Proud to be PROBUS
Club # 9003801
Founded 5 November 2008

SPONSORED BY
Goodna Rotary Club
Newsletter #195
May 2026

Meetings
Langley Park Hall
7 Bruce Lane, Camira
1st Wednesday of each month
(except January)
1:30pm - 3:30pm

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Management Committee
President – Robyn Girdler
Vice President – Drena Strange
Secretary – Lyn Volker
Treasurer – Caroline King
Membership – Imre Kolcze
Activities Co-ord. – Cathy Dancer
Guest Speakers – Maria Peters
Newsletter Editor – Darsha Ross
IT Officer – Penny Jameson
Publicity - Imre Kolcze

Appointments
Audio Visual – John Girdler
Welfare – Annie Clarke
Hospitality – Judy Hinson
Greeter –Jill Farnan
Birthdays - Christine Lucas
Bring & Share - Rose Bagoly

Senior Moments

May 2026

Goodna-Springfield Probus Club Inc.

Fun and Friendship in Retirement

This newsletter is private and confidential and is for Probus members only and not to be used for any other purpose

From Your President



Hello dear members.

You will be aware that 2026 is a celebration of 50 years of Probus. This will be concentrated and mostly culminating in October activities. As part of our 50 years celebration, we are asking that members present us with a photo of themselves as they were 50 years ago.

It would be ideal if photos could be scanned and sent digitally to Penny for compilation. Club email is gsprobus08@gmail.com. If you aren't up with technology and scanning is a problem for you, please bring in your original for Penny to scan. These photos will only be used for a club activity and will not form part of national or state celebrations.

At our recent doctor's visit, we were faced with the decision of which vaccinations are necessary for us. The Flu vaccines are now available. Should we have an updated covid vaccine? Is whooping cough vaccine advisable for me? There is also RSV vaccination. Now, I don't know about you, but if I am able to have a vaccine to stop me getting one of these serious illnesses, I am all for it. What do you think?

I have been party to a number of conversations recently about the decision of whether to move into a retirement village or whether to commit to aging in place, that is, making some changes to our existing homes or lifestyles to enable us to remain living in our own homes. Some of our members have already made their decisions, some have moved or are moving and some are planning to remain in their own homes. This is a momentous decision. I do think that talking over options with friends who are also facing or who have faced similar decisions can be beneficial. Similar conversations with family should also play into our decision making. I think a question that we can ask ourselves is: "What do **I** want **my** future to look like"? Of course, your decision is only yours to make as only you can decide what's best for you personally.

The wearing of badges in public to our outings and functions is not only so that we can identify one another by name. At a recent outing, one of our members was approached to ask what the badge represented. This can be an opportunity for us all to advocate for our club. An offer can be extended to anyone interested in joining us or in learning more about us. New members are what we are aiming for.

Kind regards
Your President
Robyn

Quote of the month - ***Be who you were created to be, and you will set the world on fire. ~Saint Catherine of Siena***

April Moments



Our April meeting had Easter themed activities. We did a Mexican wave to the words Easter bunny. We had to throw balls into Easter bunny baskets and then questions about cartoon characters from our childhood, which we all had problems remembering. We also were given a reason why April 1st is April Fool's Day.

Janice became an Australian citizen last month. Congratulations!

Caroline, Lyn and John F all had birthdays this month, with John F's being a significant one.

Garry won the lucky door prize.









April Guest Speaker – Emily Gould from SEL - by John G

Guest speaker for the April meeting was from the Seniors Enquiry Line. Emily Gould from SEL gave us a detailed presentation on the various aspects of recognising scams.

It was Emily's return visit for us and she remembered several of us from last time.



April Walking Group – Tuesday 14th – Robelle Domain– by Imre

On Tuesday 14th a few of us walked the Robelle Domain from top to bottom, with our dogs, Sheron and Bella, accompanying us. We then enjoyed a coffee and cake at the Pool Canteen, with the dogs enjoying a bowl of water.

The next walk will be at **10:00am,** on **Friday 22nd May,** at the **Robelle Domain**.

This is the same date, and place, as the Club's outing for May (just ½ hour earlier) – so come for a walk then attend the club's – "Morning Tea in the Park".

April Morning Tea – Wednesday 15th - Café Kalina, Springfield

On Wednesday 15th we had another wonderful morning tea at Cafe Kalina. There were 16 people present. As usual there were lots of delicious things to eat, and a comfortable setting. A few people had citrus tarts which were highly praised. Annie met a couple coming out of the cafe and was talking them into joining Probus.



