



# Among Friends London - LNAC

London Newcomers' Alumnae Club

May 2026

## What's Inside

<i>Birthdays</i> .....	8
<i>Book Club, Afternoon</i> .....	4
<i>Book Club, Morning</i> .....	4
<i>Breakfast Club</i> .....	4
<i>Calendar</i> .....	8
<i>Coffee, Afternoon</i> .....	4
<i>Coffee, Morning</i> .....	4
<i>Day Tripping</i> .....	4
<i>Dominoes</i> .....	4
<i>Early Birds</i> .....	4
<i>Executive Messages</i> .....	1 – 3
<i>Friday Afternoon Walks</i> .....	4
<i>Fun Lunch</i> .....	5
<i>Gardening</i> .....	5
<i>Golf</i> .....	5
<i>Mahjong</i> .....	5
<i>New(ish) Member Get Together</i> .....	5
<i>On the Town</i> .....	5
<i>Out and About</i> .....	5
<i>Pickle Ball</i> .....	5
<i>Potluck Lunch</i> .....	5
<i>Random Thoughts</i> .....	5
<i>Saturday Wine Social</i> .....	6
<i>Sunday Euchre</i> .....	6
<i>Tech Tips Sharing</i> .....	6
<i>Theatre</i> .....	6
<i>Walk &amp; Talk</i> .....	6
<i>Weekday Euchre</i> .....	6

www.amongfriendslondon.ca  
amongfriendslondon@gmail.com  
226.884.9950

## AMONG FRIENDS London Newcomers' Alumnae Club

Please join us for our May Lunch and Social at

### Tiger Jack's Bar & Grill

When: Thursday, May 14, 2026

Where: 842 Wharncliffe Road S, London

Lunch @ 1:00\* pm

Menu: A large variety of a la carte options.

Cost: Pay the restaurant directly as per your menu selections.

Please do not arrive before 1:00 pm

Parking: Free



### MAKING OR CANCELLING YOUR RESERVATION

Members will be contacted by their caller by

Monday, May 5, 2026

For our May mini social luncheon at Tiger Jacks.

If you have not been contacted or wish to cancel your reservation, please call me (Helen) directly at 519 659-8133.

WE HAVE A RESERVATION FOR 40 FOR OUR GROUP

As a courtesy to the restaurant, if you cannot attend, please call me (Helen) to cancel.

EVERYONE IS RESPONSIBLE FOR THE COST OF THEIR MEAL

Helen Mason Reservation Chair 519 659-8133

### 📌 SAVE THE DATES

**May 5** – 🎉 Trifecta Tuesday at Top of the Fair (see pg. 7)

**May 14** – 🍷 Lunch (1 pm) & Social at Tiger Jacks

**May 31** – 🍁 NNAC Spring Social and Summit (see pg. 3)

**June 11** – 🍷 Dinner & AGM at West Haven G&CC


## AMONG FRIENDS LONDON ~ LNAC BOARD MESSAGE


### **May Update**


We enjoyed a wonderful, very well-attended April dinner at **Boler Mountain**. What a treat to learn more about **Salthaven Wildlife Rehabilitation Centre**! Unfortunately, the Animal Ambassador had recently passed away, but we were thoroughly entertained by stories and lovely video presentations featuring Larry the Goose. Pictures on page 6.


More than **90 members and guests** attended, including our guest speaker **Brian Salt**. Guests included: Barb Stuart (guest of Glenda Shilleto); Autumn and Laurie Baker (guests of Suzanne Brett Welsh); Gloria Wilson (guest of Norma Meyer); Sheila Garner (guest of Shelley Kempling); Nanette Dewars (guest of Helen Mason); and Kimberly Vanderlaan (guest of Suzanne Brett Welsh).

 **Charity Draw:** Winner **Pat Rivard** selected **Juvenile Diabetes** as her charity of choice.

 **Door Prize Winners:** Janina Cowan, Beverley Brown, Sheryl Russell, Pauline McCloskey, and Shelley Kempling.

Looking ahead, we are excited for our **AGM dinner at West Haven GCC on June 11** . The program will focus on the AGM and include an update on our **bylaws**. Please see page 3 and review the attached document for details on the proposed bylaw updates. We hope to see you there! 😊

 **May Fun– Trifecta Tuesday – May 5...**We're heading back to **Top of the Fair** for **Trifecta Tuesday on May 5**; see page 7 for details!

