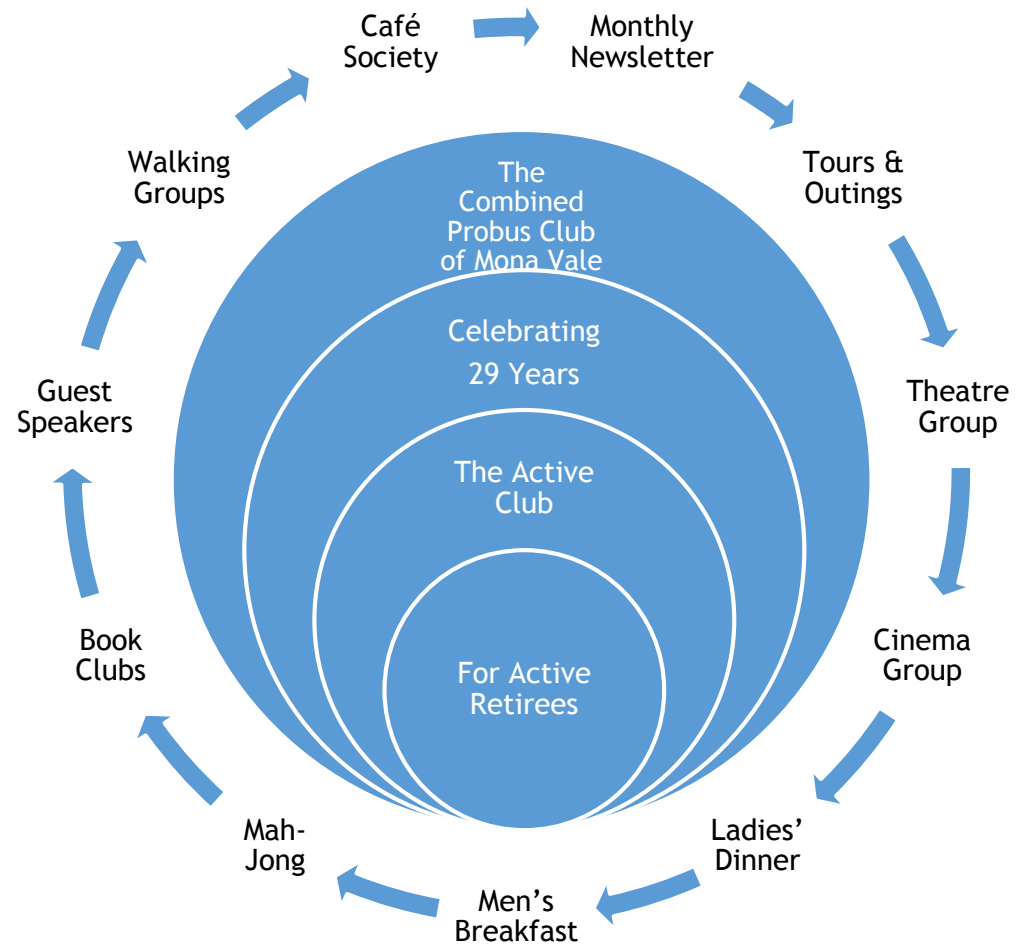


The Combined Probus Club of Mona Vale

Unlimited Possibilities in Retirement



Who We Are & What We Do



Unlimited Possibilities in Retirement

- ▶ *Grand adventures and opportunities;*
- ▶ *Fun, friendship and fellowship in retirement;*
- ▶ *Active participation;*
- ▶ *It's up to us to make it happen;*
- ▶ *It keeps us young;*
- ▶ *New ideas - always welcome.*

Monthly Meetings

- ▶ Home base for our monthly meetings is Pittwater RSL Club, 80-82 Mona Vale Road, Mona Vale, where we meet on the third Tuesday of every month;
- ▶ Doors open at 10:00 am for a 10:30 am start;
- ▶ Meetings are hosted by the club president and include updates from our committee members: Outings, Membership, Treasury, Secretary, Speakers, Theatre, Newsletter, activities organisers, etc...;
- ▶ Ample time is allowed both at the start and during the morning tea break for members to register and pay for events/outings, etc, as well as network with fellow-members and friends;
- ▶ Members celebrating a birthday during that month enter a draw for a special gift;
- ▶ Following the Guest Speaker's presentation, members are invited to stay for lunch - usually in the Glasshouse Restaurant at the RSL club.

Monthly Newsletter

- ▶ Emailed (or mailed) to all members the week before our monthly meeting;
- ▶ Designed to be informative and to remind members of the club's news, activities, outings, speaker program, upcoming events, etc.;
- ▶ Segments include:
 - ▶ **Going Places** (update from the Outings Desk) - upcoming outings and trips away;
 - ▶ **Walk the Walk & Talk the Talk** - upcoming walking group outings, plus program for guest speakers;
 - ▶ **Things to Do & People to See** - special interest activities, eg President's Lunch, Men's Breakfast, Ladies' Dinner, Opal Days, Café Society, Crafty Fingers, Mah-Jong, Movie Mob, etc.
 - ▶ **Tid Bits** - reports and photographs of recent events, introduce new members, special features, funny stories, etc...
 - ▶ **Affairs to Remember** - a current calendar of events, meeting dates, important information, etc.
 - ▶ **For Your Information** - general contact information, bank details, treasurer's report, etc.

