

Interest Groups Across Ontario Council Clubs

Organized Into 8 Categories of Unique and Niche Club Programming

1. Specialized Fitness & Unconventional Sports

While general walking and golf are everywhere, a few clubs offer unique physical activities:

Interest Group	Club	Notes
Dragon Boating	CFUW Oakville	
Lawn Bowling	UWC North York	
Line Dancing	CFUW Markham/Unionville	
Urban Poling	CFUW Sudbury	
Nia and Ageless Grace	CFUW Kanata	A sensory-based movement practice
Paddling Group & Skating Group	CFUW Headwaters	

2. Niche Culinary & Lifestyle Takes

Rather than just “dining out,” these groups focus on specific culinary angles, financial independence, or distinct hobbies:

Interest Group	Club	Notes
Plant-Based Cooking Group	CFUW Headwaters	
Foodie World Adventures	CFUW Oakville	

Interest Group	Club	Notes
Traveling Tastebuds	<i>CFUW Welland & District</i>	
Antiquing and Thrifters / Antiquers	<i>CFUW Milton & District / CFUW Northumberland</i>	
Secret Santa Group	<i>CFUW Headwaters</i>	
Investments Plus / Investment Group	<i>CFUW Guelph / CFUW St. Catharines / CFUW Cambridge</i>	Intentional focus on financial literacy

3. Arts, Creativity & Performance

Moving beyond simple book reviews, these groups actively perform, create, or take an unconventional angle on the arts:

Interest Group	Club	Notes
MadriGals (choir)	<i>CFUW Ottawa</i>	
Reader's Theatre / Play Reading Group	<i>CFUW Cambridge / UWC North York</i>	
Guitar Groovers	<i>CFUW Kanata</i>	
Not Sister Wendy's Art Group	<i>UWC North York</i>	Humorous, specific take on art appreciation
Sip and Dip	<i>CFUW Markham/Unionville</i>	

4. Distinct Advocacy & Niche Education

Many clubs have general advocacy groups, but these chapters target highly specific social or localized causes:

Interest Group	Club	Notes
University Women Helping Afghan Women (UWHAW)	CFUW Ottawa	
Diplomatic Hospitality Group (DHG)	CFUW Ottawa	Capitalizes on Ottawa's political landscape
School For Young Moms	CFUW Peterborough	
Aging Collaboratively / Aging In Place	CFUW Oakville / UWC North York	
Circle Teachings	CFUW Sudbury	Likely focused on Indigenous learning and reconciliation frameworks

5. Quirky Book & Social Club Monikers

Even within standard categories, a few groups stand out purely based on their distinct framing or specific sub-genres:

Interest Group	Club	Notes
Murder Mystery Book Club	CFUW Barrie & District	
Rebel Book Club	CFUW Sudbury	
Tea, Tales & Treasures	CFUW Ottawa	
The Question	CFUW Peterborough	
Fifth Tuesday Flicks	CFUW Orillia	A clever way to handle months with five weeks

6. Culinary & Specialized Dining

While general “Gourmet” or “Dining Out” groups are common, a few clubs take a highly structured or specialized approach to food:

Interest Group	Club	Notes
Fun with Food	<i>CFUW North Toronto</i>	Functions like a mini research society; a member presents formal research on a culinary topic monthly, with a curated menu and recipes
Flashlight Worthy Books / Wine and Words	<i>CFUW Etobicoke / CFUW Burlington</i>	Merges genre-specific reading with structured social pairings around curated themes

7. Out-of-the-Ordinary Physical & Outdoor Activities

Moving past standard walking groups, several clubs have formed niche outdoor chapters tailored to seasonal and regional landscapes:

Interest Group	Club	Notes
Snowshoe Shufflers	<i>CFUW Burlington</i>	Seasonal winter fitness group using local trails, blending fitness with conservation appreciation
Company of Walkers	<i>CFUW North Toronto</i>	Formal association with an external walking collective exploring Toronto's ravines and parks

8. Highly Specific Creative & Social Spaces

Interest Group	Club	Notes
Déjeuner Divas	<i>CFUW North Toronto</i>	French conversation group over a hosted lunch; prompts assigned in advance for prepared discussion
Chin Wag Wednesday / Past-Presidents Parlez	<i>CFUW Etobicoke</i>	Mid-week informal touchpoint, and a council of institutional memory and mentorship
Scientists in School Founders	<i>CFUW Ajax-Pickering</i>	Grew from a local interest group into a province-wide hands-on classroom program

Sources: Interest Groups Data Collection, CFUW National (Ontario Only), 2025; Annual Reports from Ontario Council Clubs, 2026.