't have to worry about that.

Once in a while a member may show an interest in a new activity or there may be an existing need to start a new activity group. You would be there to support them and help them get started. You might, for example, want to feature an article in our newsletter and on our website to see if there is interest in starting a new group.

If speaking to, and updating our members at our General Meeting scares you, talk to us. We can work around that too. If you would like to Co-chair and work with someone else in this role, we will see if we can find a match with someone else who wants to do that too.

There is no great mystery to this role. If you think you might be interested or want to ask questions, you can reach out to Bev Waite, our current Activity Chair at [bev.waite@outlook.com](mailto:bev.waite@outlook.com). We look forward to hearing from you.

For a detailed job descriptions for this and other management positions [Click Here](#).



# JULY SPEAKER

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

## ELAINE CHARAL – “Power of the Pen”

Come prepared to laugh and learn during Elaine's "Power of the Pen" presentation. Discover how to communicate even more effectively with family and friends by knowing what the strokes of handwriting mean. Everyone will learn about their strengths as reflected in the 'paper mirror' of their handwriting. Elaine will be e-mailing Handwriting Profiles to the Participants who filled out the Handwriting Form.

Anyone who submits their handwriting will be provided with an analysis. Elaine will pick a few random samples for use in her presentation from those who have given their permission for her to use their writing as an example.



[Click here](#) for more information on Elaine Charal and our past speakers.

# MEMBERSHIP

We presently have 284 members.

I still have several badges that have not been picked up.

If one of these belongs to you, please stop by the Membership Desk at the next General Meeting to let us know that you are in attendance. We will arrange for your presentation at that meeting.

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 name 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. You may know your name but others don't!

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

Ada Larock, President and our June Speaker Lynda Quirino are seen here presenting Maria Bawcutt (in blue) with her Share-the-Wealth winnings of \$70.25.

Congratulations Maria!



## 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.

[Click here](#) for information and pictures relating to past events.

## LES MISÉRABLES IN CONCERT AT WESTBEN **(CLOSED)**

**Tickets for this event will be distributed at the July General Meeting.**

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.**

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

## ANNUAL PICNIC

Come join your fellow members at our annual picnic. There will be fun outdoor games and a delicious hot meal of roast chicken, roast potatoes, rice and garden salad.

The food is being provided by Churrasco Restaurant in Ajax. Dessert and bottled water will also be provided. The venue includes a covered picnic pavilion, so the fun will go on rain or shine!



**This event is limited to the first 100 registrants.**

**Date:** Wednesday, September 6, 2023

**Time:** 3:30 p.m. to 7:30 p.m.

**Cost:** \$22.00

**Location:** Cullen Central Park, 4999 Cochrane Street, Whitby

To register [Go to the Event](#)

CONVENOR: Maria Bawcutt [bamb63e@gmail.com](mailto:bamb63e@gmail.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 Marshal [oxford9390@gmail.com](mailto:oxford9390@gmail.com)

## UPCOMING EXCURSIONS

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

### DAY TRIPS

#### Thursday, September 29 – Georgian Spirit Boat Cruise - \$168

This is a dinner cruise with music and dancing.

Georgian Spirit boat cruises offer more than 30,000 islands and beautiful sites in Georgian Bay. Enjoy a delicious BBQ dinner on the cruise from Beausoleil Island to Honey Harbour. Georgian Bay is full of history and spectacular sights.

**Your trip includes:**

- Return round trip by motor coach
- BBQ chicken & ribs for dinner
- Sunset Cruise
- Driver Tip

**Thursday, November 9 – St. Jacob’s Sparkles – \$125**

Kick off your holiday shopping season with a visit to St. Jacob’s Farmers Market. Explore 250+ vendors - fresh produce, international cuisine, artisans & more! Visit the Farmers Market, Picard’s Peanuts and the Village of St. Jacob’s.

**Your trip includes:**

- Return transportation by luxury Coach
- Dinner at the Jacob’s Grill
- Visit to Farmer’s Market
- Visit to Picard’s peanuts

**Wednesday, December 13 – A Christmas Carol - \$ TBD**

Ebenezer Scrooge is back! Nestled in the heart of the ultimate Christmas village, the charming holiday favourite A Christmas Carol returns to the Shaw Festival’s Royal George Theatre. It’s the perfect annual reminder of what Christmas is all about. Arrive feeling “Bah, humbug!” and leave full of warm, fuzzy Christmas spirit.

**Your trip includes:**

- Return transportation to the Shaw Festival by motor coach
- Lunch at a local restaurant
- Orchestra Level ticket to see “A Christmas Carol”
- 407 Toll
- Tip for driver

**MULTI-DAY TRIPS**

**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

### Mahjong

At our June General Meeting, I was asked if I knew anyone who played Mahjong. I have played Mahjong on the computer but never the “real” game with tiles. If someone in the club knows how to play and would be willing to join a small group of people to share their knowledge of the game, please contact me at [bev.waite@outlook.com](mailto:bev.waite@outlook.com), and together we can set up a small gathering.