 **Shipshewana Bus Trip, May 19-21...**A trip to Shipshewana is planned for the third week of May—featuring shopping, food, and fun. Interested? **Contact Suzanne** for more details: sbwelsh@robarts.ca. In Friendship, **The LNAC Among Friends Board**

### MEMBERSHIP

Linda Cottell: 519.641.6039

We presently have 182 Members in our club. It's that time of year when new people can join our club, pay the yearly fee and get May and June for free.

*Please welcome new members:*

**Barb Stuart**

803-112 St. James St., Ldn. N6A 1Y2; 519-901-1145; [barbstuart200@gmail.com](mailto:barbstuart200@gmail.com)

**Kim Vanderlaan**

1132 Staffordshire Rd., Ldn N6H 5P9; 616-284-7936; [kim\\_vanderlaan@icloud.com](mailto:kim_vanderlaan@icloud.com)

**Sophia Wood**

908-744 Wonderland Rd., Ldn N6K 4K3; 519-473-6501; [woodsophia22@gmail.com](mailto:woodsophia22@gmail.com)

*Please note these address updates:*

**Pat Peddle:** 1008-300 North Centre Rd., Ldn. N6G 5H2

**Una McCall:** 4014-1961 Shore Rd., Ldn N6K 0K5

Please contact Linda for any roster updates or new membership forms.

### Membership Renewals

**Please see your June Newsletter for your membership renewal form and information.**

## SAVE THE DATE!!!!

Please join us for our June Dinner and Annual General Meeting at  
West Haven Golf and Country Club

When: Thursday, June 11, 2026      Where: 7038 Egremont Drive, London.

Cost: \$45 (three course plated dinner)

Arrival: 5 pm for Mix and Mingle      Dinner: 6 pm      AGM: 7 pm

Please send Newsletter updates to [amongfriendsnewsletter@gmail.com](mailto:amongfriendsnewsletter@gmail.com) by the 9<sup>th</sup> of the month prior!

## London Newcomers' Alumnae Club March 2026 Financial Statement

### TREASURER'S REPORT

Helen Mason and Colleen Leitch

<b>Opening Balance</b>	\$ 10,002.69
<b>Income:</b>	
Lunch / Dinner	\$ 1,730.00
Memberships	\$ 110.00
Name Tags	\$ 60.00
Misc	\$ 93.50
<b>Total Income</b>	\$ 1,993.50
<b>Balance</b>	\$ 11,996.19
<b>Expenses:</b>	
Newsletter	\$ 51.98
Office Expenses	\$ 528.50
<b>Total Expense</b>	\$ 580.48
<b>Balance</b>	\$ 11,415.71
<b>Reserve for Insurance Deductible</b>	\$ 1,000.00
<b>Available Bank Balance</b>	\$ 10,415.71
<b>Closing Bank Balance</b>	\$ 11,415.71

Helen Mason      Treasurer

#### LNAC Executive 2025-26

Co-Presidents: Margaret Townsend & Suzanne Brett Welsh

Secretary: Lois Gilmour

Treasurer: Helen Mason

Programs Coordinator: Margaret Townsend

Menus & Venues: Margaret Townsend

Convenors Coordinator: Penney McCain

Membership: Linda Cottell

Newsletter: Suzanne Brett Welsh

Door Prizes: Yvonne Bissoon-Meyer

Reservations: Helen Mason

Past President: Sandy York

Contact us at [amongfriendslondon@gmail.com](mailto:amongfriendslondon@gmail.com) or  
226.884.9950

Treasurer Assistant: Colleen Leitch

Menus & Venues Assistant: Lois Gilmour

Door Prizes Assistant: Sandra Hughes

Hardcopy Newsletter Distribution: Maureen Legue

Publicity Chair/Website: Suzanne Brett Welsh

Charity Fun Draw: Roni Brett

Club Cards: Janet Horvath

## Bylaw Revision Update

**Hello Members,**

The Board has completed its annual review of the LNAC By-Laws. Below is a summary of the main updates. These changes aim to clarify governance processes, simplify operations, and ensure our bylaws reflect current club practices. Please see the attached track change document and summary sheet for details.

### Key Changes

- **Proxy voting has been removed** from both quorum calculations and the bylaws.
- **Quorum for meetings (including the AGM)** now requires 25% of eligible voting members who are present (in-person or online).
- **The Nominating Committee's slate for the next Board** will now include a **minimum of 6 candidates** (previously 8).
- **The Newsletter will now run August through June**, adding an additional monthly issue.

### Other Improvements

- Wording and formatting have been updated throughout to improve clarity.
- The roles of Directors and procedures for meetings and activity groups have been clarified with no major operational changes.

