



COOGEE BEACH PROBUS CLUB

December 2025 – January 2026 Newsletter

A message from your Management Committee:

Welcome to our latest newsletter and welcome also to our new members – Carol, Nada and June!!

What a year it's been!! Our Club was only established in March 2025 and already we have 48 members. We've established several interest groups, have explored many parts of our wonderful, beautiful city and have dined at some truly fantastic venues. That's a tremendous achievement in such a short period of time and we thank each and every one of you for your support and enthusiasm in making our Club a huge success. There is a cap on numbers but the good news is that we still have room for new members so please, continue to invite your family, friends and neighbours to come along to a meeting or an outing to see what they're missing. Guests can join us on three occasions – either meetings and/or outings - 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 if they sign-up at the January meeting. Now that's a great incentive to become part of such a fabulous group of people!!

We take this opportunity to remind you that we will be holding our first Annual General Meeting (AGM) in March 2026 and to again invite you to consider becoming part of the Management Committee. You can review the scope and roles on each position via our website. Or come along to our Management Committee meeting on 9th January 2026 as an observer before you decide.

<https://probussouthpacific.org/microsites/coogeebeach/Committee>

Did you know that you can actually save money just by being a Probuss member? The Member Benefits Scheme offers discounts and special offers on a whole range of things so remember to collect your card from Cate

https://probussouthpacific.org/pages/members_offers_member_benefits_scheme

We also encourage you to sign-up for Probuss' free e-newsletter – Active Retirees.

https://probussouthpacific.org/pages/about_active_retirees_digital_subscriptions

We're looking forward to seeing you at the monthly meeting on 13th January 2026. In the meantime, keep on 'jingling' in the build-up to a wonderful Christmas and we wish you a very prosperous and Happy New Year!!

Club Business

We meet on the second Tuesday of the month at 11.00a.m. - L2 at Coogee Legion Ex-Services Club, 200 Arden Street, Coogee. Our next meeting will be on **13th January 2026** so come along and join in the fun!! Also, mark your diaries for upcoming meetings on ...

- 10th February 2026
- 10th March 2026
- 14th April 2026

There is a \$5.00 fee for each meeting (cash accepted) and please consider bringing your own reusable cup for morning tea. We enjoy an optional, self-funded lunch at Coogee Legion after the meeting - it's 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 becoming a member?

<https://www.coogeelegionclub.com.au/>

Just a reminder that we do not accept cash for pre-paid events. You can make a direct payment into our bank account on or before the due date or you can pay electronically at our meetings though this method of payment will incur a small transaction fee.

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

Management Committee

Helen Coggan
President

M: 0400 399 533

Tony Carr
Vice President
M: 0400 194 233

Mary Crumblin
Secretary
M: 0418 603 766

E: secretarycbprobuss@gmail.com

Dorothy Evanoff
Treasurer
M: 0414 991 532

Dolores Brooker
Outings and Activities Officer
0488 397 716

Rosemary Skinner
Assistant Secretary and
Welfare Officer
0412 608 852

Sharon James
Newsletter Officer
0435 115 039

Helen Bofill
Guest Speaker Officer
0412 693 047

Cate Doolan
Membership Officer
0409 516 800

Sue Sternberg
General Committee
0408 285 473

Publicity Officer
Vacant

Quote of the Day

**"Getting old is a
fascinating thing. The
older you get, the older
you want to get."**

(Keith Richards)

Out and about with CBPC!!



Maria and Dolores enjoyed a beautiful morning on their scenic walk from Coogee to Maroubra Beach before a tasty brunch at Marini Café. Walking is a terrific form of exercise and a great social hobby so why not join us on our next walk?



We had a great lunch at the Strawberry Hills Hotel in Surry Hills ... the food and company was fabulous and the margaritas were outstanding. The highlight was some impromptu after-lunch dancing to shake-off those calories - and the bar staff joined in too!! Probians know how to party!!

The Jingle and Mingle was a lovely festive occasion – food was plentiful and the million-dollar view was the icing on the cake. A good time was had by all. Thanks to Tony and Fiona for putting together some great lucky door prizes - and congratulations to the lucky winners – Judy, Tony and Wendy!!



We ended the year with a very festive morning tea and a light lunch at Coogee Legion – great turnout and a chance to just catch up ahead of the silly season.



Like what you see? Why not come along to one of our meetings or join us on our days out and our lunches. Guaranteed fun and laughter - you'll have an absolute ball!!!

Interest Groups

Everybody is invited to participate in our groups so just come along if you see something you think you would enjoy!!

Book Club

Our next meeting is at 12.00 p.m. on Tuesday, 20th January 2026 at the Royal Hotel in Randwick. Our book of the month is "Hamnet" by Maggie O'Farrell so grab a copy and join us to discuss over drinks and nibbles. Or just come along and tell us what you're reading!!

Trivia – exercise your grey matter every Wednesday at Club Bondi Junction, 34 Bronte Road or on Thursday at the Eastern Suburbs Legion Club, 213 Bronte Road. Both quizzes kick off at 7.00 p.m. but we meet earlier for dinner if you are interested. Go Team Coogee Beach Probus!!

Walking Group – Thursday, 11th December 2025. Join us for a leisurely ramble around Centennial Park. Meet at 10.00 a.m. at Centennial Park Cycles on Grand Drive (near the Darley Street Gates). This is an easy paced walk so suitable for all. Coffee or tea options at the Centennial Homestead Café – or just join us at the café about 11.00 a.m. if you don't fancy the walk

Entertainment Club

All things entertainment – movies, live shows, concerts. Watch this space or the WhatsApp chat for more information and future events.