Going Places - Tours & Outings

- ▶ Our Outings Team works hard to provide an interesting schedule of outings and trips away for our members;
- ▶ Two major trips away each year - trips this year include: Kiama in March (4 days), and Coonabarabran, Lightning Ridge, Roma & Toowoomba in September (8 days).
- ▶ Outings (day trips) every month to interesting and unique destinations, including, Sydney Harbour Buffet Cruise, Sin in the City (Kings Cross Crime Tour), Lucas Heights Discovery Tour, Temple Tales & Cultural Spaces (Western Sydney), Kurri Kurri Mural Tour, Christmas in July Luncheon in Medlow Bath - just to name a few.
- ▶ Opal Days - visiting places of interest around the city and surrounds, but travelling by public transport (hence “Opal” Days) - eg, Cockatoo Island Tour, Newtown Murals, GPO Tour, Chau Chak Wing Museum, Sydney University, etc.
- ▶ Picnics, BBQs, Anniversary Lunches, Christmas Parties, Melbourne Cup celebrations and any excuse to celebrate... including President’s Lunch every 5th Tuesday of the month.
- ▶ Every January we kick-off the new year with a fun filled morning of Trivia - in place of our regular general meeting (usually held every third Tuesday of the month) - a little light hearted fun for everyone (not too serious).
- ▶ Always looking for new and exciting places to go.

The Theatre

- ▶ Active theatre group - covering different types of productions, catering to all tastes;
- ▶ Lavish productions of award winning shows such as, Moulin Rouge, Cinderella, & Juliet, Grease, Jesus Chris Superstar, HADESTOWN, MJ the Musical, Cats - and we look forward an exciting season ahead;
- ▶ Amateur and Community Theatre productions such, Sound of Music, Jersey Boys, Singin' in the Rain, at the Concourse, Chatswood; Elanora Players at Narrabeen; Glen Street Theatre;
- ▶ Always looking for new and exciting opportunities.

Special Interest Groups

- ▶ Several Special Interest Groups covering a variety of activities which are sure to pique everyone's attention;
- ▶ Movie Mob - get together on the third Saturday every month - see the latest movie releases - always a good topic of conversation;
- ▶ Ladies' Dinner - ladies only get together for an early dinner on the second Tuesday every month - usually at the Pittwater RSL;
- ▶ CHEATs (Chat & Eat) Dinners - regular dinner outings - interesting venues and good food to sample every month or so;
- ▶ Men's Breakfast - men only get together for breakfast at the Armchair Collective, usually every third Wednesday of the month (secret men's business);
- ▶ Mah-Jong - members get together every Wednesday in the Garden Pavilion at Pittwater RSL;
- ▶ Book Club - three to choose from;
- ▶ Crafty Fingers - get together on the first Monday every month - enjoy a chat with other members whilst working on your own project which could be knitting, crochet, hand sewing, embroidery, etc.
- ▶ Café Society - catch up every Friday morning for coffee and cake at the local patisserie.
- ▶ Always looking for new and interesting activities - and organisers.

Guest Speakers

- ▶ Two diligent club members have taken on the task of organising a schedule of speakers to present at our monthly meetings;
- ▶ “5 Minute Speakers” - our club members are encouraged to give a five minute presentation on “anything they wish” - could be about an exciting event or trip they have taken, or career highlights, etc.;
- ▶ Guest Speakers are invited to present for approx. 1 hour at our monthly meetings on a wide range of topics - always interesting, interactive, informative. Recently we enjoyed a presentation on the history of exceptional music-making over 59 years of the Willoughby Symphony Orchestra, as well as the outstanding annual concert series for 2025. Additionally, musicians of the WSO showcased the brilliant talent of the Orchestra with a quartet performance;
- ▶ Always looking for new and interesting speakers to come and present at our meetings.

Toddles Walking Group

- ▶ Our “Toddles” walking group covers a lot of ground... We are so lucky to be living in such a wondrous part of Sydney - offering such fantastic walking trails all along the peninsula from Palm Beach to Manly, plus we sometimes venture wider afield to places like Watson’s Bay, Darling Harbour, etc.
- ▶ Most of our walks range from “easy” to “moderate”, and are no more than 3 or 4 km distance, so always something for everyone;
- ▶ Always an enjoyable day - so much more than a walk... usually followed by a delicious lunch;
- ▶ A newly formed group - STRIDERS - caters to walkers who are interested in longer or more challenging walks;
- ▶ Always looking for new and exciting opportunities.

And So Much More...

- ▶ In our 30th year and going strong;
- ▶ Our constitution allows for 180 members;
- ▶ Something for everyone, and always something to do;
- ▶ Fun, friendship and fellowship in retirement;
- ▶ Always looking for new and exciting opportunities;
- ▶ Unlimited Opportunities in Retirement;
- ▶ Why not join us...



Special Thanks...

On behalf of the Club, the Committee would like to thank:

Christine Baxter

Terry Mackin

Julie Magill

Marie Musumeci

July, 2025

