



PITT TOWN PROBUS CLUB inc.

Website: Pitt Town Probus Club

Members Facebook Page: [Pitt Town Probus Members](https://www.facebook.com/PittTownProbusMembers)

NEWSLETTER ISSUE 73, JULY 2025

Choice - Is choose between things.

Decision - Is what you have decided.

For any communication re Probus matters email secretary.pitttownprobus@gmail.com

For club information visit our [WEBSITE](http://Pitt Town Probus Club)

President Message July 2025

I hope that everyone has stayed warm and healthy over these cold winter days and nights. It seems to have been a cold winter; don't worry, we are halfway there. Spring will be here before you know it.

At our last meeting we were pleased to introduce two new members to the Club and over the next few meetings I believe that we will have more new members to join us, which once again demonstrates both the value people see in Probus and the fact that Pitt Town has a great vibe.

You will have received the results of the latest Probus survey conducted by PSPL. It is an interesting read with many insights into Probus in Australia and for those that contributed, a big thank you.

Over the coming weeks we will be sending you the results of the Committees understanding of the proposed changes to the Constitution and the associated Standing Resolutions. This will provide the background information to enable a vote on these matters at our August General Meeting. These changes are a requirement for our continued participation with Probus South Pacific and although the paperwork appears daunting, the changes will make the operation of our Club much easier in the coming years.

Please read through your newsletter, Kathryn does a wonderful job in ensuring that you are aware of all the activities that the team have arranged for you.

I know some of you are taking time with family over the school holidays, enjoy the time with grandchildren, and for those travelling, stay safe and travel well.

Regards
Derek
President



Welcome our 2 new members

Please welcome our 2 new members Terry and Jan.



GUEST SPEAKER

Guest speaker for July is Garry Smith who is a retired school principal spending the best part of 40 yrs as a teacher. Upon retirement Garry took up an interest in family history.

Garry is going to be speaking about The Thompsons of Thompson Corner West Pennant Hills.

This promises to be a very insightful talk.

REMINDER

Christmas in July at the Fiddler, Rouse Hill on Wednesday 9th of July.

Doors open at 11.45am for the function room.

Easy parking in the back car park where you can walk straight into the glass-house and it's just a short walk into the function room.

If you arrive early please meet us in the glasshouse.

LAST MONTH LUNCH OUTING - ENTRATA LUNCH RESTAURANT

15 people attended lunch at the Entrata Restaurant in Glenhaven on Friday 20th of June. It was a lovely day with great service and enjoyed by all that attended. Definitely a place worth visiting if you haven't been there.

Kind Regards ,

Julie
Lunch coordinator



Craft Group At Anita's



Come and join in the chatter, and the fun of knitting, sewing or whatever crafts you like to do. Learn how to make Comfort Dolls to give to young hospital patients as they prepare for surgery.

WHEN : Wednesday 2nd July
TIME : 9.30am

Another batch of Comfort Dolls which will be heading off to Norwest Hospital next week.

Knit Picks

Knitting & Mental Health

Knitting Is a Workout —for Your Brain

How every stitch strengthens your mind

Knitting is more than a soothing hobby—it's brain exercise in disguise.

From following complex patterns to tracking rows and correcting mistakes, knitting engages your memory, attention, and problem-solving skills. In fact, a 2011 study published by the National Institutes of Health found that adults who regularly participated in mentally stimulating activities like knitting had a 30–50% lower risk of developing mild cognitive impairment later in life.



Every time you pick up your needles, you're building more than just a sweater.

Knitting helps keep your brain sharp and your mind active—an incredible long-term benefit of a pastime many of us already love. So while you're stitching something beautiful, you're also investing in your cognitive wellness. That's the kind of multitasking we love.

Source: National Institutes of Health (NIH) 2011 – "Engaging in cognitive activities aging, and mild cognitive impairment."

<https://pubmed.ncbi.nlm.nih.gov/21677040/>

www.knitpicks.com

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3RD TUESDAY OF THE MONTH

fantastic turnout – just living the dream! Another fantastic turnout – just living the dream!

Homeground, Pitt Town, 9am, on the 15 July, 2025.