April Lunch - Thursday 23rd – The Lion, Richlands



On Thursday 23rd April, 11 people enjoyed lunch at The Lion. The lunch specials are always good value and very yummy. The restaurant was very full, and the meals came out quickly, so that was good. One person was brave and had a Strawberry Nojito drink with their meal – which looked quite delicious.

April Outing - Friday 24th - 50 Years of Probus Morning Tea with Ipswich Clubs – St Thomas' Anglican Church







On Friday 24th April we had an event at St Thomas church hall in North Ipswich, to celebrate 50 years of Probus in Australia. There were lots of people there from Probus groups all over the Ipswich region. 9 of us attended – but Desley was absent for the photo.

We had a game of find your partner, given a name (from our sample bag, which was handed out on entry). For example – **Caine** needed to find **Able**, or **Zig** needed to find **Zag**. It was fun way to meet people who are in the other Probus groups.

We then had Trivia questions from 1976, followed by a very delicious morning tea. A celebration cake was then cut by the oldest person there and the person who had been in Probus the longest.

7 of us followed this event with lunch (light or normal) at the Elderflower Cafe at North Tivoli.

Scam Alert Warning *from Penny*

Beware the many messages pretending to be from the ATO at this time of the year. Do not click on any links or interact with the message. If you think you may have a legitimate message go to your myGov or Centrelink app and check there.



Notice – Thursday 28th May - Theatre Night - *from Jill*

The Lions Ladies Auxiliary are having a Theatre Night on ***Thursday 28th May*** *at the* ***Ipswich Incinerator Theatre commencing 7:30pm****. The play is* ***"Ophelia Chooses".*** *There will also be a* ***two course meal served****. The total cost will be* ***$30 per person****. If anyone is interested, would they please* ***speak to Jill****.*



Joke of the month - *A senior citizen called her husband during his drive home, "Herman, I just heard on the news that there's a car going the wrong way on Interstate 90, Please be careful!"*

Herman said, "It's not just one car. There's hundreds of them!"

Upcoming Activities – May/June

For payments into our account: BSB: 034 130 A/c No. 237415

You do not need to RSVP for morning teas and lunches – UNLESS OTHERWISE ADVISED.
Morning tea/coffee will always start at 10:00am and Lunches at 12:00 noon
(unless otherwise notified).
Members, please remember to wear your name badge for all Probus functions.
Our visitors and newer members will welcome and appreciate knowing who we are.

Morning Teas

May - Tuesday 12th- Moselles Cafe, 18 Springfield Lakes Blvd, Springfield Lakes
June – Tuesday 23rd - Little M Café, Goodna Marketplace, 2 Smiths Road, Goodna

Lunches

May - Wednesday 27th - Hotel Richlands, 132 Government Road, Richlands
June – Wednesday 10th June - Springfield Garden Restaurant, 1/30-34 Commercial Drive, Springfield.

Outings

May – Friday 22nd - meet at 10.30am for Morning Tea in the Park with a theme of "Armchair Travel", at The Lawn, 1 Ian Keilar Drive, Springfield. Where was your last trip? What was the highlight? Let's just sit around and catch up with friends for an inexpensive and low physical impact outing with the added bonus of not using up too much precious fuel. BYO chair, cup, hat, sunscreen. We will supply hot water and the makings of tea and coffee. Please bring a small plate of food to share.

June – Thursday 18th - meet at 10.30am for Morning Tea in the Park with a theme of "Winter Holidays" at The Lawn, 1 Ian Keilar Drive, Springfield. We are keeping in mind possible travel restrictions with the cost of petrol and low impact physical activity. We will add hot chocolate and marshmallows to the previous month's menu. You may need to pack a knee rug for chilly weather.

Movies

Judy is planning an outing to see "Devil wears Prada 2" at Event Cinemas Springfield in the Orion complex. Date and time to be confirmed for this outing.

Walking Group

Imi is planning a walk at 10.00am on Friday 22nd May before our Morning Tea in the Park. You can park at the parking area and meet at The Lawn in Ian Keilar Drive.

Regards Cathy and Robyn

Upcoming Guest Speakers

May - Bec from Meals on Wheels

June - Kara from Dementia Australia

Next Meeting: Wednesday, May 6th at 1.30pm



MAY

Peter – 1st

Neville – 17th

Members are reminded that the Activities Organisers, in planning Activities, seek to minimise risk to participants. However, it remains the responsibility of those participants to assess their own personal capacity to take part in club activities
Members are advised to carry their Probus health card with them to all club activities