



COOGEE BEACH PROBUS CLUB

August 2025 Newsletter

A message from your Management Committee:

The meeting on July 8th 2025 was at our new home – the Coogee Legion Ex-Services Club – followed by lunch. Thanks again to the Board and Management for their support and generosity!

It was nice to welcome some new visitors and also a few more people have signed up for our interest groups and activities!! We encourage you to invite guests to our monthly meetings or to our lunches, outings and activities. Guests can join us on three occasions to see what we're all about before signing up as a member - and it's worth noting that new members will pay a pro-rata membership fee for the remaining membership period so there's a definite benefit if they want to sign-up in the coming months.

Our Movie & Entertainment, Book and Walking Clubs have had their initial meetings and we're now looking at establishing the Golf and Art Clubs – and looking for people that want to lead them!! We love hearing your ideas for our Club so email us with any further suggestions for shared interest groups, activities and outings

E: secretarycbprobud@gmail.com

Did you know that Probud offers a lot more than just friendship and fun? Under the Member Benefits Scheme you can access discounts and special offers just by producing your Probud Membership Card. Take a look at where you can save on everything from travel, insurance, entertainment and health and lifestyle products ...

https://probudsouthpacific.org/pages/members_offers_member_benefits_scheme

We also encourage you to sign-up for Probud's free e-newsletter – Active Retirees. It's a fantastic read for those that are already retired and those transitioning to retirement or semi-retirement.

https://probudsouthpacific.org/pages/about_active_retirees_digital_subscriptions

We're looking forward to seeing you all at the meeting on 12th August 2025 – or hopefully sooner for lunch, out walking or on our next outing to the Opera House!!

Club Business

We have established a WhatsApp group so that we can communicate quickly with each other, particularly useful for last minute changes to planned events or where the weather conspires against us. Plus we are structuring social media pages which we can use for promotional purposes to grow our membership.

We've been discussing how we can streamline payments for activities and day trips and have decided that we will not be accepting cash for these transactions. You can either pay direct into our bank account (see details below) on or before the due date or alternatively, you can pay electronically at the meetings but note that this method of payment will incur a small transaction fee.

Account Name - Coogee Beach Probud Club Inc

BSB 633 000 - **Account Number** 229 915 442

We're still holding a number of Membership Cards and name badges so try to come along to the next meeting and see Cate to claim yours!

Go to the Club website for more information about us and we encourage you to take a look and give us feedback <https://www.probudsouthpacific.org/microsites/coogeebeach>

Just a reminder that Coogee Legion Ex-Services Club is a Registered Club so non-members will need Photo ID to sign-in on the day ...or why not make it easier and explore the benefits of being a member? <https://www.coogeelegionclub.com.au/the-club/>.

Management Committee

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President

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Guest Speaker Officer

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Membership Officer

0409 516 800

Sue Sternberg

General Committee

0408 285 473

Publicity Officer

Vacant

Quote of the Day

"We don't stop playing because we grow old. We grow old because we stop playing."

(George Bernard Shaw)

Hot off the press!!

The visit to the Garvan Institute on 30th June was wonderful – despite the shocking weather!! Seven adventurous Probians braved the conditions and shared a terrific and informative day exploring the history of the Garvan whilst gaining a fascinating insight into the current research programmes and technical aspects of the Institute. What marvellous and invaluable work these wonderful people do!! The tour ended with a fabulous lunch at the Tropicana Caffè!!



The monthly Lunch at the Shakespeare was postponed as they were still renovating but at very short notice, the Royal Hotel in Randwick was able to accommodate us – and it was a lovely afternoon. Eleven of us gathered for a very informal pub lunch and a few beverages. The pub offers a good and varied menu so why not try it for yourself!!