If you have questions, please contact the board before the June meeting.

## National Newcomers Summit

The National Newcomers Association is pleased to announce the **first annual National Newcomers Spring Social & Summit**. This inaugural event will be held at Honsberger Winery in the Niagara region on **Sunday, May 31**, from 11:30 am to 4:30 pm. Registration is \$70-75 pp and includes a three-course meal. **Register by May 9**. Carpooling can be arranged.

<https://nnac.ca/nnac-spring-summit-social/>. Contact: [nnac.executive@gmail.com](mailto:nnac.executive@gmail.com).



**NATIONAL NEWCOMERS  
CANADA**

Please send Newsletter updates to [amongfriendsnewsletter@gmail.com](mailto:amongfriendsnewsletter@gmail.com) by the 9<sup>th</sup> of the month prior!

## ACTIVITIES:

### BOOK CLUB, AFTERNOON

Deb Owens: 519.474.2112

Annie May Cruckshank: 519.472.0926

Our **May 13**, 2026, meeting will be held at the home of Pat Rivard, 86 Tynedale Ave, at 1:30 pm. We will be discussing the book, "His Only Wife", by Peace A. Medie. Faye DeMelo will be our Discussion Leader. Please call Pat at 519.471.4995 or email her at [patrivard1923@gmail.com](mailto:patrivard1923@gmail.com) if you plan to attend. We look forward to seeing you there.

The June 10th meeting will be held at Seasons Restaurant at the corner of Boler and Southdale Roads at **1:00 pm**. Please note the time change **ONLY** for the JUNE meeting.



### BOOK CLUB, MORNING

Sheryl Russell: 519.471.4346

Morning Book Club will meet on

Tuesday, **May 19**, at 10 a.m. at the home of Mary Longworth, 937 Barclay Rd. We will discuss the book **Songs for the Brokenhearted** by Ayelet Tsabari. Please phone Mary 519-641-6075 if you would like to join us.



### BREAKFAST CLUB

Linda Stroud: 519.933.8262

Breakfast Club will meet on Wednesday, **May 6**, at 9 am. This month we will meet at Ritchies Family Restaurant at the corner of Richmond and Fanshawe. It is at 1673 Richmond Street. Please call Earlene Santos at 519-950-0497 to make a reservation. We look forward to seeing you there.



### COFFEE, MORNING

Judy St. Clair: 519.473.8568

Morning coffee will be held at the home of Jackie Westgate, 1055 Prince George Road, on **May 15th** at 10:00 AM. Please call Jackie at 519 675 1919 if you plan to attend.



### COFFEE, AFTERNOON

Gwen Spencer: 519.657.6576

Coffee pm will be at Gwen Spencer's home on **May 27** at 1:30. Everyone is welcome. Call Gwen at 519 657 6576 for instructions on how to get here.



### DAY TRIPPING

Pauline Demir: 519.641.8994

There will be no Day Trip this month. Please check out the June newsletter for information about our next trip.



### DOMINOES

Sue Strasser: 519.471.1666

The next meeting of the Dominoes group will be held on Thursday, **May 7**, at 1 p.m. at the home of Darlene Bertrand, 6-800 Commissioners Road West. If you would like to be a spare for this group, please contact Sue Strasser at 519-471-1666 or [strasser@rogers.com](mailto:strasser@rogers.com).



### EARLY BIRDS

Pauline Demir: 519.641.8994

There is no formal outing for the group this month. However, May is Spring migration month in our area, so make the most of some of the local Birding festivals and improve your identification skills by checking out some of Birds Canada's free courses: [Courses – Birds Canada Learn](#)



Important dates this month for local birding festivals:

**9 May** Global Big Day (World Migratory Bird Day) [Global Big Day—9 May 2026 - eBird](#)

**1 May – 18 May** Festival of Birds at Point Pelee National Park, [Festival of Birds - Point Pelee National Park](#)

**2 May – 17 May** Festival of Flight at Rondeau Provincial Park, with Guided Bird hikes available for an additional fee – pre-registration required. [Rondeau Provincial Park Pinery Provincial Park - Events](#) Pinery & Grand Bend

### FRIDAY AFTERNOON WALKERS

Penny Duchesne: 519.473.9037

The Friday Afternoon Walkers have done 2/3s of Springbank Park so far. In May, we will do the last 1/3. We will meet at Storybook Gardens at the carousel, then walk the path to Boler Road and back to the carousel. We will meet at 1:30 on Friday, **May 8th**, in front of the carousel. If you would like to do the walk, call Penny at 519-473-9037. In June, we will find a new trail. We are not fast or slow walkers; we keep a medium pace and enjoy the scenery and socializing with other ladies. New ladies are most welcome.



