

PROBUS NEWS

Women's Probus Club of Cambridge Riverside

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MANAGEMENT TEAM 2018-2019

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Germaine Glaves

Moraig Waite/Karen Barber

Linda Sims

Kriss Gandier

Meeting is

2nd Wednesday

of each

month at

9:30 am

Next

Meeting is

April 10th

Sunbridge Hotel

March's Problem Profile Nancy Redmond

I have lived in Cambridge for 8 years and have been a member of Probus Cambridge Riverside for 6. I have greatly enjoyed the friendship of my fellow Probians, together with the exceptional speakers, and fun bus trips. I was born, raised and schooled in Toronto and worked for the Bank of Nova Scotia. I have 5 children, 8 grandchildren and 2 great-grandchildren with another on the way. My husband and I lived in Winnipeg for a time where I worked as an accounting clerk for the Winnipeg Sun. On retirement I moved back to Ontario. My hobbies are reading and doing crosswords. I have had and continue to have a great life, travelling and meeting interesting people along the way.



MESSAGE FROM SPECIAL EVENTS COMMITTEE

We will once again be having a luncheon at our end of the year meeting on June 12th. At our May meeting on May 8th, we will be collecting five dollars per person to offset our costs. An envelop will be present at each table to collect the monies in and WILL BE COLLECTED AT BREAK. The luncheon will consist of wraps, sandwiches, salads and squares. There will be vegetarian and gluten-free options.

APRIL'S GUEST SPEAKER

Jean LaMantia, RD
Registered Dietitian
www.jeanlamantia.com

GUEST

Jean LaMantia is a registered dietitian, cancer survivor, author of the best selling book <u>The Essential</u> <u>Cancer Treatment Nutrition Guide & Cookbook</u> and creator of the <u>Cancer Risk Reduction Guide</u>. Her latest book the Complete Lymphedema Management & Nutrition Guide comes out this Summer.

She helps her clients achieve their goals with telephone and in-person nutrition counselling. She writes a popular blog called **Cancer Bites** which she

writes a popular blog called **Cancer Bites** which she hosts on her website http://www.jeanlamantia.com/



J.I.T.A. EXCURSION

Members of our club have been invited to join the Men's Probus Club in.....

"A Night at the Races"



Flamboro Downs Race Track 967 Hwy #5 West Dundas, ON.

THURSDAY, MAY 16, 2019

Time: 5 p.m. Price: \$35.00 p/p

The evening includes a buffet dinner, featuring prime rib of beef, a program for each person, a race named after our club, a visit to the winners circle and a photograph taken with the winning horse and jockey. This excursion is **NOT** restricted to Probus members, so please feel free to invite husbands, family and friends over 19 years of age.

If interested, please register with Moraig Waite, along with your payment, at the **April 10**th **meeting**. Make cheques payable to **Moraig Waite** who will then pay Flamboro Downs by personal visa card prior to the event.

Directions to the race track will be available at registration.

Greeters

April greeters will be **Joan** Montague and Judy Stewart



If you are planning to stay for lunch at the Sunbridge Hotel please make reservations no later than 10:30 the morning of the meeting. Phone 519-658-4601 or in person.



Thinking of You Cards

If you know of a Probus member in need of a card, please contact Marg DeBrusk



our lunch and party at the Galt Country Club is **Friday June 14** at 11:30 am

contact Joan Fairley

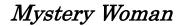


Euchre Group

Our end of the year party & luncheon is

June 6 at Galt Country Club.

Contact Dianne Kroeger



Joyce Debison was March's Mystery Woman. Con gratulations Joyce



Attention Kingston-Gananoque Trip Travelers



Final Payment Due: April 10th \$595 BRING YOUR CHEQUE BOOK Or Call Kelly Fields 519-894-8687



BOOK TABLE

Visit our table at every Probus meeting. This on-going program is available to all members.

COM CATS Computer



Wednesday April 17 12:30-2

Queen's Square Retirement Residence



Come find out why and how to do Electronic Banking. It is easy, safe and economical.

Contact June Ayrhart for full details

SUGGESTIONS, CONCERNS AND IDEAS

Do you have questions you want to ask, but do not know who to approach for answers? Do you have suggestions? What do you enjoy the most about our meetings and being a member? At the April meeting, there will be a box for your input, on the name tag table. Your input is invited and welcome!

Probus Special Interest Groups



NEW GROUPS

Travel	Lynda Berg	Third Wednesday at Lynda's home
Book Club #1	Marg Johnstone	Fourth Thursday, Donaldson Room, Centre for the Arts
Book Club #2	Linda Meyette	Fourth Wednesday, 1 pm, rotating members' homes
Book Exchange	Diane Day/Cathy Coyle	Table at every Probus meeting
Bridge #1	Joan Fairley	First Thursday, 1 pm, rotating members' homes
Bridge #2	Joan Fairley	Second Tuesday, 1 pm, rotating members' homes.
Bridge #3	Joan Fairley	Third Friday, 1 pm, rotating members' homes
Bridge #4	Joan Fairley	Third Thursday, 1 pm, rotating members' homes
Bridge #5	Joan Fairley	Fourth Thursday, 1 pm, rotating members' homes
Euchre	Dianne Kroeger	Every Monday, rotating members' homes.
Sharps & Flats	Marg DeBrusk	First Wednesday, 11:30 am, Galtview Restaurant
Walking Club	Merrily Walker	Every Monday 9:30 am, local trail hike followed by coffee. Location TBA
Lunch Bunch	Julia Boyd	Third Thursday, 12:30-2:30 pm, various locations, sign up at meeting
Computer Club	June Ayrhart	Check flyer on bulletin board at Probus meetings
Purls Craft Group	Dot MacMillan	First Thursday, 10:30-12, Fabric Arts Studio, Floor 2A, Centre for the Arts
Greeters	Linda Sims	Volunteers welcome
Bowling	Sally De Leonardis	First Wednesday 3:45, Kingpin Bowling Cambridge Centre
Quilting	Aline Chan	Last Thursday 9:30-11:30, Queen's Square Terrace, Heritage Room
Board Games	Ethel Craig	First Friday starting April 5 1-4, St. James Church, Ellis Rd., Hespeler
Cribbage	Suzanne Cline	Second Tuesday starting April 9 1:30, Queen's Square Terrace, Activity Room
Golf	Donna Mae Fleet	TBD
J.I.T.A.	Moraig Waite	Moraig must be contacted to participate or to suggest an event
Saturday Breakfast Club	Marg Johnstone	First Saturday 10 am, various locations, starting April 6th at Country Girl Restaurant



It is not necessary to participate 100% in an activity. Everyone has times they are on holiday, at the cottage or another engagement. Regardless, PLEASE PARTICIPATE! We welcome you.