Monthly Members' Meeting

A G E N D A

Canada Bay Club, 4 William St Five Dock.

Friday 6th November 2026

The Club opens at 10am and Meeting starts at 10.30am

1. President's Introductory Comments (Pam Floyd):

- Probus month
- Housekeeping
- Attendees:
- Visitors:
- Apologies:

2. Confirmation of Minutes of Previous Meeting:

- Proposed by:
- Seconded by:

3. Correspondence:

4. Treasurer's Report (Allan Thompson):

- Monthly Financial Report
- Proposed by:
- Seconded by:

5. Interest Groups (Anne Symons):

- Travel Chat – Felicity Bonello
- Movies – Deb Xuereb
- Photography - Colin Peterson

6. Membership Report (Neil Price):

- Annual Membership Renewal.

7. Outings (Sharon Peterson):

8. Travel (Jane Elliot):

Jane – To introduce Marie Louise as new travel convenor for 2027
Jane – To discuss New Zealand trip in November 2027
Connie – To discuss recent trip to Egypt
Connie _ To discuss future trip to Japan 2027

9. General Business (Pam Floyd):

Pam – 2027 Committee vacancies
Bill Bryson – Reminder Meet & Greet 11th November 2026
Bill Bryson – Reminder Jan BBQ 8th January 2027

Short break to allow the Guest Speaker to set up

10. Introduction of Guest Speaker (Jehangir Sidhwa):

Speaker: Maggie Nowland RN

Topic: The keys to Positive Aging and Brain Health

Research shows the aging process tends to accelerate after 50, often bringing health challenges. However, these changes are not inevitable, as there are multiple lifestyle choices that lead to better health and a more positive outlook on life.

Maggie Nowland is a retired Registered Nurse with expertise in Mental and Cognitive Health, as well as a qualified Natural Therapist. Currently, she serves as a Lifestyle and Wellbeing Coach. Drawing on years of experience in aged care and dementia consultancy, Maggie has been motivated to support the public in adopting lifestyle changes that help prevent chronic illnesses, which later in life can contribute to increased vulnerability, decreased autonomy, and reduced quality of life

11. Closing Comments (Pam Floyd):

12. Next meeting:

Friday 5th February 2027