



**BONDI BEACH
PROBUS CLUB INC.
Newsletter No.6 August 2025**

Welcome to our new venue -- Easts

OUR NEXT meeting on Tuesday August 12 will be in our new venue of the Bondi Room, 1st floor, Easts Leagues Club, 93-97 Spring Street, Bondi Junction. Please remember that the start time shifts to 10.15 but you are welcome to arrive from 10am.

As I have said before, I strongly recommend that you consider [joining](#) Easts (\$7pa or \$10 x 3 years) to ease club entry and to enjoy the member discounts.

Our July events were well attended. We had 30 members and 12 visitors (some of whom converted on the spot to membership) for our monthly meeting with speaker Peter Thorpe enthusing us about Artificial Intelligence for seniors. The Chinese Gardens trip attracted 12, followed by a ferry trip to Abbotsford and lunch at the Sydney Rowing Club for 14, and a big roll up of 24 for the Christmas in July lunch at Easts Club, with member Annette Hawkins generously providing Christmas gifts for all attendees.

Brilliant.

With members – including new members -- putting up their hands to run specific activities like music or movies, we can also look to improve the numbers attending these events as our organisation and communication work better. WhatsApp notification of events seems to be working well. Remember also that we list the event dates in this newsletter and email the details of each event.

Cheers, *Maureen*

Take Heart, it's all good news

OUR speaker on August 12 (at our new venue, Easts Club) is Colin Cowie, from the NSW division of the Heart Foundation. He is going to give us some nasty facts about heart disease but also tell us how we can prevent it.

For instance, 1 in 3 adult Australians are living with high blood pressure which is the leading cause of heart attack. And 1 in 4 Australians die of heart disease. Pretty startling statistics.

But the Heart Foundation offers a wide range of resources to help us all live healthy lives. Simon will also touch briefly on some of the interesting research projects that are funded through the Heart Foundation.

Your Committee and Contacts

President - Maureen Cantrell
0417 687 614

Vice President - vacant

Secretary - Len Horne
0406 586 447

Treasurer - Steve Jones
0402 967 702

Membership – Sue van Megen
0422 546 682

Welfare – Pamela Lansky
0416 181 783

General Committee
Julie Jurd

Margaret Jones

Penny Cameron

Activities Assistants – Anne
Hogan, Annette Hawkins

Your email contact:

secretaryprobusbondibeach@gmail.com

Vice President – vacant

Publicity - vacant

Guest Speaker - vacant

Your club website:

<https://www.probusouthpacific.org/microsites/bondibeach>

Facebook:

<https://www.facebook.com/share/1Lg3vGpKJX/>

NEXT MEETING

**12 August 10.15am
at Easts Leagues Club**

Meeting day/time: 2nd Tuesday of every month at 10am for 10.15am start.

Meeting venue: Bondi Room, 1st Floor, Easts Leagues Club, 93-97 Spring Street, Bondi Junction.

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Festive cheer for our Christmas in July lunch at Easts. A big thank you to Annette for the gifts.



Don't be frightened of AI

THAT was the message from July guest speaker Peter Thorpe as he outlined both the fears and the benefits of artificial intelligence.

A Probian himself, Peter told us that it's not too late for seniors to learn – indeed, we should because it's not difficult!

The starting point is ChatGPT. It's as easy as asking Google a question, says Peter. Just go to chat.com and ask the question. You can even dictate instead of typing. For instance, help me choose a birthday present for my granddaughter who is 10. What are some easy and healthy meals that I can cook for one person? Write me a short poem for my daughter's anniversary.

All the tricks to handle AI are in Peter's book, *Artificial Intelligence for Seniors*, which many of us snapped up on the day. For more about Peter's advice on AI, go to www.aiforseniors.com.au.

Your August/Sept Calendar

Sunday August 3 – Jazz at Government House (free). Meet at venue, music runs from 12pm to 2.45pm but you can come and go. The House is open for viewing from 10am to 3pm. This is a monthly event to December. Future dates are Sept 7, Oct 5, Nov 2 and Dec 7. Mark your diaries.

Monday August 4 -- Bondi walk and coffee. Regular event. Meet at Surfish Café, Bondi Pavilion, for a 10am start. Flat non-strenuous walk for half an hour returning for coffee at Surfish at 10.30am. Or a longer walk for the more adventurous.

Tuesday August 12 – Monthly meeting. New venue is Bondi Room, 1st floor, Easts Leagues Club, starting at 10.15am. Guest speaker Simon Cowie from Heart Foundation. Lunch optional from 12pm at venue.

Wednesday August 13 – Surfish Cafe lunch at 12pm with free lunchtime concert at 1.30pm in the High Tide Room, Bondi Pavilion. Come to one or both.

Tuesday August 19 – Movie club at Event Cinemas, Bondi Junction, usually at 10am, followed by optional lunch. A regular event on the 3rd Tuesday of the month. Next date: September 16.

Monday August 25 – *The Third Man*, classic movie at Randwick Ritz. 11am, meet at box office. Lunch afterwards?

Tuesday August 26 – First aid education for seniors (free). 2pm – 3pm at Vacluse Bowling Club. Self-registration at www.chsnew.org.au/firstaid60

Saturday August 30 (TBC) -- *Andre Rieu* concert movie (3hr), Event Cinemas, Bondi Junction, 1pm.

Monday Sept 1 – Bondi walk and coffee. Regular event on the first Monday of the month.

Sunday Sept 7 -- Jazz at Government House (free). Meet at venue, music runs from 12pm to 2.45pm.

Tuesday Sept 9 – monthly meeting at Easts Leagues Club starting at 10.15am. Guest speaker: Noel Phelan from the Naval Historical Society. Lunch optional from 12pm at venue.

Wednesday Sept 17 – lunchtime concert (free) at Fountain Court, NSW Parliament House. 12.45pm to 1.30pm. Future dates: October 22, November 12.

Monday Sept 15 – *The Great Escape*, classic movie at Randwick Ritz. Movie at 11am, meet at box office.

Friday Sept 19 (TBC) – Ferry to lunch at Mosman Rowing Club. Check WhatsApp and via email.

Monday Sept 22 – Bowral tulip festival. An invitation to join a Probus Coogee Beach trip (check vacancies with Dolores 0488 397 716).