



PROBUS NEWS

Women's Probud Club of
Cambridge Riverside

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SPECIAL EDITION

**ALL PROBUS MEETINGS, TRIPS AND SPECIAL INTEREST GROUPS ARE
CANCELED UNTIL FURTHER NOTICE!**

A MESSAGE FROM THE PRESIDENT

I want to send my best wishes and big hugs (from afar) to all my Probud friends. I apologize for not contacting all of you but I have lost the use of my email. Stay strong! Support each other whenever and however you can. We will overcome, but this will take time.

Alison



In this time of uncertainty, the Management Team has put all Probud activities on hold for the protection of our members. This includes Probud meetings, guest speakers, our 15th anniversary celebration, trips, special interest groups and our end of the year luncheon. We intend on keeping our members up-to-date by emails and special edition newsletters as further decisions are made.

Although it is important to protect ourselves and family physically, we also must consider our mental health. Remember we can still take walks and garden. Keep in touch with others via email, phone or text. Check in on neighbours and friends that you think may need some uplifting. Although our special interest groups cannot meet face-to-face, there are virtual methods at our disposal via Skype, Facetime, Zoom, etc.

Be mindful that this may be the time to defuse: sleep in, make bread/pasta, read (e-books and audiobooks are still available from the library), clean the junk drawer, learn a new skill (there are so many resources on YouTube, Blueprint and others), phone all the people you may not have seen in a while, teach your dog a new trick, watch a movie (don't forget the popcorn). But most importantly, if you feel the walls closing in, get in touch with someone and tell them how you feel. We are all feeling isolated and helpless in these trying times. But keep in mind, this too shall pass. Have a great week-end!

Probus Special Interest Groups

COMMITTEE	CONTACT	MEETING TIME
Travel	Lynda Berg	<i>Third Wednesday at Lynda's home</i>
Book Club #1	Marg Johnstone	<i>Fourth Thursday, Donaldson Room, Centre for the Arts</i>
Book Club #2	Diane Day	<i>Fourth Wednesday, 1 pm, rotating members' homes</i>
Book Corner	Cathy Coyle	<i>Table at every Probus meeting</i>
Bridge #1	Elizabeth Long	<i>First Thursday, 1 pm, rotating members' homes</i>
Bridge #2	Elizabeth Long	<i>Second Tuesday, 1 pm, rotating members' homes.</i>
Bridge #3	Elizabeth Long	<i>Third Friday, 1 pm, rotating members' homes</i>
Bridge #4	Elizabeth Long	<i>Third Thursday, 1 pm, rotating members' homes</i>
Bridge #5	Elizabeth Long	<i>Fourth Thursday, 1 pm, rotating members' homes</i>
Euchre	Norma Johnston/ Brenda Innanen	<i>Every Monday, rotating members' homes.</i>
Sharps & Flats	Marg DeBrusk	<i>First Wednesday, 12 pm, Galtview Restaurant</i>
Walking Club	Merrily Walker	<i>Every Monday 9:30 am, local trail hike followed by coffee. Location emailed</i>
Lunch Bunch	Julia Boyd	<i>Third Thursday, 12:30-2:30 pm, various locations, sign up at meeting</i>
Computer Club	June Ayhart	<i>Check flyer on bulletin board at Probus meetings</i>
Purls Craft Group	Dot MacMillan	<i>First Thursday, 10:30-12, Fabric Arts Studio, Floor 2A, Centre for the Arts</i>
Greeters	Linda Sims	<i>Volunteers welcome</i>
Bowling	Sally De Leonardis	<i>First Wednesday 3:30-5, Kingpin Bowling Cambridge Centre</i>
Quilting	Aline Chan	<i>Last Thursday 9:30-11:30, St. James Church, Ellis Rd. Hespeler</i>
Board Games	Ethel Craig	<i>First Friday 1-4, St. James Church, Ellis Rd., Hespeler</i>
Cribbage	Suzanne Cline	<i>Second Tuesday 1:30, Queen's Square Terrace, Activity Room</i>
Breakfast Club	Marg Johnstone	<i>First Saturday 10 am, various locations</i>

MYSTERY WOMAN **Marijke DeVries** was March's Mystery Woman. Congratulations **Marijke!**

PROBIAN PROFILE

Lynn Pinnington

I have been a member of Probus for three years. I was born and raised on the family farm in Essex County. I received an Honours BA at the University of Windsor and two graduate degrees at U of T. I have taught at the university level and was an administrator where I met my future husband. We moved to Cambridge and started a consulting firm doing strategic planning, organizational development and corporate training including guest speaking. I have served on the board of directors of Lutherwood/CODA and I am a trustee with the Cambridge Library Board. I spend my time reading, playing bridge, watching sports, volunteering at Central Presbyterian and travelling. We have visited all five continents and have just visited our sixtieth country. I have been fortunate to have won a number of awards, including a Governor-General's Gold Medal, but I am most proud of our two children and grandchildren.