Golf Club - Contact Tony Carr if you're interested in a round of golf at Randwick Golf Club – and the food is great too so the "19th Hole" could be a great way to finish off the round!

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? Let's get together and plan some days out!!

"Si Mangia a Tavola" Recipe and Food Club - sharing food experiences and our favourite recipes. We would like to have a quarterly lunch or dinner at a nice venue so tell us if you have a favourite eating spot that you think we'd enjoy!

Got something else in mind? E- secretarycbprobus@gmail.com or contact us via our WhatsApp group

Guest Speakers

Our guest speaker in December was Noreen Kahloo from the Macular Disease Foundation Australia who spoke to us about age-related macular degeneration. We're all in the age group where this can become an issue so it was very reassuring to hear about management of this condition and also the lifestyle and diet choices we can make to reduce the risk ... and we now all have the Amsler Grid so we can check our own eyesight and spot the early indicators of macular disease. For more information, visit their website <https://www.mdfoundation.com.au/>

In the New Year we will be hearing from experts in the aged-care field and also the Heat Foundation.

Got a story to tell or do you know somebody who would like to be a guest speaker at one of our meetings? Contact Helen Bofill

Save the Date!!

Date	Event Details (see activity registration sheet for more information)
11/12/2025	Ramble around Centennial Park. Meet at 10.00 a.m. at Centennial Park Cycles (near Darley Street Gates). Coffee at the Homestead Cafe afterwards
15/12/2025	90-minuted guided tour of St Mary's Cathedral and Crypt at only \$5.00 p/p. Optional self funded lunch at Meza Bar Level 1 of the York Club, 99 York Street)
13/01/2026	Monthly Probus meeting at Coogee Legion Ex-Services Club
20/01/2026	Book Club - midday at the Royal Hotel in Randwick
23/01/2026	Monthly lunch at the Royal Exhibition Hotel on the corner of Chalmers and Devonshire Street. Meet at 12.30 p.m. for lunch at 1.00 p.m.
28/01/2026	Guided tour of the State Theatre at 49 Market Street. Meet at 9.45 a.m. in the foyer but note there are lots of stairs involved. Cost is \$17.00 p/p and payable at the January monthly meeting. No cash!! Lunch at the Castlereagh Club afterwards
10/02/2026	Monthly Probus meeting at Coogee Legion Ex-Services Club
20/02/2026	Monthly lunch at a venue to be advised
10/03/2026	Annual General Meeting (AGM)

Keeping in touch

We have lots of ways in which you can keep in touch and find out more about our Club and activities

- Contact the Management Committee Members via the mobile numbers in this Newsletter
- Via email to secretarycbprobus@gmail.com
- Via our WhatsApp Group chat
- Via the Suggestions box at the monthly meetings

You can also;

- Check out our Facebook Page for Coogee Beach Probus Club
- Or visit our website
<https://www.probussouthpacific.org/microsites/coogeebeach>

Can't make an event?

Life happens!! What if you can't make an event?

Please let us know if you have committed to an event but cannot attend. Either contact the organiser or message on our WhatsApp group. Similarly, we will contact you if things change or if we need to cancel an activity.

Got something you want to share?

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

Upcoming Events

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

Remember to register your interest in attending lunches and outings so that we can contact you if plans change.

Monthly Lunch - contact Sharon

Our next lunch will be at 1.00 p.m. on 23rd January 2026 at the Royal Exhibition Hotel on the corner of Chalmers and Devonshire Street. Take the tram to either Surry Hills or Central and then it's a short, easy walk to the pub. Or you can hop on the 374 bus which drops you off just opposite the venue.

Save the date for future lunches at venues to be advised – or suggest a venue and we'll work on it!!

- 20th February, 2026
- 20th March, 2026
- 24th April, 2026

Monday 15th December 2025 – 90-minute guided tour of St Mary's Cathedral & Crypt – contact Dolores.

Meet at 10.15 a.m. at the Cathedral Shop which is inside the cathedral on St Mary's Road. Note that there are 40 steps to the crypt which also means a climb back up. Cost is \$5.00 p/p (payable to Dolores on the day) with an optional lunch at Meza Bar and Grill in Club York (99 York Street near the intersection with Market Street). Please note that final numbers for lunch are required by Friday 12th December after which, a \$10.00 p/p no show or cancellation fee will be payable. You will also need photo ID to gain entry as it's a Registered Club. St Mary's at Christmas really is a beautiful experience so sign up for a magical day out.

Wednesday 28th January 2026 – 90-minute guided tour of The State Theatre – contact Dolores.

Meet at 9.45 a.m. in the foyer at 49 Market Street and the tour will begin at 10.00 a.m. Note that there are many stairs for this tour so please take that into consideration if you are thinking of joining us. Cost is \$17 p/p and we need 10 people for the tour to go ahead. Payment will be on or before 13th January 2026 (EFT or bank transfer only please). Why not make a day of it and stay on for an optional coffee or lunch on L1 of the Castlereagh Club, 199 Castlereagh Street? Again, you'll need Photo ID to gain entry

On the Horizon – Dates to be Confirmed

- Social croquet and/or bowling
- Guided and self-guided walking tours of our lovely city
- Visit to the Boom Gate Gallery at Long Bay Correctional Facility plus other galleries and exhibitions

Do you have ideas for some fun events?

We've been busy during 2025 so let's start 2026 with a bang!! Do you have ideas for walks, outings and activities? Is there a special place you'd like to go for lunch or dinner? Do you have a hobby that might appeal to the broader group?

If you answered "yes" to any of the above then we want to hear from you!! Either pop something into the suggestion box at the next meeting or email secretarycbprobus@gmail.com or contact us via WhatsApp