



PROBUS NEWS

Women's Probud Club of Cambridge Riverside

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MANAGEMENT TEAM 2022-2023

President	Barb Fiddler
President Elect	Stasia MacLeod
Acting Past President	Barb Camilleri
Treasurer	Suzanne Cline
Secretary	Aline Chan
Program	Lyn Pinnington/Jan Woynarski
Membership	Anne Cher
Travel	Lynda Berg
Facility	Patrice Wappler/Linda Stoltz
Newsletter	Germaine Glaves
Special Events	Gloria Coppes
Public Relations/Archives	Ellen Nelson

Probud Meeting

2nd Wednesday of the month

Next Meeting

January 11th

at 9:30 am

*Portuguese Club of
Cambridge*

A MESSAGE FROM THE PRESIDENT

Happy New Year, Everyone! May 2023 be good to you and your family, keeping you safe, healthy, active and enjoying life.

Sincere thanks to our Special events team for your thoughtfulness and hard work. Our Christmas celebration was delightful. Your planning, organization, entertainment, and special touches reflected all your hard work.

As we enter a New Year, it is often the custom to set some goals, review your budget, and create involvements that one finds satisfying and fulfilling. We, on the Management team, will be starting the process at our January Management Meeting. Our Membership goal has been successful to date with 210 members anticipated by February. We will be setting the budget in February keeping in mind the Guidelines as set by Probud Canada. We will be reviewing any relevant concerns that have been voiced and looking at solutions. In addition, we will be looking at ways our members can increase their interactions, if desired, through volunteer opportunities and Interest Groups.

We are very fortunate to have some great programs confirmed already by the Program Committee. This dedicated committee has been working all year to secure interesting individuals to provide us with new learning.

Thank you everyone, members, committees, and management for your part in sharing your energy and ideas with our club!

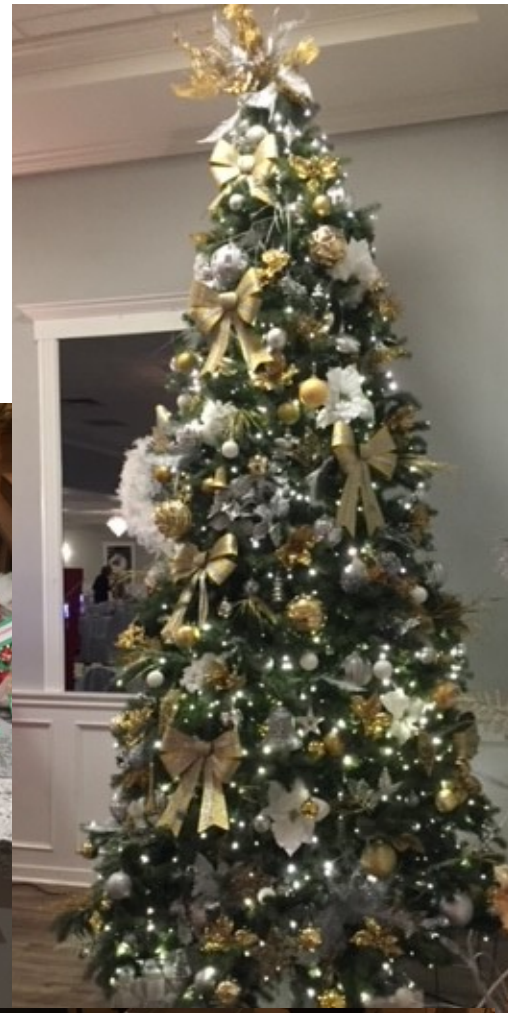
Barb Fiddler





Thank you to everyone who attended our Christmas Lunch on December 14th. The Special Events Committee hopes you enjoyed the turkey dinner and the entertainment provided by “Copperfield” and we look forward to planning our next big event which will be held on June 14, 2023.

