



Among Friends London - LNAC

London Newcomers' Alumnae Club

April 2026

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www.amongfriendslondon.ca
amongfriendslondon@gmail.com
226.884.9950

AMONG FRIENDS London Newcomers' Alumnae Club Please join us for our April Dinner & Speaker at Boler Mountain!

Speaker: Brian Salt from Salthaven Rehabilitation & Education Centre

When: Thursday, April 9, 2026

Where: 689 Griffith Street, London
(enter off Byron Baseline Road at Griffith St or
Boler Road to Griffith Street)

Arrival: 5:30 pm; Dinner: 6:00 pm

Menu: buffet selection: Caesar Salad, Garden Salad with house vinaigrette*, warm rolls and butter, herb-roasted garlic chicken breast with spinach and parmesan sauce*, seasonal roasted vegetables*, mashed or roasted potatoes*, butternut squash ravioli with sage cream sauce, assorted cookies & squares, coffee & tea. * Gluten Free.

Reserve by **March 30.**

Cost: \$45 for members; \$50 for guests

Parking: Free

Making or Cancelling your reservation!

Thank you to those who have already registered for this dinner at Boler Mountain and **IT IS NOT TOO LATE TO REGISTER!!**

Either contact your caller or call me direct: Helen Mason at 519 659-8133. The deadline for reservations or cancellations without penalty is March 30th. Thereafter a reservation made is a reservation paid. If cancelling after March 30, please call me as soon as possible and forward your cheque payable to LNAC to me Helen Mason, 104-1200 Commissioners Rd W, London N6K 0J7.

Pre-written cheque payable to LNAC or e-transfer to:

amongfriendslondon@gmail.com (security questions can be anything), but the answer must be LNAC2022. You may also mail your cheque direct to me (Helen) prior to April 9 and avoid the line up at the check-in desk.

If you have any questions, please do not hesitate to call me.

Helen Mason

Reservation Chair

519 659-8133

PLUS ... SAVE THE DATE! 📅 Zoom Speaker – April 20

Mark your calendars for April 20, when **Bob Bell** presents an engaging Zoom session on **birding and resilience**. A great way to learn, connect, & welcome spring. See Zoom link on pg 2.

AMONG FRIENDS LONDON ~ LNAC BOARD MESSAGE

April Update

Spring is finally here, and we have a wonderful lineup of activities to enjoy together!

Euchre Tournament Success

A huge thank-you to everyone who joined our Euchre Tournament on March 8—over **60 players** came out for an afternoon of cards, laughs, and competition. Congrats to all our prize winners!

April Dinner at Boler Mountain – April 9

We're excited for our April dinner at **Boler Mountain**, featuring a special presentation from **Salthaven Rehabilitation & Wildlife Centre**. Their speaker will be joining us with an **animal ambassador**, making this an evening you won't want to miss! See page 1 for details!

Zoom Speaker – April 20

Mark your calendars for **April 20**, when **Bob Bell** presents an engaging session on **birding and resilience**. A great way to learn, connect, and welcome spring. **Zoom link:** <https://tinyurl.com/37nvrsm4>

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!

New Outing: Shishewana Bus Trip, May 19-21

A brand-new adventure is available for the **third week of May**—a trip to **Shishewana** featuring shopping, food, and fun. Interested? **Contact Suzanne** for more details: sbwelsh@robarts.ca.

Manitoulin Getaway Reminder – September 24-26

Spaces are still open for our **Manitoulin Island tour in September**. Full details are available on page 3 of the newsletter. This is a great opportunity to visit a beautiful part of Ontario in fall!

In Friendship, The LNAC Among Friends Board

MEMBERSHIP

Linda Cottell: 519.641.6039

We currently have 179 members.

Please welcome these new members:

Janet Stonehouse

1-14 Cadeau Terrace, Ldn ON N6K4X5
416-829-8532; jestonehouse@gmail.com

Annette MacDougall

709-309 Southdale Rd. W. Ldn ON N6J 0B9
519-686-6158; anniedag1951@gmail.com

Donna Vachon

1362 Sandy Somerville Dr. Ldn ON N6K5R4
519-852-6945; donnaavachon58@gmail.com

Cindy Forget

121 Dartmouth Dr. Ldn ON N5V4N1
519-476-1220; cindy.l.forget@gmail.com




Sharon Griffiths

3830 Auckland Ave. Ldn, ON N6L 0J2
519-476-7997; sharontemple33@gmail.com

Please change the email for **Christine Dafeo** to jcdafoe65@gmail.com.

