



**OUR CLUB MEETING FOR  
12 SEPTEMBER  
IS AT THE TE ATATU SOUTH  
COMMUNITY CENTRE NEAR TO THE  
ST JOHN HALL**

**In the "Activity Room" 9:45 - noon**

**BE AWARE THAT AS ST JOHN HAS AN  
EVENT ON IN THEIR HALL PARKING  
MAY BE AT A PREMIUM AGAIN.**

**No Library books exchange or puzzles  
available this time it's a smaller room.**

**SPEAKER**

Véronique Guilloteau, a certified memory coach in the BrainFit Organisation, will give us tips on how to strengthen the brain.

See Page 3 for more info.

(Answer to Odd One Out at our meeting)

**FRIDAY 26 SEPTEMBER  
Auckland War Memorial Museum  
and DIVA exhibit.**

**Costs (bus & entry) - \$45**

**Bus leaves McLeod Road  
Sports field at 10:00 a.m.**

(Let Di know if you are a  
Museum Member.)

Opera singers, goddesses of  
stage & film, contemporary  
world superstars.

DIVA celebrates the figures  
that have defined  
generations in music, fashion,  
and performance.



**Register at our  
September meeting!**

If attending **advise Di by  
4 p.m Sunday, 21 Sept.**

Bring a friend.

**All queries re trips to**



**INTEREST GROUPS:**

**PLOTL (Probus Ladies Out to Lunch)  
(3rd Thursday) at Gloria Jean's,  
The Boundary, Henderson  
(near K-Mart) 18 SEPTEMBER**

Meet there about 11:30

**Craft Club - 4th Thursday,  
25 SEPTEMBER 10-12** at Viv's,  
Westgate. Bring your own work.

Afterwards those available lunch together  
at a local cafe.

**NOTE: Trip payments are to be  
made before the day of the event.**

**No payments will be accepted  
on the day.**

Please don't give our organisers, or  
yourself, an embarrassing moment by  
turning up and expecting to be included.

*Sorry. Your password must contain:  
at least 8 characters, upper & lower  
case letters, a symbol & a number,  
a haiku, a musical note, a feather of a  
falcon and a drop of unicorn blood!*



**The Ladies Probus Club of Te Atatu  
ASB Bank account:  
Include reference, full name &  
payment name.**

# THE LADIES PROBUS CLUB OF TE ATATU INCORPORATED

## THE TATLER NEWSLETTER - SEPTEMBER 2025 (3 pages)



### HAPPY BIRTHDAYS THIS MONTH

Mary,  
Allanna,  
and Avis  
Special congratulations  
Jude and Mabel

**RAFFLES**  
Quality items needed  
please.



The earnings from these assist with the Club's running costs, (such as Hall set-up/pack-up) as well as providing another interest at our meetings - especially if you are a lucky winner. If you have any items to donate please bring them to a Club meeting.

Contact - Jeannine **022 682 2689**

### LOOKING AHEAD:

Di needs the numbers for those intending to go to **Warbirds at Ardmore** on **24 October** for them to accept our booking. See her at this meeting please.

**Cost \$45** Bus leaves McLeod Road Sports field **10:00a.m.** Cafe at Ardmore for lunch at your own cost.

**28 November Swanson RSA** lunch  
Meet there at about 11:45am



### FRIDAY 19 SEPTEMBER TRIP \$43 J C RYDERS CINEMA AND MEAL

177 Riversdale Road, Avondale

**Invitation from Waitakere Ladies**  
Join them for a movie & a roast meal.  
Make your own way there to meet 9:30  
**Movie 10 a.m.**

**See Di at our SEPTEMBER meeting  
if you intend to go.**

**Pay \$43**, online or cash in a named envelope **to our Club** so we can put a group payment through to Waitakere Club.



Celebrating our  
**30th Anniversary**  
on **12 December**  
at Soljan's Estate.

Cost to be subsidised by the Club and will be advised in October. **Register your interest with Di this meeting** so Committee can finalise some arrangements.

### CONTACT

[tatlprobus@gmail.com](mailto:tatlprobus@gmail.com)

## How is your Memory?

Do you:

- Lose your glasses ? Car key?
- Forget names as soon as you are introduced?
- Forget what you are looking for when you enter a room?
- Forget whether you have taken medication?

So, what is happening to you?

Beginning to forget things is not enough to diagnose Alzheimer's and, in most cases, Alzheimer's is not the cause. But it is a wake-up call.

Research now shows that the human brain is growing and changing throughout our lives and the more you do the better, when it comes to brain health.

Brainfit® for Life is a training programme that gives people strategies to help build and strengthen their brains regardless of age, so they can lead a brain fit healthy lifestyle every day.

### Local Brainfit® Coach, Véronique Guilloteau,

has seen first-hand the devastating effects of stress, age and disease on the brain and memory. She is now putting her skills as a psychologist to good use. She runs Brainfit classes throughout the North Shore, helping adult New Zealanders to understand that getting older doesn't have to go hand in hand with memory loss and that the sooner you start strengthening your brain, the better.

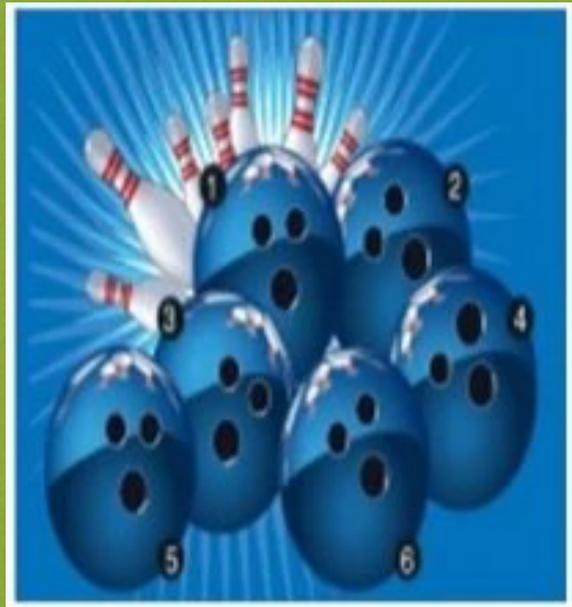


No matter your age, your memory is your life.

Cognitive changes begin around the age of 40. Do you know what to do to protect yourself against memory let-downs?

#### 4. Odd One Out

There are six blue bowling balls, but one of them doesn't belong. Can you figure out which one it is? This one is tricky because they all look very, very similar.



Start your brain training today, check [www.brainfit.world](http://www.brainfit.world) or [www.brainfit.world/courses/](http://www.brainfit.world/courses/) or contact Jude Walter on 027 286 3961

**Brainfit**<sup>®</sup>  
FOR LIFE