Please send Newsletter updates to [amongfriendsnewsletter@gmail.com](mailto:amongfriendsnewsletter@gmail.com) by the 9<sup>th</sup> of the month prior!

**FUN LUNCH**

Maureen Legue: 226.700.8765

The May Fun Lunch will be hosted by Sandy York (519-474-0833; 2-43 Capulet Walk) on **May 28**, starting at 12:30 pm. Please bring a sandwich cut into 4 and a piece of fruit or some veggies to share. Call: Sandy 519-474-0833 to join the fun.

**GARDENING**

Connie Jasinkas: 519.748.3123

We will be sharing garden designs and planning activities into the spring. If you love plants and gardens, please contact Connie (519-748-3123, [conniejaskas@mac.com](mailto:conniejaskas@mac.com)) to receive meeting information.

**GOLF**

Penney McCain: 519.870.3372

The Golf Committee is meeting on April 14, so watch for an email soon afterward with details about our 2026 golf season.

I'm sure many of you are eager to get out your clubs, take a few practice swings and get out on the course. Here's to another fun season ahead!

**MAH JONG**

Faye DeMelo: 905.872.5791

We will play Mah Jong on Thursday, **May 7** and Thursday, **May 21** at 1:30 pm. If you are interested in playing, please contact Faye DeMelo at [demelofaye@gmail.com](mailto:demelofaye@gmail.com).

**NEW(ISH) MEMBER GET TOGETHER**

Suzanne Brett Welsh: 519.872.5631

The next new(ish) member get-together will be on Saturday, **May 23** at 2 pm. Please let Suzanne know if you are interested in attending!

Our Potential Member get together at Farmboy on Beaverbrook and Wonderland will be held on **May 26** @ 7 pm. Let your friends and neighbours know they are welcome to attend.

**ON THE TOWN**

Marion Gamble: 519.472.7926

Mark the date on your calendar! **May 1**, 6 pm, we will dine at Five87 Bistro on Oxford St. Join the group for fine



food and good conversation. Contact Marion before April 29 to reserve your spot. [Vmgamble@me.com](mailto:Vmgamble@me.com).

**OUT AND ABOUT**

Suzanne Brett Welsh: 519.872.5631

Join us for some weekend outings.

Carpooling arranged. Contact Suzanne.

**May 2:** Anna Mae's for lunch, Stratford for shopping.

June 13: Pinecroft for lunch and shopping.

**PICKLE BALL**

Ferne Upson: 519.474.1125

There will be another pickleball session in May and June. The location is True North Courts on Wonderland with the same time slot, Wednesdays, 2:00 pm to 3:30 pm. The price is determined by the number of players signed up. Please contact me either by phone or email if you have any questions.

**POTLUCK LUNCH**

Penny Duchesne: 519-473-9037

Our next Potluck Lunch will be at the home of Sandy York, Wednesday, **May 20th**, at 12:30. Her address is 43 Capulet Walk, Unit # 2. If you can attend, please call Sandy at 519-474-0833. We always have a delicious lunch with lovely ladies.

**RANDOM THOUGHTS**

Suzanne Brett Welsh: 519.872.5631

Random Thoughts is a listserv email option available to connect members with members. If you have an idea for a last-minute event or activity you would like to share with fellow members, just email [randomthoughtsafl@googlegroups.com](mailto:randomthoughtsafl@googlegroups.com). Contact Suzanne to get added to the list!

**SATURDAY WINE SOCIAL**

Margaret/Maggie Youngblut:

226.237.4024

[margaret.youngblut@sympatico.ca](mailto:margaret.youngblut@sympatico.ca)

Our **May 23** wine social will be held at Lynn Foster's home.

Her address is: 623 Whitehaven Cres., London, ON N6G

4V4 Time: 7:30 PM Telephone: 519-850-7894

Wine of the World: Australia or New Zealand

If you plan to attend, please email Lynn Foster at

[lifoster326@gmail.com](mailto:lifoster326@gmail.com). Please bring either an appetizer



or a dessert, and a bottle of wine from Australia or New Zealand.

