

The UK CONNEXION

Latest News

<https://www.ukconnexion.net/>

Tuesday, Mar 10, 2026.

It's been proven that exercise and an active social life promote brain health.

CARPE DIEM!

MARCHING INTO SPRING



As a registered member of the UK CONNEXION, you and your single friends are invited to enjoy our huge variety of social events.

To subscribe to the Newsletter, click here:

<https://ukconnexion.net/Newsletter/newsletterForm.php>

NEW MEMBERS ARE MOST WELCOME

Interested in joining? To have a complimentary copy of our UK Quarterly newsletter mailed, contact van.jones@yahoo.ca. Why not encourage your single friends to join?

Singles interested in learning more about the UK Connexion may contact Christine at christineukc23@gmail.com or 416-487-9869.

Event descriptions need to be submitted to Christine by the 15th day of the month preceding the quarter. We hope you understand the need to distribute chores equitably. Thanks go to all hosts.

CHANGED YOUR ADDRESS OR CONTACT INFO? UK CONNEXION MEMBERSHIP is FREE BUT is conditional on our membership records showing your current residence address and phone number. IMPORTANT: If your details have changed, please advise membership director Bruce at bruce.buttimore@gmail.com.

PLEASE TAKE PHOTOS AT UKC EVENTS... to publish on our website: <https://www.ukconnexion.net/eventReviews.html> and in the UK QUARTERLY. If you are enjoying a UKC event, please take photos and offer to write a review, thanks! Please email reviews and photos to President Vanessa at van.jones@yahoo.ca.

BRITISH PENSIONERS AND SUPPORTERS:

To read encouraging news published in the Canadian Alliance of British Pensioners JUSTICE magazine, click [Justice-UK-Pensions](#). You can find more CABP info at the end of this email.

YOU ARE INVITED You and your single friends are invited to the UKC events listed below. The maximum number of attendees is at the discretion of each volunteer host. When reserving for these events, please give your first & last names plus home phone number. **Your home phone number is important** - even if you reserve by email – as the host may need to call you about a last-minute change.

HOT-LINE 416-201-0363: Please encourage singles that you meet to call the hotline to hear how to contact us for a free copy of our newsletter containing a list of UKC events. Prospective members may call the recording anytime day or night.

LAST CHANCE TO VOLUNTEER TO HOST EVENTS IN THE SPRING!

As we go into our spring season, it is time to think of warmer temperatures and getting out more. We have the most generous group of members who host and we would not have a club if it wasn't for them. Right now, we need MORE hosts, so please consider this appeal. All suggestions considered – as long as it's something enjoyable and will interest other members: lunch/pub afternoons, cinema and theatre, hikes, historical walks around the city, a cooking class, or a movie or a board-game in your home . . . just a few ideas. And now that Line 5 is operating, it opens up a whole new world of venues, shopping and walks, and it is easy to transfer from Line 1 and Line 2.

Please consider HOSTING – our deadline for spring events (Apr, May, Jun) is Sunday, March 15. Contact Christine at christineukc23@gmail.com or 416-487-9869.

Available Dates – hurry, events are now coming in for the spring season.

Sunday: Apr 5, 19, 26; May 10, 31; Jun 21, 28

Monday: All available

Tuesday: Apr 7, 21; May 5; Jun 2, 9, 23

Wednesday: All available

Thursday: All available


Friday: Apr 3, 10, 17; May 1, 15, 22; Jun 5, 12, 19

Saturday: Apr 11, 25; May 2, 9, 23; Jun 6, 20

IMPORTANT UK CONNEXION MEMBER UPDATE

FOR A TRIAL PERIOD, THE LEVY FOR MEMBERS, GUESTS & FIRST-TIMERS IS REDUCED TO \$3.

If you have any virus symptoms, PLEASE DO NOT ATTEND.

Events marked with this symbol  are wheelchair accessible. If you will be using a wheelchair at an event, please inform the host on registration.

