

BLUE SKY PROBUS CLUB
Probus Club #268
Tuesday, March 10, 2020

- Meeting commenced with welcome by President Howard. There were 30 people attending.
- Of those attending, there were no birthdays in March.
- CLUB REPORTS.
- Book Club – Jennifer Valenti suggested she co-host the club along with Denise in the Fall.
- Choir- John Roberts reports they are practising each Wednesday and will perform at our Annual General Meeting.
- Games Night- Howard suggested we include the other club if they want to participate but this could be done from 7 – 9p.m. but as yet, no date chosen. There is a sign-up sheet at the back for anyone interested.
- Walking Group- M. Conrad reported regular attendance. They meet Mondays, Tuesdays and Fridays at 10 am. And enjoy coffee afterwards. For meeting information, check the website.
- Knitting Club- the group has made newborn hats which were delivered to the hospital. Group will meet next Tuesday, March 18th, 2 p.m. at 66 Avalon Street. All are welcome.
- Outdoor Club- J. Roberts reports they meet Thursdays at 10a.m. Information on where and what activity is on the website.
- Our trip to Canadore including 100 Elements is set for April 8th starting at 8:30 a.m. See web site for full information.
- Fun with Food- Howard mentioned this activity is very successful in the other club. Bonnie Bolger, Peggy Bonell and Heather Chambers will get together and plan something. Also, there is a sign-up sheet at the back for anyone else who is interested.
- R.O.P.E.O.- M. Conrad stated lunch locations are set for this month and next but needs ideas for other establishments. See website for details.
- Travel- E. Kennedy gave a fuller description of the three trips available to our club. Again, for pricing and dates, see website.
- Wine Club- L. Downey spoke about “Opimium”, a wine club her niece is a member of and how interesting and informative it is. Carol Brisson and Heather Chambers are interested as it educates people about wines but is a little pricey at \$75/yr. If you are interested in learning more about wine, a sign-up sheet is at the back.
- Farmer’s Market- Manager Mary Willard updated us on the success of the market which has 52 vendors now with more coming. There is a great selection of foods available every Saturday at North Bay Mall.
- Social- G. Godin stated our April speaker will be Mr. George Couchie and May will be our A.G.M. with the choir as entertainment. He then introduced today’s speaker, Ms. Taylor Matson of the Alzheimer Society here in North Bay. She gave an excellent talk on “An Introduction to Dementia and Communication”. Her area of expertise is in public

education and health promotion. She covered the importance of early diagnosis, warning signs as well as communication tips for caregivers and family members. Conclusion, be active, eat a healthy diet, be socially active, look after your heart and challenge your brain. There is no cure.

- Howard reminded us there are three positions open, President, Vice-President and Secretary and should be voted on at our May meeting.
- Adjournment at 11:55 a.m.
- ~~Next meeting Tuesday, April 14, 2020.~~ **POST MEETING UPDATE – this meeting, and some of the other dates mentioned above, have been or will be cancelled due to covid-19 concerns. Check for emails and/or our website for more current updates.**