<https://royalhotelrandwick.com.au/bistro/>

See the **Upcoming and Recurring Club Activities** section for more details but just a reminder that we're still planning and looking forward to the day trip to **Bowral on Monday 22nd September 2025**. The trip will only realistically go ahead if we have the numbers to make it cost-viable so please consider inviting a friend along to enjoy the tulips, lunch and some excellent company!! Contact Dolores by 8th August 2025 to register your interest and secure seats on the bus ... and click here to see what you could be missing!!

<https://www.visitsouthernhighlands.com.au/event/tulip-time-flower-festival-2025/>

Guest Speakers

Our guest speaker in July was Bill Avery from Walking Volunteers who revealed some beautiful, hidden walking spots in and around Sydney. Some real gems that we probably didn't know existed even though they're right on our doorstep. From Chinese Gardens in Nurragingy to a Sphinx memorial in Ku-ring-gai Chase and so much more – Sydney really has it all!!



Great opportunities for us to explore our beautiful city and surrounds For more information, go to Bill's website www.walkingvolunteers.org.au

Our speaker in August will be Susan Ackroyd who will be sharing the history and myth behind some of our well-known and beloved nursery rhymes – prepare to be surprised!!

Morning Tea



Huge thanks to Helen C, Lisa, Mary and Cate for an absolute smorgasbord for morning tea at our last meeting!! Do you have a delicious morsel you'd like to share with us at our next meeting?

Interest Groups

Interest Groups are for all of us so come along if you see something you think you would enjoy!!

Save the Date(s)

Walking Group – 23rd July, 2025 at 9.30 a.m

Book Club - 19th August, 2025 at 11.30 a.m

Walking Club

Meet at 9.30 a.m on 23rd July 2025 at the café at the Eastern Suburbs Memorial Gardens on Military Road in Matraville. We will be walking to La Perouse where we will enjoy coffee before walking back. Estimate that the walks will be about an hour with a welcome break in the middle!!

Book Club

Our next meeting will be at 11.30 a.m. on 19th August 2025 at the Royal Hotel in Randwick. In the meantime, keep turning those pages and then come along and tell us what you've been reading over some nibbles and drinks. We're also establishing an online library of book recommendations which gives us a chance to share, swap and recycle our favourite books.

Movie and Entertainment Club

We're going to start with a movie at the Ritz and we will then relocate to a nearby venue where we can enjoy a drink and some nibbles to discuss what we've seen and what we want to see. Watch this space for information about upcoming movies, stage shows and plays or do you already have a movie, show or other fun ideas in mind?

Art Club – do you like wandering around galleries or finding a nice spot to sketch or do you just want to capture that special moment on film? We have quite a few people that feel the same so let's get together and plan some days out!!

Golf Club (no pun intended!!) – a bucket of balls at the driving range or an actual round of golf? Or maybe aspirations of a CBPC invitational day? This was a member suggestion in the June meeting so let's see if we can get this off the ground in time for the return of the warmer weather!!

"Si Mangia a Tavola" Recipe and Food Club

Sharing food and recipe tips and creating our own CBPC Online Cookbook!! We'll also be looking at food experiences and tastings so let us know if you have something food-related to share. In the meantime, do you have a secret family recipe that you want to share with the Group? Just send it to us and we'll start cooking.

Got something else in mind? Want to sign-up to one of the interest groups? Want to share that secret family recipe? Contact Pam on 0419 333 530 or E: secretarycbprobus@gmail.com

Where to find us!

Join us on the second Tuesday of the month at 11.00a.m on Level 2 at Coogee Legion Ex-Services Club, 200 Arden Street, Coogee

Upcoming Meetings

12/08/2025 at 11.00 a.m.

09/09/2025 at 11.00 a.m.

14/10/2025 at 11.00 a.m.

There is a \$5.00 fee for each meeting (cash accepted) and please consider bringing your own reusable cup for morning tea. We will also be enjoying lunch at Coogee Legion Ex-Services Club for those that want to hang around after the meeting (this is a self-funded lunch).