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

SAVE THE DATES

- April 9** –  Dinner & Guest Speaker – **Salthaven**
- April 20** –  **Zoom Speaker: Bob Bell** on Birding & Resilience: <https://tinyurl.com/37nvrsm4>
- May 5** –  Trifecta Tuesday at Top of the Fair
(see page 7 for details)
- May 14** –  Lunch (1 pm) & Social at Tiger Jacks
- May 19-21** –  Shishewana Getaway
- May 31** –  NNAC Spring Social and Summit
- June 11** –  Dinner & AGM at West Haven G&CC
- September 10** –  Dinner & Speaker at West Haven G&CC
- September 24–26** –  Manitoulin Island Getaway
(see page 3 for details)

Please send Newsletter updates to amongfriendsnewsletter@gmail.com by the 9th of the month prior!

London Newcomers' Alumnae Club February 2026 Financial Statement

TREASURER'S REPORT

Helen Mason and Colleen Leitch

Opening Balance \$ 9,897.69

Income:

Memberships \$ 60.00

Name Tags \$ 45.00

Total Income \$ 105.00

Balance \$ 10,002.69

Expenses:

No expenses for Feb.

Total Expense \$ -

Balance \$ 10,002.69

Reserve for Insurance Deductible \$ 1,000.00

Available Bank Balance \$ 9,002.69

Closing Bank Balance \$ 10,002.69

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 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

Autumn Getaway to Manitoulin Island

 **September 24–26, 2026** 

Enjoy a refreshing fall escape on a guided group tour to beautiful Manitoulin Island! Experience breathtaking scenery, rich Indigenous culture, and cozy waterfront accommodations—perfect for an unforgettable autumn break.

Trip Details

- **Cost:** \$1,325 per person (double) or \$1,575 (single), taxes included
- **Includes:** Deluxe motorcoach travel, ferry crossings, 2 nights at *The Manitoulin Hotel & Conference Centre*, 2 breakfasts, 2 lunches, 2 dinners, and guided cultural experiences

Trip Highlights

Day 1 – Travel North

Depart London and check into your waterfront hotel in Little Current, steps from scenic trails and the historic Swing Bridge. Lunch and dinner included.

Day 2 – Culture, Art & Nature

Learn the story of Wiikwemkoong Unceded Territory with a local guide and meet Woodland-style artist James Simon Mishibinijima. Enjoy stops at a lighthouse & Bridal Veil Falls. Breakfast & lunch included; dinner on your own.

Day 3 – Journey Home

Return via the iconic Chi Cheeman Ferry along Nautical Highway 6. Breakfast and dinner included lunch available for purchase on board.

Reserve Your Seat

Email amongfriendslondon@gmail.com or call
226-884-9950.

Twenty seats are available; 12 held for Among Friends LNAC until **April 15**.

Tour by Fields Trips (TICO #50021958). For a full flyer, contact Kelly Fields at kfields@fieldstrips.ca or 519-894-8687.



LNAC ~ Among Friends London Membership Card
~ Membership Year 2025-2026

Name: _____

Address: _____

Please send Newsletter updates to amongfriendsnewsletter@gmail.com by the 9th of the month prior!

ACTIVITIES:

BOOK CLUB, AFTERNOON

Deb Owens: 519.474.2112

Annie May Cruckshank: 519.472.0926

We will be meeting at the home of Faye DeMelo, 184 Willow Ridge in Ilderton, on Wednesday, **April 8th** at 1:30 p.m. We will be discussing the book "The Change" by Kirsten Miller. Annie May Cruckshank will be our Discussion Leader. Please call Faye at 905.872.5791 or email her at demelofaye@gmail.com. We look forward to seeing you there!



BOOK CLUB, MORNING

Sheryl Russell: 519.471.4346

Morning Book Club will meet at Mary Lucas's home (39 Dennis Ave, Lambeth) on Tuesday, **April 21**, at 10 am. We will discuss the book, The Illegal, by Lawrence Hill. If you would like to attend, please phone Mary (519-615-4483) to confirm your attendance.



BREAKFAST CLUB

Linda Stroud: 519.933.8262

Breakfast Club will meet on Wednesday, **April 8**, at 9 am. This month, we will be going to the Halibut House at Fanshawe and Highbury. The restaurant doesn't open till 9 am. Do not come too early, as you will have to wait in the car. Please call Marion Campbell at 519-472-7926.



COFFEE, MORNING

Judy St. Clair: 519.473.8568

Morning coffee will be held at the home of Judy St Clair, 119 Fitzwilliam Blvd., on **April 17th** at 10:00 am. Please call Judy at 519 473 8568 if you plan to attend.



COFFEE, AFTERNOON

Gwen Spencer: 519.657.6576

Coffee PM is Wednesday, **April 29**, at the home of Maureen Legue. RSVP to Maureen at 226 700 6075 for time and place.