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)

## 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, July 25th. If you are interested in attending please email Roseann at [blakeroseanne695@gmail.com](mailto:blakeroseanne695@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 July dates are the 14<sup>th</sup> and 28<sup>th</sup>.**

**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

**Bowling will be inactive over the summer but will resume in September.**

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 Cutten at [bcutten0809@rogers.com](mailto:bcutten0809@rogers.com) **each month** if you would like to bowl 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, June 17, Cinema Club members met at the Landmark Theatre in Whitby to see The Blackening a comedy thriller. It was enjoyable but we would suggest waiting for it to come out on Netflix.

After the movie, we enjoyed a late lunch and chat at Denny's. All in all, it was a very enjoyable way to spend a Saturday afternoon.

If you have any questions or would like to join us, you can contact 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

Nine creative people met at Parkland Lifestyle Residences on June 19 to share and discuss current projects and events.

Once again, Bev Waite invited the group to create more Hallowe'en costumes for the neonatal unit at Sunnybrook Hospital, as they were so gratefully received last year. This request is not restricted to the Create and Chat group. If you would like to donate a costume, please contact either Bev Waite or myself. Also, red scarves are still being collected for Aids Durham for Christmas, and blankets (any size) for Ajax Pickering Hospital.



If you would like to come out and meet the group and share your talents and time, please get in touch.

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

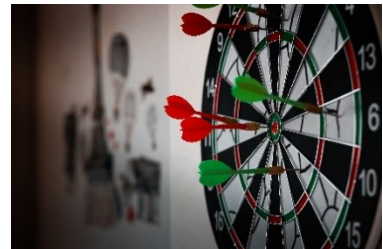
For more photos of our projects [Click here](#).

## 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”

Despite highway closures and the threat of traffic congestion, eleven members of our club met at Jack Astor's in Whitby on June 22nd.

The bowls were a popular choice.

This group is currently at capacity.

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



## DURHAM WEST MARATHON BRIDGE CLUB

A great time was had by all at the end of the season Celebratory Lunch at the Mandarin Restaurant in Pickering.

**The next Marathon Bridge session sign-up will be held in August.**

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



[Click here](#) for more Pictures

## FRIENDLY EUCHRE

**We will not be playing during the summer but we will meet again in September.**

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

## GARDENING CLUB

On June 6th, the Probus Garden Club met for the first time in 2023 to plan outings for the remainder of the year.

Parkland Lifestyle Residences very kindly provided a meeting room for the group and an outing schedule was developed for every month of the remainder of the year, right up until December.

A very enjoyable first outing on June 13<sup>th</sup> was to Rekker's Garden Centre in Bowmanville with lunch following.

Contact:: Sharon Fen at [slf809@hotmail.com](mailto:slf809@hotmail.com) or  
Sharon Jackson at [sharonjackson20@gmail.com](mailto:sharonjackson20@gmail.com)

## LET'S EAT

The Let's Eat Dinner Group met at Kelsey's Original Roadhouse, on Thursday, June 15th, 2023.

There were 11 members present and the conversation was lively!

We will not meet in July. Our next dinner will be on August 17<sup>th</sup>.

For more information contact: Ada Larock at [lrockgrada@gmail.com](mailto:lrockgrada@gmail.com)



## NIBBLES AT NIGHT

A beautiful evening outdoors for our Nibbles at Night group hosted by Laura and Alan Lemay in their lovely backyard.

We had a bit of rain later in the evening but it didn't dampen anyone's spirits as we all moved inside.

Our Nibbles group is currently at capacity.

[Click here](#) for more pictures.

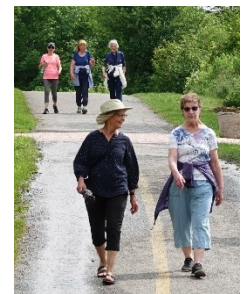
For more information contact: Fran Griffin at [frangriffinhome@gmail.com](mailto:frangriffinhome@gmail.com)



## 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 meet monthly, usually on the first Wednesday of the month.

**We do not meet during July and August.**

We currently have full membership.

For more information, please contact Liz Ryan at [mikelizryan50@rogers.com](mailto:mikelizryan50@rogers.com)

## OUTDOOR GOLF GROUP

Golf is in full swing at Hawthorne Valley. No holes in one to report as yet but we are working on it.

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

The Snapped Camera Club members went to The Guild Park and Gardens in Scarborough for their June outing.

It was a good day to take pictures of the huge art collection of preserved architecture fragments from dozens of demolished buildings - many from Toronto. There were many flowers and the gardeners were busy planting to get ready for the upcoming wedding season.



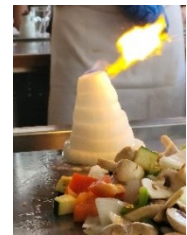
[Click here](#) to enjoy photos we took at The Guild together with a variety of photos taken by the Snapped Camera Club on previous outings.

Of course, any outing needs to include a meal, so we then drove a few minutes down the road to The Olde Stone Cottage Pub and Patio for a lovely meal.

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

## TABLE TALK

On May 29<sup>th</sup>, the Table Talk group had a teppanyaki dinner at Villa Sushi in Whitby.



