



PROBUS NEWS

Women's Probud Club of
Cambridge Riverside

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A MESSAGE FROM THE PRESIDENT

Happy New Year Ladies!

As we say goodbye to 2023 and look ahead to 2024, there seems to be a custom to make New Year's Resolutions. I am not much for making resolutions but I do like to reflect.

We have had a great Probud year so far. In September we were introduced to Swedish Death Cleaning. How to declutter, downsize and move on from all our old stuff! However, do not toss out that pretty hat or Fascinator you may still have, as you will be needing those for our fun April meeting.

In October we were educated on how to take care of our bodies and minds, so that we can all become "old classics" How wonderful is that!

November gave us great insight into what it takes to become an Olympic athlete and fly down a mountain in Beijing on a snowboard in -35 C brrrr! Talk about fortitude! Thank you to our Programme Committee for arranging these wonderful speakers.

December brought us a lovely Christmas gathering. We were entertained by a superb acapella group and then some fun karaoke thanks to Tony and willing members. We even had a Conga line going! The day was topped off with a delicious turkey/ham lunch with all the trimmings, table favours and door prizes. Thank you to the Special Events Committee for making this a very special event!

Stay tuned for the exciting speakers and events we have waiting for you around the corner.

Thank you as well to all our activity convenors, committee members and captains for volunteering. Keeping our 210 membership connected, in the many ways to enjoy our club.

My resolution is always ongoing.... be kind, be patient, be hopeful.

Wishing you all a Happy and Peaceful New Year.

See you in 2024! Stasia



Probud Meeting

2nd Wednesday of the month

Next Meeting January 10th At 9:30 am

Portuguese Club Of Cambridge

**Greeters for January
will be Ruth Legate Exon
and Joni Gosselin**

ALERT! We could use your help. Position available

We are looking for someone to run the PowerPoint presentations and the Projector at our meetings in case Aline is unavailable. You can shadow Aline if you wish to apply for this position. Contact Aline alinchan@rogers.com or Barb Fiddler barbfiddler@hotmail.com if you are interested.

MANAGEMENT TEAM 2023-2024

President	Stasia MacLeod
President Elect	Lynda Berg
Past President	Barb Fiddler
Treasurer	Suzanne Cline
Recording Secretary	Debbie Swift
Technology Communications	Aline Chan
Program	Jan Woynarski/Donna Campbell
Membership	Anne Cher
Travel	Lynda Berg
Facility	Patrice Wappler/Linda Stoltz
Newsletter	Kriss Gandier
Special Events	Gloria Coppes
Public Relations/Archives	Ellen Nelson

MYSTERY WOMAN

Our Mystery Woman for December was

Aline Chan



THINKING OF YOU CARDS

1 Sympathy card was sent in December
If you know of a Probian who is in need of a card for illness, sympathy or thinking of you, please contact
Marg DeBrusk

Christmas Probus Meeting

Thanks to the Special Events Committee the Christmas meeting was a great success: much fun was had and the meal prepared was well enjoyed. The jam jars were a very nice treat.



For our meetings, other than December and June, **table numbers will be assigned.** Also, we will be sitting only 6 to a table. This is for your safety and comfort. Please respect the set up of the room and please have your phones on silent.

Thank you. From your Management Committee



January's Speaker

Stanley Woo, Director, School of Optometry & Vision Science

Dr. Woo is passionate about helping people see. As an optometrist, he works tirelessly to promote eye and vision care for people of all ages across the continuum of care from wellness through chronic disease management to vision rehabilitation. Dr. Woo received his Doctorate of Optometry from the University of California at Berkeley. He then went on to the University of Houston College of Optometry (UHCO) where he completed a Master's degree in Vision Science and a residency in Low Vision Rehabilitation. Now serving as the Director of the School of Optometry & Vision Science since 2017, he and the team are rolling up their sleeves and poised to do great things in eye, vision, and health care at the University of Waterloo.