DAY TRIPPING

Pauline Demir: 519.641.8994

There will be no Day Trip this month. Please check out the May 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, **April 2**, at 1 p.m. at the home of Sue Strasser, 886 Cranbrook Road, unit 27. If you would like to be a spare for this group, please contact Sue Strasser at 519-471-1666 or strasser@rogers.com



EARLY BIRDS

Pauline Demir: 519.641.8994

There will be no organized outing for our birding group in April. However, please don't forget the two events organized by our executive coming up this month, which are of particular interest for our group:



- On Thursday, **April 9th**, Brian Salt from Salthaven Wildlife Rehabilitation & Education Centre, with their Owl Ambassador on hand, will be the guest speaker at the Buffet Dinner & Social at Boler Mountain. [Our Story | Salthaven Wildlife Rehabilitation and Education Centre Inc.](#)
- On Monday, **April 20th**, at 11 am, author and birder Bob Bell will be giving a presentation on Birding & Resilience via Zoom: <https://tinyurl.com/37nvrs4>. Please refer to page 2 of the newsletter.

Another event happening later in the month that you may be interested in: April 25, 11 am-4 pm Earthfest: [Celebrating Environmental Action in London - EarthFest London](#)

FRIDAY AFTERNOON WALKERS

Penny Duchesne: 519.473.9037

The Friday afternoon walking group will resume on **April 10th**, weather permitting. If you are interested, please call Penny at 519-473-9037, and she will let you know which trail we will be doing.



FRIENDLY VISIT

Penny Duchesne: 519.473.9037

Penny Duchesne and Maureen Legue would be delighted to bring an afternoon tea to any member who is housebound and would like a friendly visit. No set calendar date, just let us know what works for you. If you could use a friendly visit, please call Penny Duchesne at 519-473-9037.



Please send Newsletter updates to amongfriendsnewsletter@gmail.com by the 9th of the month prior!

FUN LUNCH

Maureen Legue: 226.700.8765

April Fun Lunch will be on **April 23**,
hosted by Maureen Legue, 8004-1325

Riverbend Rd. Start time: 12:30 pm. Please bring a sandwich cut into 4 and a piece of fruit or some veggies to share. Call: Maureen 226-700-8765 to join the fun.

**GARDENING**

Connie Jasinkas: 519.748.3123

Thursday, March 26, 7 pm. This will again be a Zoom meeting, with the option to come to Connie's place in person, weather permitting. 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) to receive meeting info and Zoom link.

**GOLF**

Penney McCain: 519.870.3372

The golf season will start again in May and run through the end of August at Thames Valley Hickory Nine. This year, our official day of play will be Mondays. We hope to play on Wednesdays too, in member-booked foursomes close together if possible.

If you are not on the golf list and wish to play this season, email penneymccain@gmail.com.

Further information about the league start date and other details will be sent via email in the next few weeks. Here's to a wonderful 2026 golf season!

**MAH JONG**

Faye DeMelo: 905.872.5791

We will play Mah Jong on Thursday, **April 2** and Thursday, **April 16** at 1:30 pm. If you are interested in playing, please contact Faye DeMelo at 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, March 28 and **April 25** 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 **April 27 @ 7 pm**.

ON THE TOWN

Marion Gamble: 519.472.7926

Our group will meet on **April 3** at 6 pm.

The choice is Meraki, the new Greek restaurant at 1 York St. (The former Michael on the Thames). Please consider joining us for a fun evening of good food and conversation. Contact Marion to reserve your spot. 519-472-7926 or vmgamble@me.com

**OUT AND ABOUT**

Suzanne Brett Welsh: 519.872.5631

Join us for some weekend outings.

April 18: Tillsonburg lunch, Courtland Bakery/ Coyles. 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

Pickleball remains popular among our players. We currently play on

Wednesdays from 2:00 pm to 3:30 pm at True North Courts, 3392 Wonderland Road South, in building #2, with plenty of parking spaces at the front and rear of the mall. The current session will end on **April 29th**. We are currently full but are considering a May/June session at True North in the same time slot. There will be more information in the next newsletter.

If you have never played at True North Courts, you will be required to sign a waiver for your first session. Our skill levels vary, but the emphasis is on having fun. Please bring your paddle and indoor court shoes.

We look forward to seeing you on the courts in 2026!

**POTLUCK LUNCH**

Penny Duchesne: 519-473-9037

Our next Potluck Lunch will be at the home of Donna Condon on Wednesday, **April 15th**, at 12:30. Her address is 565 Salway St. We welcome our new ladies to the club to join us. If you can attend, call Donna at 519-471-1096.

**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. Contact Suzanne to get added to the list!

SATURDAY WINE SOCIAL

Margaret/Maggie Youngblut:

226.237.4024 margaret.youngblut@sympatico.ca

Our April wine social will be held on **April 25** at Susan Moore's home. Her address is: 9-1499 Baseline Road, London, ON N6K 4T4. Email address:

sem001@rogers.com; Telephone: 519-200-7972. Wine of the World: France. If you plan to attend, please email Susan Moore at sem001@rogers.com. Susan has room for only 18 people. Please bring either an appetizer or a dessert, and a bottle of wine from France.



