

## CFUW Markham-Unionville Meetings & Social Events 2023/24

Unless otherwise specified, meetings will be held in the basement hall of St. Andrew's Presbyterian Church at 143 Main Street North in Markham. Socializing and refreshments (tea, decaf coffee and goodies) start at 6:30 pm, followed by the event/speaker at 7 pm, and the Business Meeting at approximately 8 pm. **In the interest of reducing waste and clean up time, we ask that you bring your own mug (or water bottle) – Members, may we suggest that you keep your nametag in your mug, so both are 'at the ready' for future meetings – thanks!**

### September 20, 2023



#### **Meet, Greet & Learn More About Your Club!**

An interactive meeting to welcome members back, and where new or prospective members have the opportunity to make new connections while learning more about what our club has to offer. At this social event you will meet the new Executive, peruse the many Interest groups that are available, and hear more about what's happening this year. Look forward to seeing you there!

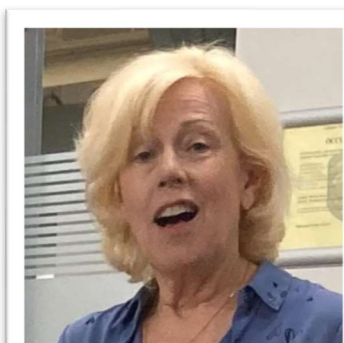
### October 18, 2023



#### **Ms Lianne Harris: Bad Advertising from the Past!**

As a history, culture, and social studies consultant with several Ontario school boards, Ms Harris has extensive experience in educating both teachers and students with her colourful and interactive presentations. An accomplished author and award-winning Influencer, Ms Harris endeavours to promote other women in their entrepreneurial endeavours. In 'Bad Advertising', Ms Harris will demonstrate how past advertisements reflect differing social values at the time.

### November 15, 2023



#### **Ms Susan Mather: Understanding and Navigating the Oppression of Ageism**

Ms Mather earned a Masters of Pastoral Care from the University of Toronto in 2021 with a focus on both gerontology and psychotherapy. In her extensive educational career, she has been an ESL and Equity consultant for TDSB and a Secondary School teacher of ESL, English, and Guidance. Recently, Ms. Mather earned two public speaking awards with Toastmasters International and gives presentations on the topics of Equity and Care for Caregivers to organizations such as Alzheimer's, CFUW, and Probus. In this presentation about Ageism, Ms Mather will explain equity issues that seniors face and provide non-confrontational strategies to help them self-advocate, advocate for others, and to defuse incidents.

**December 6, 2023**



**Sugar Plum Social**

Please join us at The School Fine Dining for our annual holiday celebration. Enjoy a delicious dinner with lots of opportunity to socialize with other members as we kick off the holiday season. Details to follow soon!

**January 17, 2024**



**Dr. Kaitlin Schwan & Ms Marie McGregor Pitawanakwat: Women's Homelessness in Canada**

Dr. Schwan is the Executive Director of the Women's National Housing and Homelessness Network (WNHHN) and teaches social policy at the University of Toronto's Faculty of Social Work. Dr. Schwan's research focuses on homelessness prevention and human rights, particularly for women and youth.

An Anishinaabe kwe, Ms Pitawanakwat is Co-Chair of WNHHN and founded Szhibeegen Training Services to provide training and development to First Nation Communities. Having had personal experience with homelessness, Ms Pitawanakwat has firsthand knowledge about the many social challenges surrounding this issue, especially for First Nation peoples.

Learn more about this Canadian crisis and what needs to be done to address issues specific to women's homelessness.

*Note: this meeting will be presented via Zoom*

**February 21, 2024**



**Dr. Karen Bang: Maintaining Muscle Tone and Flexibility as We Age**

Since completing her Masters of Physical Therapy at Western University, Dr. Bang has been practicing in the GTA with a focus on designing personal therapies to meet the unique individual needs of her patients. As a registered physiotherapist at Bespoke Therapy in Markham, Dr. Bang endeavours to educate, encourage, and empower by cultivating an authentic partnership with her clients.

With a special focus on Pelvic Health, Dr. Bang will encourage you to take control of your health through preventative and proactive exercise.

**March 20, 2024**



**Dr. Niamh O'Laoghaire & Ms Anik Glaude: Varley Art Gallery**

With over 25 years experience in the culture sector, Varley Gallery's Director Niamh O'Laoghaire has taught historical and contemporary art at McMaster University, operated her own gallery, and served as the Director of the University of Toronto Art Centre. Since 2016, Dr. O'Laoghaire has overseen the City of Markham's Public Art Program and Public Art Curator.

Over the last 14 years, Anik Glaude has strived to rectify imbalances within the Canadian cultural sector by centering the voices of women, Indigenous, Black, culturally diverse, and artists from the 2SLGBTQ+ community. As the Gallery's Curator, Anik Glaude endeavours to ensure Gallery mandates are relevant to the diverse communities that frequent it.

This is a unique opportunity to hear about the history and mandate of the Gallery and experience tours of current and permanent exhibitions.

*Note: because this is an off-site event, our Business Meeting Agenda items will be either tabled to April's General Meeting or held via Zoom the following week.*

**April 17, 2024**



**Ms Haike Voudry: Restyle Your Closet**

No doubt, members who attended last fall's Social Tea and Fashion Show will remember commentator Haike Voudry, who expertly guided us through the latest fashion styles and trends. With a wealth of experience in the fashion retail industry and design, Ms. Voudry will advise us on how to best organize our wardrobes!

**May 28, 2024**



**Spring Banquet**

This end-of-year luncheon at the Crystal Fountain provides lots of opportunity to socialize and includes live music and dancing. We will recognize the outgoing and meet the incoming Executive. Hope to see you there!