## UKULELE STRUMMERS

The ukulele club had a wonderful spring season. We are taking a summer break and will resume in September. As usual, we will convene on the second and fourth Wednesday of the month.

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 at 10:00 a.m. for a one-hour walk (or stroll) along pathways in the area. There is no need to confirm your attendance....just show up when you can. You can walk quickly with like-minded people, or you can saunter/stroll along with others. The choice is yours.

We walk rain or shine. However, the routes each week are selected based on the weather reports. We try to have locations with washroom access when possible. If you would like to be on the email list for the weekly





locations, just send your name and email address to Bernice Pyke and she will put you on the list. Hope to see you on the trails for some conversation and gentle exercise.

[Click here](#) for more information and pictures of our walkers.

If you are interested in joining our Wednesday Walking Group contact Bernice Pyke at [billandbernicepyke@hotmail.com](mailto:billandbernicepyke@hotmail.com)

## WORDS WORTH READING BOOK CLUB

**We will be taking a break over the summer so our next meeting will be in September.**

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(S)

“The Big Guy” and I just love this recipe for ***Creamy White Chicken Chili***. I send him out to hunt down and bring home a BBQ chicken for one evening meal then the left-overs are assigned to make this amazing chili recipe for supper the next night. This recipe was passed to me from a friend with its origin on [www.halfbakedharvest.com](http://www.halfbakedharvest.com). I have, of course, adapted and modified it to suit our cooking style. We find that it is best served with fresh bread for dipping all the fabulous tasting creamy juices. Remember to buy the cilantro, yoghurt, avocado, cheddar cheese and lime wedges for the table garnishes!



“The Big Guy” recommends any icy cold beer to complement this tasty chili!

You will notice that this recipe calls for two poblano peppers and one jalapeno pepper. To get the flavour of the jalapeno, I generally chop the flesh of just one jalapeno pepper and discard the seeds and pulp as that is the part that has the heat. You will want to wear gloves to do this and remember to not touch any sensitive parts of your body. To compensate and allow for personal preferences, I have a small pepper grinder full of dried red chili flakes that we use at the table so that the amount of heat on your food can be your own personal choice.

## Creamy White Chicken Chili

### Ingredients

2 Tbsp olive oil  
1 medium yellow onion  
4 garlic cloves, pressed  
2 poblano peppers, seeded and chopped (optional)  
1 jalapeno, seeded and chopped  
2 tsp ground cumin  
1 tsp smoked paprika  
½ tsp chili powder  
Salt  
Pepper  
3+ cups cooked BBQ chicken, shredded or chopped **OR** 1 lb. boneless skinless chicken breasts or thighs  
4 cups chicken broth  
4 oz cream cheese  
2 Tbsp cream or milk  
1 can white kidney beans, drained  
½ cup of salsa verde  
1 cup cheddar cheese shredded

### Table Garnishes:

Cilantro  
Avocado  
Cheddar cheese, grated  
Yoghurt or sour cream  
Green onions, chopped  
Lime zest and lime wedges  
Red Chili flakes

### Method

1. In a large pot, heat the olive oil then add the onion, garlic, jalapeno, poblano peppers, cumin, smoked paprika, chili powder, salt and pepper. Cook about 5-10 minutes until fragrant.
2. Add the chopped or shredded chicken and the chicken broth.
3. Microwave the cream cheese with 2 Tbsp of cream or milk to soften the cheese then add to the pot stirring until smooth.
4. Add the white kidney beans, salsa verde and cheddar cheese. Cook for 5-10 minutes until the cheese is melted. To thicken the broth, mash some of the white kidney beans and return to the pot; to thin the broth, add additional chicken broth.
5. Remove from the heat and stir in chopped cilantro. Ladle into bowls and serve with all the table garnishes.

**Note:** This recipe can also be made with boneless skinless chicken breasts or thighs. In that case, simmer the chicken in the broth for 20 minutes until cooked and then shred the meat with 2 forks.

If using a **Slow Cooker**, cook on Low 6-7 hours or on High for 4-5 hours then shred the meat with 2 forks.

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\\_spring-2023/page/1](https://view.publitas.com/ajax/55plus-link_newsletter_spring-2023/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

## Town of Ajax BBQ

The Town of Ajax BBQ on June 13, was very successful. Our club had a promotional table set up and Ada and Ruth spoke to a number of seniors and handed out many brochures.

## Town of Ajax 55+Wellness and Information Fair

A 55+ Wellness and Information Fair arranged by the Town of Ajax will take place on September 9, 2023, from 10:00 a.m. until 2:00 p.m. We have requested a table for this event as we continue to promote our club.



## Library Bridge

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

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

Thursday, July 6, 2023, 2:30 p.m. to 4:30 p.m. Social Bridge

Thursday, July 13, 2023, 2:30 p.m. to 4:30 p.m. Social Bridge

Thursday, July 20, 2023, 2:30 p.m. to 4:30 p.m. Social Bridge

Thursday, July 27, 2023, 2:30 p.m. to 4:30 p.m. Social Bridge

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