**ENJOY THE FOLLOWING EVENTS, BROUGHT TO YOU BY OUR
HAPPY HOSTS! REMEMBER TO BOOK EARLY.**

NOTE: We no longer include detailed directions in the blurbs or parking information. Instead, we are asking members to contact the host if they need this info.

THIS EVENING! Mar 10 Tue 6 p.m. DINNER AT THE BUDAPEST RESTAURANT, 2183 Danforth Ave.

A traditional Hungarian restaurant serving stews, cabbage-rolls, schnitzel, dumplings, and more. Event is open to 12 members. Contact Rosemary by the day before at rosemary2k14@gmail.com or 416-423-1753.

Mar 14 Sat 3:30 p.m. DIXIELAND JAZZ AT GROSSMAN'S TAVERN, 377 Spadina

Join Peter for an afternoon of Dixieland Jazz, 3:30 p.m. to 6:30 p.m., by the Happy Pals, along with beer or wine refreshments and a chance to get up and dance along to the music of your wish. UKC limit of 10 people. Coming early is advised as it gets pretty busy once the music starts. Our group will probably leave around 6:15 p.m. to go for dinner at the **Prenup Pub, 191 College St.** (optional). Grossman's is located at the Nassau St. stop of the TTC Spadina streetcar. Contact Peter Warth at pwarth.es@gmail.com or 647-222-1502.

Mar 15 Sun 6:30 p.m. DINNER AT THE HOT HOUSE, 35 Church St. (Note venue change.)



Ron invites you to enjoy dinner at one of the busiest restaurants in Toronto (corner of Church & Front), and the reason is clear – great food. It offers an eclectic menu to suit all tastes, including an extensive vegetarian selection. It has an extensive selection of wines from around the world as well as cocktails, and a selection of offerings from Canadian microbreweries. Contact Ron Koehli by the day before at rkoehli@bell.net or 289-981-3184.

Mar 15 – NEWSLETTER DEADLINE

If you are not yet on the mailing list for the UK QUARTERLY, please send your cheque for the \$20 subscription for four issues (Summer 2026 to Spring 2027). You can download a form from www.ukconnexion.net. This is also the last day to let Events Director know what events you would like to organize in Apr, May, Jun. Christine Quinn christineukc23@gmail.com.

Mar 21 Sat 6 p.m. DINNER AT SCADDABUSH ITALIAN BAR & KITCHEN, 200 Front W.

Join Dave at for a delicious meal at this very popular restaurant. Contact Dave at dturto551@gmail.com.

Canadian Alliance of British Pensioners



416-253-6402 www.britishpension.com
info@britishpensions.com



Have you worked in the UK? If you have, you are probably eligible for a British State Pension (equivalent of CPP). The state pension was drastically changed for those reaching pension age after 5th April 2016. The full “single tier pension” will provide a weekly pension of £168 (at 2019/20 rates). There will not be a spousal benefit. Are you aware this pension will be frozen? Four per cent of UK pensioners, the majority in the Commonwealth, do not receive cost of living increases - their pension remains fixed for life, whereas residents of the USA, European Union and many other countries receive annual increases. This is discrimination on a scale not often seen.

When you become a member, CABP can assist you with improving and claiming your pension, but its main reason for existence is to end the discrimination noted above. The goal is to get annual cost of living increases for British pensioners resident in Canada or wherever they choose to live.

CABP is a member of the International Consortium of British Pensioners (ICBP) along with another group in Australia. Please check out their website at <https://britishpensions.com/>.

If you would like to join CABP online you may do so at:

<https://britishpensions.com/PrivateDocuments/Justice/2025/Justice-3-2025.pdf>

Canadian Alliance of British Pensioners

202-4800 Dundas St West

Toronto. ON. M9A 1B1

Phone: 416-253-6402

Email: info@britishpensions.com

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DON'T MISS THE BUS