Addressing the Global Vision Crisis with the Waterloo Eye Institute

School of Optometry & Vision Science

Established in 1967, the School of Optometry & Vision Science is a world-renowned center for optometric education, vision science research, and clinical care. As the only English-speaking optometric training in Canada, we have trained close to 3,500 optometrists who practice in communities across North America. The School of Optometry & Vision Science provides over 27,000 patient visits per year at the main clinic in Waterloo, the Health Sciences Optometry Clinic in Kitchener and outreach clinics throughout the region.

Lunch Bunch - January

The January 18th Lunch Bunch will be at the Republic restaurant on Hespeler Road.

This is a new Asian food restaurant in the old Pickle Barrel restaurant building, along Hespeler Rd. There's plenty of parking too!

The lunch menu is set at \$14.99 plus applicable taxes and gratuities and offers Chinese, Japanese and Thai food.

An email will go out after our Christmas luncheon as I'll be away for the first part of January and won't be at the next meeting. Please reply by 14 January only IF you're going to attend.

Please mark this on your Calendars.

Kathy Cron, Coordinator Probus Lunch Bunch



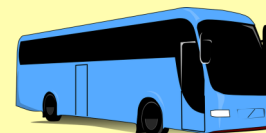
Travel News

We have 9 seats available for the Tina Turner Musical in Toronto on June 19.

Transportation, lunch at Hot House, orchestra seats for \$299.

E transfer kfields@fieldstrips.ca. Code is TINATURNER or contact Kelly at 519 894 8687

Linda Berg



Saturday Brunch

January 13, 2024 from 11:00am to 1:30pm

At the State and Main Restaurant

375 Hespeler Rd., Cambridge

Please contact Anne Cher by January 11 if you are attending.

anne.cherwonogrodzky@gmail.com



"Breakfast Club"

Meets on the first Saturday of each month.

Next date is January 6, 2024.

Location is Tony's Family Diner,

195 Franklin Blvd, Unit 1.

Time is 9:30 a.m.

An email will be sent a few days ahead

to confirm date, time and numbers. "

Sue Hutcheson



Only current members of the Probus Club of Cambridge Riverside may participate in Interest Groups under the auspices of the club.

Cribbage



The cribbage group meets on the 3rd Tuesday of the month at Queens' Square Terrace, from 1:30 to 3:30. The next date is Tuesday January 16th, 2024.

All are welcome, any level of play.

For more information please contact Suzanne

Cline-Armstrong at sclinearmstrong@gmail.com.

INCLEMENT WEATHER ALERT !!

It's that time of the year to start planning for foul weather. In the event that a Probus meeting is cancelled due to weather conditions, an email will be sent out to all Probians on the membership list by 9PM the night before the meeting. If you do not have email, please be sure to buddy up with someone who does, so that they can call you.



Hiking/Walking Group

Paulette Bissonnette
Mondays at 9:30am.



REMINDERS

Save your fancy hats or fascinators for an upcoming special event in **April**.

Remember to take off your lanyards and tuck the string inside and return it to the table where you received it.



Join us on Facebook: <https://www.facebook.com/ProbusCanadaCambridge>

All documents such as membership forms, constitution and Bylaws, our history, can be found at: <https://www.alininspirations.com/probus-cambridge-riverside.html>

Final Submissions for February's newsletter is January 20th 2024.

PROBUS INTEREST GROUPS

COMMITTEE	CONTACT	WHEN
Book Club #1	Marg Benian	First Thursday of the month, 9:30am - 11:30am
Book Club #2 (Full)	Helen Baker	Last Wednesday of the month
Book Exchange	Kathy Ellis	
Bowling	Sally De Leonardis	First Wednesday of the month
Bridge	Pauline Isbester	
Cribbage	Suzanne Cline	Third Tuesday of the month
Euchre	Norma Johnston & Brenda Innanen	
Golf	Looking for a convenor	
Hiking/Walking	Paulette Bissonnette	Mondays at 9:30am.
Jigsaw Puzzle Exchange	Ann Snyder	
Lunch Bunch	Kathy Cron	Third Thursday of the month
Purls & Crafts Group	Noreen Mikelsons	Fourth Thursday of the month, 10am - 12 noon
Breakfast Club	Sue Hutcheson	First Saturday Morning of the month
Saturday Brunch	Anne Cher	Second Saturday of the month at 11am.
Sharps & Flats	Marg DeBrusk	