Gloria Coppes
Chair of Special Events



January's Guest Speaker

MARSHA JAWORSKI

Osteopathic Manual Therapist
Registered Massage Therapist
Yoga Teacher

Marsha is a local Cambridge resident and business owner of The Health Collective Galt, a manual therapy clinic, where patient education is a focal point. At the heart of Marsha's teaching is a belief that education is empowering, movement is therapeutic, and a mindfulness practice connects us with ourselves and others. She holds a bachelor's degree in psychology which informs her biopsychosocial approach to working with people. Marsha has experience teaching anatomy and physiology at a college level both locally and internationally. She is an osteopathic therapist in good standing with the Ontario Association of Osteopathic Manual Practitioners. Her thesis research at The Canadian College of Osteopathy investigated the effect of osteopathic treatment on balance in healthy adults. Her goal is to help people develop a deep understanding of their pain patterns and how to restore their health. For over a decade, Marsha has been supporting people in healing themselves through yoga and manual therapy.



WALKING GROUP

Monday Dec 19 hike on Marguerite Ormston Trailway
(Part of Walter Bean/Grand River Trail) @ Homer Wat-
son & Doon South Drive, Kitchener.

Picture of the 7 "brave" souls who accompanied me on
the relatively flat trail. We all mastered the climb up
the steep slope hill. The picture doesn't show how steep
it actually was. But, the view from the top was spectac-
ular!



INCLEMENT WEATHER

It's that time of year again 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 **7:00 am the morning of the meeting.** If you do not have email, please ensure that you buddy up with someone who does.



Tipsy Toe Through the Tulips

Tuesday May 9, 2023

Finally, a tulip trip! First up is a stop where we are introduced to all things 'flowery'. Set in the heart of Niagara's wine country, The Watering Can Flower Market is a European inspired shop bursting with plants and flowers with new discoveries at every turn. For lunch enjoy Garden Tea, set amidst the Tropical Oasis of their spacious indoor greenhouse. Time to get tipsy at 13th Street Winery – after our wine tasting, wander the beautiful grounds loaded with sculptures and the art gallery. Don't forget about the bakery known to feature Canada's Best Butter Tart by House & Home. Then tipsy toe through the tulips at a nearby farm with over 1 million tulips – and take home a bouquet of the tulips you hand-picked.

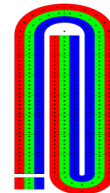


INCLUDES Motor Coach Transportation, Garden Tea for Lunch, Wine Tasting, Handpicked Bouquet of Tulips, Services of Tour Director, and All Taxes

PRICE \$230 Sign up at January meeting with a cheque.

PROBUS INTEREST GROUPS

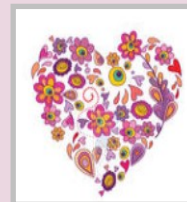
COMMITTEE	CONTACT
Book Club #1	Marg Johnstone
Book Club #2	Helen Baker
Book Exchange	Kathy Ellis
Bowling	Sally De Leonardis
Bridge	Elizabeth Long
Chamber Music	Moira Ainsworth
Cribbage	Suzanne Cline
Euchre	Norma Johnston/Brenda Innanen
Golf	Donna Mae Fleet
Hiking/Walking	Paulette Bissonnette
Jigsaw Puzzle Exchange	Ann Snyder
Learn to Play Bridge	Helen Baker
Lunch Bunch	Julia Boyd
Purls Craft Group	Dot MacMillan
Saturday Morning Breakfast Club	Marg Johnstone
Sharps & Flats	Marg DeBrusk



CRIBBAGE

Cribbage group meets on the 3rd Tuesday of the month at **Queen's Square Terrace** from 1:30-3:30. The next date is January 17th. All are welcome, any level of play. For more information please contact **Suzanne Cline-Armstrong** at sclinearmstrong@gmail.com

THINKING OF YOU CARDS



If you know of any of our Probians who are ill, in hospital, or in need of a card, please contact **Marg DeBrusk** 519-621-6816

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

Final Submissions for February's newsletter is January 20th 2023.

* Women's' Probus Newsletters, Constitution, Bylaws and Policies & Procedures are posted on Aline Chan's website
<https://www.alininspirations.com/probus-cambridge-riverside.html>