

# Interest Groups

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CFUW Sherbrooke & District offers many opportunities for women to connect, to learn and to have fun through its many Interest Groups.

A member may join as many groups as she wishes, however, only CFUW members in good standing (membership fees paid) are eligible to attend CFUW Interest Groups. Members are able to bring a friend twice to an Interest Group to introduce the individual to the Club.

Presently, we offer the following groups:

- Book Club (Lennoxville/Sherbrooke)
- New Leaf Reading Group (Ayer's Cliff)
- Bridge Club
- Dining Out Group
- Fun with Cooking
- Art Group
- Grandmothers to Grandmothers
- Travel Group
- Walking Friends

## Book Club (Lennoxville/Sherbrooke)



Each month, members have a chance to discuss one of nine books, chosen at a planning meeting in June. The group meets from September to December on the fourth Monday of each month at 7:00 pm, with the exception of December meeting (2<sup>nd</sup> Monday) and from January to June meetings are held on the fourth Monday of the month at 1:00 p.m.

Contact: Marie Trousdell – [matrousdell@gmail.com](mailto:matrousdell@gmail.com) or 819-943-6234

## New Leaf Reading Group (Ayer's Cliff)

This group, formed for readers in the western part of CFUW district, meets from July to January and then from April to June on the first Monday afternoon of the month at 2:00 p.m. Members present books, host the gathering and all discuss the book, author and history. A toonie is collected and donated locally

to town or school libraries at the end of the season. All are welcome.

Contact: Rita Barr – [Margaret.barr@hotmail.com](mailto:Margaret.barr@hotmail.com) or 819-838-5235

## Bridge Club



While exercising their brains and enjoying each other's company, this group meets weekly on Thursday afternoons. A treasured trophy is given out annually at their Christmas get-together to the player with the highest score during the season. The group also plans trips with their partners skiing, snowshoeing and lots of bridge. The weekly donation of a toonie allows them to contribute to a worthy local cause such as the Maison Aube Lumière and the Lennoxville District Women's Centre.

Contact: Carol Watkins – [cwatkins@videotron.ca](mailto:cwatkins@videotron.ca) or 819-569-0796

## Dining Out Group



Here's your chance to explore the Townships and enjoy wonderful new dining establishments in the company of new friends. This group meets about five times a year, alternating lunch and evening get-togethers. All members can attend as few, or as many, as they want. It's a chance for new members to meet, socialize and share the experience of good food.

Contact: Bev Taber Smith – [bev2000@primus.ca](mailto:bev2000@primus.ca) or 819-826-3929

## Fun with Cooking



Trying out new cooking ideas, taking lessons from a pro and just enjoying the pleasures of delicious food are some of the goals of this group. The group meets every six to eight weeks from September to June in members' homes.

Themes and costs are shared. The group contributes to a local charity such as school lunch programs.

Contact: Lee Sullivan Lapp – [lvan@videotron.ca](mailto:lvan@videotron.ca) or 819-566-1184

## Art Group



The Art Group is for anyone interested in exploring the world of art. We visit museums, art shows, locally and afield and try to keep each other informed on the world of art. Members organize visits and choose which events will be attended.

Contact: Lee Sullivan Lapp – [lvan@videotron.ca](mailto:lvan@videotron.ca) or 819-566-1184

## Grandmothers to Grandmothers



These grandmothers and grand-thers raise funds to contribute to the Stephen Lewis Foundation which fund grassroots enterprises of African Grandmothers, often the sole caregivers of their grandchildren. This active group collaborates on a large number of projects: making angels, bags, scarves, card parties, clothing sales and selling theatre tickets.

Members meet five or six times throughout the year for workshops or planning events.

Contact: Heather Keith – [hkeith7@sympatico.ca](mailto:hkeith7@sympatico.ca) or 819-829-1810

## Travel Group



A recently formed travel group is involved with sharing ideas on websites, newsletters, on-line booking, travel insurance and destinations. Presentations on various travel subjects and trips are also part of their meetings. The group also plans short-term trips.

Contact: Bev Taber Smith – [bev2000@primus.ca](mailto:bev2000@primus.ca) or 819-826-3929

## Walking Friends



Exercise. Observation. Conversation

The group meets every second Thursday at 10 a.m. from September to June. Members jointly organize and lead walks (1-2 hours) to a variety of Eastern Townships villages, marshes, trail paths and woodlands. Guests are welcome. Our motto is plan just enough, then let things happen.

Contact: Carol Mooney – [carol.mooney@bell.net](mailto:carol.mooney@bell.net) or 819-838-4312

## Coordinators ■ Interest Groups

Judy Wilson Herring  
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Allison Connelly  
[connellya@sympatico.ca](mailto:connellya@sympatico.ca) or 819-565-8355

Want to start a new interest group or would like further information, please talk to Judy or Allison.