



CECIL HILLS PROBUS CLUB NEWSLETTER

Thursday 5th December 2024

*Cecil Hills Probus Club
was formed after an interest meeting held at The Cecil Hills
Community Centre on 6th June 2024.*

President's Message

Hello and a very warm welcome to you all.

I'm pleased to say our first day out to Woy Woy by train was thoroughly enjoyed by those that attended, the scenery on the train was quite enjoyable and the lunch on the wharf at Woy Woy was enjoyed by all that attended. And best of all nobody was lost...

As a Probud group this is what we are all about fun and friendship in retirement.

As I will not be at our December meeting, I would like to personally wish you a very Merry Christmas and a Happy New Year.

Hopefully I will see you at the Lonnie Lee dinner and show at the Powerhouse Museum.
See you there!

**Jeanette Dupond
(Foundation President)**

OUR HOME BASE!



Management Committee

**Jeanette Dupond
President**

**Ian Delandro
Vice President**

**Ray Moncay
Secretary**

**Fred De Giorgio
Treasurer**

**Roman Marjanac
Membership Officer**

**Denis Price
Newsletter Officer**

**Cecilia Wilson
Outings & Activities Officer**

**Geoff Gray
Welfare Officer**

**Robyn Graham
Guest Speaker Officer**

**Kay Swaysland
General Officer**

**Pina Passarello
General Officer**

Meeting day/time: 1st Thursday of every month at 10:00am

**Meeting venue: The Cecil Hills Community Centre
5 Sandringham Dr, Cecil Hills NSW 2171**

Private and Confidential for Probud use only and is not to be used for any other purpose.

CECIL HILLS PROBUS CLUB **NOTICE BOARD**

Benefits of being social

Social connectedness influences our minds, bodies, and behaviours—all of which influence our health and life expectancy. Research shows that social connectedness can lead to longer life, better health, and improved well-being.

Having strong social bonds increases the chances of survival by 50% compared to those with fewer social connections. Maintaining social connections plays a vital role in preventing serious illnesses and adverse outcomes such as heart disease, stroke, dementia, depression, and anxiety.

Remember our \$5 meeting fee

CLUB ACTIVITIES

Walking Group -Saluti's Café Lizard
Log every Thursday @09.30 except on our meeting day.

Lonnie Lee Concert

Thursday 12th December 2024
@11.00am

Probus Christmas Lunch St Johns Park
Bowling Club

Thursday 19th December 2024

After Meeting Lunch
St. Johns Park Bowling Club
Guest Speaker

No Guest Speaker for December



We're all part of the Probus Community
Now let's get started having fun
with some exciting activities.

Meeting day/time: 1st Thursday of every month at 10:00am

Meeting venue: The Cecil Hills Community Centre
5 Sandringham Dr, Cecil Hills NSW 2171

Next meeting dates/times:
05/12/2024, 10:00am
06/02/2025, 10:00am