SUNDAY EUCHRE

Rosemary Brook: 519.433.3758

The Sunday Euchre group will be held on **April 26** at the home of Bonnie Kriz. If you would like to spare for this group, please contact Rosemary Brook at 519-433-3758 or email rosemary.brook@rogers.com.



TECH TIPS SHARING

Joanne Legros-Kelly: 519.686.4112;

joanne.legroskelly@gmail.com

Tech Tips Sharing Group continues to meet on the 4th Tuesday of each month, for an hour to an hour and a half, depending on the discussion. New members are always welcome and must be familiar with Zoom Workplace. We are open to questions on all devices-computer, tablet, phone, Apple, and Android. It really is FUN, and everyone learns from each other. If you are interested in attending the **April 28th** meeting, please email me before April 24th.



THEATRE

Roni Brett: 519.645.8552

Suzanne Brett Welsh 519.872.5631

We are going to the Appin SMAK Theatre on **April 26** for lunch and a show (Side Effects; \$50 for lunch and the show). Be sure to email Suzanne at sbwelsh@robarts.ca, or call Roni at 519-645-8552 by April 10 to RSVP.



Save the date: June 7 for Palace Theatre (Mamma Mia; \$36 for matinee). We will go for lunch at Edgar & Joes beforehand.

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 winter weather is too cold or icy 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, **April 2nd**, the Euchre group will meet at Jan Hunt's home (314 Regent St). RSVP by calling Jan at 226-663-4011 or email at johnandjanethunt@rogers.com. You can also call or text Yvonne at 519-868-9720.



SPECIAL NOTICE: MARATHON BRIDGE GROUP

Marion Gamble: 519.472.7926

-This group is not an Among Friends London ~ LNAC Group, but there are quite a few club members in this group.

Would you and your partner like to play in a marathon group? Our group consists mostly of members of Among Friends. You would play once a month between September and May. You and your partner would host another team, likely four times a year. If you are interested in this activity, please contact Marion at 519-472-7926 or vmgamble@me.com.



Please send Newsletter updates to amongfriendsnewsletter@gmail.com by the 9th 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 **April 27**.

🌟 *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>

March Euchre Tournament



I would like to express my gratitude to all the amazing volunteers who helped with our first Euchre Tournament on Sunday, March 8th, at the Byron Legion. It was a success because of many volunteers and those who attended to play. I hope to see many more of you at the next tournament.

Yvonne Bissoon-Meyer



Charity Fun Draw

The next charity draw will be held

Thursday, April 9, 2026

1 for \$5.00 or 3 for \$10.00

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 or call Sandy at 519-474-0833.

Please send Newsletter updates to amongfriendsnewsletter@gmail.com by the 9th of the month prior!

April 2026



Marion Gamble.....	1
Darlene Bertrand.....	8
Annette MacDougall.....	10
Maddy Kalar.....	13
Pam Salmoni.....	16
Shirley Korchuk.....	17
Joanne Legros-Kelly.....	17
Shelley Kempling.....	20
Sharon Griffiths.....	23
Nancy Cornish.....	24
Sandra Hughes.....	29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Walk & Talk Pickle Ball	2 • Mah Jong • Dominoes • Weekday Euchre	3 Walk & Talk On the Town Good Friday	4
5 Easter Sunday	6 Walk & Talk	7	8 • Walk & Talk • Breakfast Club • Pickle Ball • Afternoon Book Club	9 Boler Mountain Dinner & Speaker	10 Walk & Talk Friday Afternoon Walking Group	11
12	13 Walk & Talk Board Meeting	14	15 • Walk & Talk • Pickle Ball • Potluck Lunch	16 Mah Jong	17 Walk & Talk Morning Coffee	18 Out and About
19	20 Walk & Talk Zoom Speaker: Bob Bell	21 Morning Book Club	22 Walk & Talk Pickle Ball	23 Fun Lunch	24 Walk & Talk	25 Newish Member Get Together Wine Social
26 Sunday Euchre Theatre	27 Walk & Talk Potential Member Get Together	28 Tech Tips	29 • Walk & Talk • Afternoon Coffee • Pickle Ball	30	<div data-bbox="1402 1377 2011 1544" data-label="Text"> <p>NATIONAL NEWCOMERS' ASSOCIATION: http://nnac.ca/ AMONG FRIENDS LONDON ~ LNAC website: https://www.amongfriendslondon.ca</p> </div>	

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 April 30**. Carpooling will be arranged.

<https://nnac.ca/nnac-spring-summit-social/>. Contact: nnac.executive@gmail.com.



NATIONAL NEWCOMERS
CANADA