### SUNDAY EUCHRE

Rosemary Brook: 519.433.3758

The Sunday Euchre group will be held on **May 24** at the home of Mary Jane MacDougall. If you would like to spare for this group, please contact Rosemary Brook at 519-433-3758 or email [rosemary.brook@rogers.com](mailto:rosemary.brook@rogers.com).

### TECH TIPS SHARING

Joanne Legros-Kelly: 519.686.4112;

[joanne.legroskelly@gmail.com](mailto:joanne.legroskelly@gmail.com)

TTSG is meeting on **May 26** @ 1 pm. This is the last meeting before the summer break. We'll review and discuss Internet Safety, Personal ID Protection, and general Cyber-Security Awareness. If you know an expert in this field who could join us, please let me know. Any LNAC member who is familiar with Zoom is welcome to attend. Please email me before May 21st if you are interested.

### THEATRE

Roni Brett: 519.645.8552

Suzanne Brett Welsh 519.872.5631

We are going to the Palace Theatre on June 7 (Mamma Mia; \$36 for matinee). We will go for lunch at Edgar & Joes beforehand. Please contact Suzanne or Roni as soon as possible to reserve.

### WALK AND TALK

Mary Laird 519.474.1390

We get together to Walk and Talk in Springbank Park on Monday, Wednesday and Friday mornings. The meeting place is the parking lot by Storybook Gardens. (Enter the park at the Commissioners Rd entrance by North St, turn right at the stop sign onto Storybook Lane). The walk commences at 9:30 am. You can set your own pace and the length of your walk. After the walk, we may go for a coffee at Angelo's Italian Bakery and Market at 755 Wonderland Rd N. You are welcome to meet us there! If the weather is not good for walking in the park, we can meet at Westmount Mall, by Tim Hortons, at 9:30 on Monday, Wednesday, and Friday. Come and join us for fresh air, fitness, fun and friendship!



### WEEKDAY EUCHRE

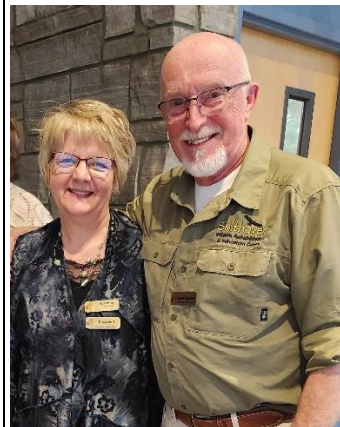
Yvonne Bissoon-Meyer: 519.868.9720

On Thursday, **May 7**, the Euchre group will meet at Margaret Townsend's home. RSVP by calling Margaret at 416-660-1410 or email [metownsend89@gmail.com](mailto:metownsend89@gmail.com). You can also call or text Yvonne at 519-868-9720.



### NEW CONVENOR VOLUNTEER NEEDED:

The Fun Lunch activity has been going strong for many years, convened by members who have enjoyed the group and have taken their turn arranging hosts for each month's lunch. For the activity to continue, a volunteer is needed to take on the coordination responsibilities. Please consider taking on this job. For further information, call or email Maureen Legue at 226-700-8765 or [maureen.legue@gmail.com](mailto:maureen.legue@gmail.com).



Our April Dinner at Boler Mountain was extra special with Guest Speaker Brian Salt of Salthaven Wildlife Rehabilitation Centre. Brian entertained us with many interesting stories about the facility, including an endearing goose named Larry who needed to learn how to be a goose and also how to fly! Be sure to reach out to Salthaven if you would like to visit this summer.



Please send Newsletter updates to [amongfriendsnewsletter@gmail.com](mailto:amongfriendsnewsletter@gmail.com) by the 9<sup>th</sup> of the month prior!

## ✨ We are Off to the RACES

### Trifecta Tuesday! Dinner, Games & Good Company!

Trifecta Tuesday at Top of the Fair is back by popular demand!

📅 **May 5 starting at 5:15 pm**

💰 **\$40** for Seniors or **\$50** for those under 65 + **18% gratuity**

900 King St, London, ON N5W 5K3

#### Price Includes:

🍽️ Buffet Dinner      🅅 Free parking      🎟 \$5 Voucher for the Casino      🏇 \$5 Voucher for the Raceway

📞 If you are interested, please call **Helen Mason at 519-659-8133** no later than **Friday May 1**.