Steve



SCRABBLE - 2ND LAST WEDNESDAY OF THE MONTH AT 10.00AM

Low numbers this month sadly due mainly to winter ills. Despite only six of us in attendance, it was still a fun day. Lisel particularly had a great game topping us all with a score of 245.

July Scrabble will be Wednesday, 23rd at our regular time of 10.00 am.

Please, if you've ever thought about joining us make this month the day. Would love to see you there! HELEN



FITNESS CLASSES WITH LAUREN

Every **Monday** at Pitt Town Sports Club

AT 11.00AM



LAST TUESDAY OF THE MONTH

Coffee Club is the last Tuesday of the month at PITT TOWN SPORTS CLUB.

See you there on the 29th July, 2025 at 10.30am



WINNING PHOTO BY JOHN

MEADOWBANK WALK

After a 10 day postponement, we were finally able to commence our walk, over the John Whitton Bridge. Members received a printed, brief history of the bridge before setting off by train to Rhodes.

Having been disused for many years after the construction of a parallel bridge, the bridge was re-purposed as a cycle/pedestrian way as part of the clean-up of Rhodes in preparation for the 2000 Olympic games. After crossing the Parramatta River, we enjoyed lunch by the water's edge, and while the food was delicious, the company was even better.

Once again, thank you all for being fellow travellers. Looking forward to our next adventure. Until next time.

Cathy



MANLY

OPAL TRIP 26TH JUNE

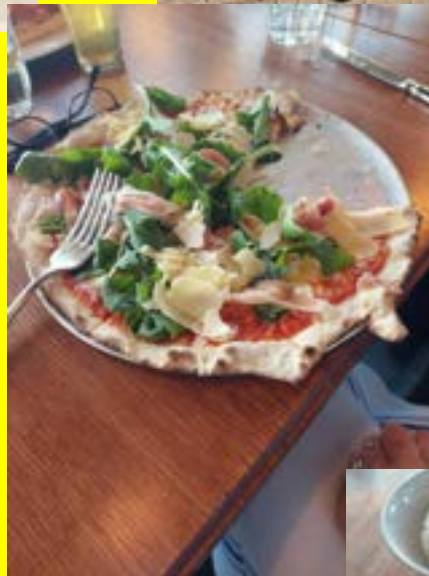
The weather was chilly, but the sun shone on our outing to Manly, where eleven members enjoyed lunch and a stroll along the beach, even contributing to a beach-volleyball game! The smaller group made the day a more intimate affair, and I hope new member Maree enjoyed our company.

Once again, thank you all for your support.

Cathy [REDACTED]



FUN DAY AT MANLY AND FOOD AT FELONS BREWERY





War Memorial

Photo Walk 24th July

Hyde Park

Last carriage **9.04** train from **Mulgrave**. At **Town Hall Station** we will cross to **Hyde Park**, to visit the **War Memorial**, as well as being able to enjoy the delights of the Park. This is an outing as much as a walk.

Lunch and refreshments can be enjoyed at **Hydeaway Café**, on the edge of the park before returning home. **A day of remembrance.**

RSVP 21st July [REDACTED]

Cathy [REDACTED]

SAVE THE DATE

Henry Kendall Cottage & Museum

& A Chocolate Factory Tour

Thursday 21st August



Departing from Pitttown Club at 8.00am, we will travel to West Gosford, to visit two of the area's fantastic attractions.

First stop is The Factory, where after a comfort stop and Devonshire tea, we will enjoy a tour of the chocolate factory, seeing how all the amazing treats are created, exclusively for all tastes and ages.

From here, we travel to the nearby Settlers Tavern, for a delicious lunch, before heading off to our major destination.

Henry Kendall Cottage was the home of the pioneer poet in the 1870's. We are able to see his possessions and learn of his story and connection to the area. The museum contains a diverse collection of old memorabilia, set on two and a half acres in peaceful surroundings, with the picturesque cottage as the centrepiece.

The cost for this outing will be \$105.00 per person.

Cathy [REDACTED]
[REDACTED]

CARAVAN AND CAMPING



"You told me to watch the peg, you never mentioned ... THE TREE!"

We are checking out Belmont Lakeside Holiday Park as a possible destination for our next Rally.

Not too sure about the location, but the Raffle prizes at the local Club are pretty good.



SAVE THE DATE