Coogee Beach Probus Calendar of Events July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
6	7	8 Monthly meeting 11.00am Coogee Legion Club	9	10 Monthly walk - Harbour Bridge. Meet at Milsons Point Station at 10.00am	11	12
13	14	15	16	17	18 Lunch at the Aurora Hotel in Surry Hills - 1.00pm	19
20	21	22	23 Walking Group - 9.30am Eastern Suburbs Regional Park to La Perouse	24	25	26
27	28	29	30 Open House - Meet at Lower Circular at 10.00am	31	1	2

Coogee Beach Probus Calendar of Events August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12 Monthly meeting 11.00am Coogee Legion Club	13	14	15 Lunch at the Shakespeare Hotel Surry Hills - 1.00pm	16
17	18	19 Book Club - 11.30am at the Royal Hotel in Paddington	20	21	22 Guided tour of NSW Parliament - 10.30am	23
24	25	26	27	28	29	30

Coogee Beach Probus Calendar of Events September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9 Monthly meeting 11.00am Coogee Legion Club	10	11	12	13
14	15	16	17	18	19 Lunch at the York Club - 1.00pm	20
21	22 Full Day Trip to Bowral Tulip Time Festival - 8.00am to 4.00pm	23	24	25	26	27
28	29	30	1	2	3	4

Upcoming and Recurring Club Activities

Please note that all lunches or coffee dates are self-funded.

Remember to register your interest in attending lunches and outings as this enables us to contact you if plans change.

Monthly Lunch - contact Sharon 0435 115 039

Our next lunch will be on Level 1 of the Aurora Hotel on Elizabeth Street, Surry Hills on 18th July 2025 – meeting at 12.30 p.m for lunch at 1.00 p.m. Getting there – Light Rail to the Central tram stop and a short 2 minute walk to the pub which is behind the Dental Hospital. Enjoy some pub grub in a nice setting.

Activities – contact Dolores on 0488 397 716

Thursday 10th July 2025 – enjoy a really iconic walk across the Harbour Bridge. Meet at 10.00 a.m. at Milsons Point Station (near the exit barriers) then head south to enjoy fantastic views of our beautiful harbour and a visit the Historical Big Dig Archaeology Site at the Rocks. We will also enjoy coffee or lunch at Pancakes on the Rocks.

Friday August 22nd 2025 – a guided tour of NSW Parliament at 10.30a.m. Meet on the corner of Martin Place and Macquarie Street at 10.00 a.m and entry into Parliament is via a security screening station. Lunch to follow at the Public Café (a reservation has already been made) or you may choose to make your own arrangements for some fine dining at Strangers Restaurant. Please advise Dolores by 18th August 2025 if you wish to attend.

<https://parliamentarycatering.com.au/experience/strangers-restaurant/>

Day Trips - contact Dolores on 0488 397 716

Monday 22nd September 2025 – A full-day bus trip to Bowral for the Tulip Time Flower Festival. We're still working through an itinerary but looking at an 8.00a.m. departure time from Coogee and returning by 4.00 p.m. The day will include morning tea at Mittagong RSL, a visit to Corbett Gardens with its beautiful tulip displays and boutique market stalls and then on to the Scottish Arms Bistro for lunch. Cost will depend on numbers but it will obviously be less expensive if we have more people involved. To give you an idea of costs, the bus + driver + tolls for the day comes to \$217.00 so it's already a very reasonably priced day out with additional costs on the day to cover entry into Corbett Gardens (if you choose to visit) and also self-funded refreshments. Please contact Dolores by 8th August 2025 to register your interest.

What if you can't make an event?

Life happens!! But please remember to let us know if you have committed to an event but cannot attend. This is particularly important where we may have a waitlist for events with limited numbers allowed.

What else is on the horizon?

You've spoken and we've listened so watch this space for information on wine tasting, barefoot bowls, trivia and a Christmas function. Let us know what else you want!! Contact Dolores or Pam or email us at secretarycbprobus@gmail.com

Got something you want to share?

Contact your **Newsletter Officer** if you have something you would like to be included in your newsletter!!