★ *There are 14 spots available, and members are welcome to bring a guest.*

🔗 For more information and to view the menu, please visit: <https://www.topofthefair.com/trifecta-tuesday>

## Thank you!!!

To the incredible volunteer callers for reminding us each month of the upcoming meetings:



Paulette Bensette, Carol Brigham, Loretta Bronnenhuber, Gert Cavanagh, Jeannine Crowther, Deb Gorman Smith, Marion Gamble, Janet Horvath, Jan Hunt, Sylvia Lacon, Sheila Lawrence, Colleen Leitch, Norma Meyer, Mary Moore, Diane Sandor, Beverly Shepherd, Doris Springett, Sue Strasser, Linda Stroud, Audrey VanHolst, Vi Williams, Maggie Youngbut, Judy St. Clair.

Helen Mason, Reservation Chair



## Charity Fun Draw

**Winner of the April draw: Pat Rivard**  
**Her charity: Juvenile Diabetes Canada**

Each received \$175.00

NEXT DRAW: June 11, 2026

Must be present to win

## Your Leadership Can Shape Our Future! ✨

Ladies, we need *you!* Among Friends London ~ LNAC is looking for enthusiastic members to join our Executive Board. Our club thrives on the amazing talents within our membership, and now we're inviting you to help guide our next chapter.

Whether you're creative, organized, a natural communicator, or someone who enjoys bringing people together, **your strengths can make a real impact**. This is a wonderful opportunity to:

- 🎨 Help plan and shape our events
- 💡 Bring fresh ideas to our club
- ☀️ Strengthen our community and support each other
- 🌸 Foster meaningful friendships

We believe every member has something valuable to offer — and we'd be thrilled to have you on board.

### Open Board Positions

- **President**
- **Secretary**
- **Programs (plan 3-4 speakers or entertainment per year plus some Zoom speakers)**
- **Member at Large (general club support)**

If you're ready to get involved, grow with us, and help lead our vibrant club forward, **we'd love to hear from you!**

Email [amongfriendslondon@gmail.com](mailto:amongfriendslondon@gmail.com) or call Sandy at 519-474-0833.

Please send Newsletter updates to [amongfriendsnewsletter@gmail.com](mailto:amongfriendsnewsletter@gmail.com) by the 9<sup>th</sup> of the month prior!

# May 2026



<i>Phyllis Ticco</i> .....	2
<i>Donna Condon</i> .....	3
<i>Kathy Campbell</i> .....	4
<i>Liz Ellis</i> .....	12
<i>Beverley Brown</i> .....	13
<i>Rolande Joseph</i> .....	16
<i>Alice Beddoe</i> .....	17
<i>Mara Hitchens</i> .....	17
<i>Caroll Reicheld</i> .....	18
<i>Helen Ford</i> .....	19
<i>Alanah Mitchell</i> .....	24
<i>Willy Fry</i> .....	28
<i>Vicky Bisanz</i> .....	29

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					1 Walk & Talk  On the Town	2  Out & About
3	4  Walk & Talk	5  Trifecta Tuesday	6  • Walk & Talk • Breakfast Club • Pickle Ball • Afternoon Book Club	7  Dominoes  Mah Jong	8  Walk & Talk  Friday Afternoon Walkers	9
10  <b>Mothers Day</b>	11  Walk & Talk	12	13  • Walk & Talk • Pickle Ball	14  <b>Club Lunch &amp; Social</b>	15  Walk & Talk  Morning Coffee	16
17	18  Walk & Talk  <b>Victoria Day</b>	19  Morning Book Club  <b>Board Meeting</b>	20  • Walk & Talk • Potluck Lunch • Pickle Ball	21  Mah Jong	22  Walk & Talk	23  Newish Member Get Together  Wine Social
24  Sunday Euchre	25  Walk & Talk	26  Tech Tips  Potential Member Meeting	27  • Walk & Talk • Afternoon Coffee • Pickle Ball	28  Fun Lunch	29  Walk & Talk	30
31 NNAC Summit	NATIONAL NEWCOMERS' ASSOCIATION: <a href="http://nnac.ca/">http://nnac.ca/</a> AMONG FRIENDS LONDON ~ LNAC website: <a href="https://www.amongfriendslondon.ca">https://www.amongfriendslondon.ca</a>					

## 🌸 Mother's Day

Mother's Day is a special time to pause and recognize the care, strength, and support that mothers and mother figures bring to our lives: their impact is felt every day. We hope this occasion offers a moment to celebrate, reflect, and say thank you. 💖

🌞 **Victoria Day** marks the unofficial start of summer and is a chance to reflect on Canada's history and traditions. As we enjoy longer days and time outdoors, the holiday also reminds us of the importance of community, renewal, and time spent together. Wishing everyone a safe and happy Victoria Day weekend! 🍁