Probus Club of Cecil Hills- Newsletter
Thursday 2nd July 2026

Presidents Message:

Hello and a very warm welcome to you all.

Already July and the year is humming along and a little cold!

To our events coordinator Cecilia Wilson your suggestion for a gourmet food club was a resounding success on Thursday night 25th June at Lillies restaurant in Prestons, everybody seemed to enjoy the company, and we are looking forward to the next one.

Those members who attended the Biennale at the White Bay Powerhouse had an enjoyable day.

Our guest Speaker this month Carole Edmeades who will be delivering her information by an interactive zoom meeting so members wear comfy clothes so you can participate.

Also, this month is our Christmas in July event at Katoomba which I hope you are all looking forward to.

Our next meeting is August 6th at our home base 5 Sandringham Dr Cecil Hills and afterwards at St John's Park Bowling Club for lunch.

See you there.
Jeanette Dupond
Foundation President

Our Home Base



Management Committee

Jeanette Dupond
President

Ian Delandro
Vice President

Lynda Delandro
Secretary

Fred De Giorgio
Treasurer

Roman Marjanac
Membership Officer

Angelo Sartor
Transport Officer

Denis Price
Newsletter Officer

Cecilia Wilson
Outings & Activities Officer

Jenny Suwala
Welfare Officer

Robyn Graham
Guest Speaker Officer

Fay Muir
Ray Moncay
Sue Farrugia
General Officers

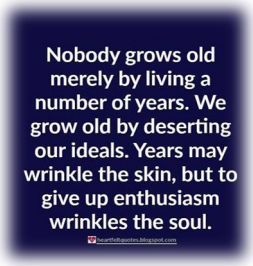
Cecil Hills Probus Club
Was Formed @ The Cecil Hills Community Centre
6th June 2024

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

From the Editors Desk

What is the secret to aging gracefully?

Aging gracefully combines proactive health habits, a positive mindset, and consistent self-care. Focus on daily movement to maintain strength and balance, nourish your body with whole foods, prioritize 7 to 9 hours of restorative sleep, protect your skin from sun damage, and stay socially connected with your community.



Note to Probus members and visitors:
As there is ongoing construction work at the public school, when parking your car at the meeting, park well clear of the entry gate and the driveway to the public school. Thanks.

$5 Meeting Fee payable @ July meeting

Club Activities:

Walking Group -Saluti's Café Lizard Log on Thursday @ 9.00am

Except on Wednesday 1st July as Monthly Meeting is on Thursday 2nd July

Club Outings:

Tuesday 11th August:
Tour of Prince Henry Hospital Museum, Little Bay

Take a tour of the Prince Henry Hospital Nursing and Medical Museum

RSVP: Registration and payment due by the Probus Meeting, 2nd July 2026-For more information refer to the Nurses Museum flyer

Thursday 23rd July
Christmas in July at the Palais Royale, Katoomba

Guest Speaker

Carole Edmeades, Co-Founder
Exercise Education Third Age Fitness
Topic: Improving our health through exercise
Carole's presentation including strategies that we can use to take charge of our health by including strength and balance exercises into our daily routines will be conducted via ZOOM from Melbourne.
The presentation will include several easy chair exercises.

After the meeting
come and join us for lunch
@ ST. Johns Park Bowling Club

Probus Club of Cecil Hills A/C Details

Acc/Name Cecil Hills Probus Club INC BSB: 112879 Acc #: 490400680

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:
06/08/2026- 10:00am
03/09/2026-10:am



Cecil Hills Probus Club



Prince Henry Hospital was established in 1881 as NSW's first hospital for infectious diseases. It closed in 2003. The Prince Henry Hospital Nursing and Medical Museum maintain an extensive collection of documents, artefacts and memorabilia related to Prince Henry Hospital, the hundreds of doctors, nurses, patients and support staff associated with it and the general history of medicine in NSW.

WHEN: 11th August 2026, Tour commencing at 10.30 am

WHERE: Flowers Ward 1, 2 Brodie Ave Little Bay, NSW, 2036

LUNCH: The Boatshed, 1609 Anzac Parade, La Perouse NSW 2036

COST: Museum entry - $13.00
Lunch – at own cost

RSVP: Registration and payment due by the Probus Meeting, 2nd July 2026 Click here to register

If transferring funds into our account, please use the following details:

Account Name: Cecil Hills Probus Club Inc + your name and Nurses
BSB: 112879
Account Number: 490400680

THE BOATSHED LA PEROUSE

CECIL HILLS PROBUS CLUB

Scenic River Cruise of the Hacking River



In three hours, cruising in the relaxed and informal atmosphere of the M.V Tom Thumb III, you will enjoy exploring the upper reaches of the Hacking River, one of Sydney's most unspoiled waterways, with its many bays and inlets down to the open expanses of Port Hacking and Bate Bay. A full commentary and morning tea will be provided on the cruise.

PIPPIS



WHEN: 11th September 2026, ferry departure 10.30 am (on the dot – be there by 10.15 am).

WHERE: Leaving from the public wharf at Tonkin St, Gunnamatta Bay, just below Cronulla railway station. (Very limited parking).

COST: $30 for the cruise, lunch at Pippis Restaurant, at own cost. Mains around $38 and Entrees $26.

RSVP: **BOOKINGS via** Floktu with numbers and payment due by/at the August Probus meeting on 6th August 2026 (preferably before if possible).

If transferring funds into our account, please use the following details:
Acct Name: Cecil Hills Probus Club Inc + your name and Hacking
BSB: 112879
Acct Number: 490400680