

Combined Probus Club of Belmont Central Inc.

Tips on how our club engages our members to stay active during the winter months.

1. During our General Meetings we have been encouraging members to keep up their gym memberships, exercise routines, pickle ball, badminton, table tennis etc. all of which are in doors. Some member have spoken about the benefits of keeping up these activities during the winter months.
2. We have two walking group who meet on different days every week for approximately an hour's walk no matter what the weather.
3. Our club also has a bike riding group who meet every Friday for on occasions up to a 30km. ride.
4. If the weather is too inclement, some walk in the local Malls instead.
5. Our Garden Group continues to have outings during the winter months including going to indoor locations such as Bunnings and Mitre 10.
6. Our 'Out & About' Officer has scheduled outings for all the winter months as members enjoy getting out and having fun.