



# The Probian

from the **Probos Club of Perth** February 2018

**February Speakers:** Our February meeting featured a team of presenters who discussed services for seniors, with a focus on healthy, independent living. They included:

**Catherine Ball**, is a registered physiotherapist and owner of Perth Physiotherapy and Wellness Centre. They strive to “get people back to living fully and joying their lives” by providing physiotherapy, acupuncture, massage, orthopaedic technology, podiatry, dietary counselling and a fitness center. She reviewed the many different funding programs that support their programs.

**Shannon Baillon**, Director of Community Services for the Town of Perth, and **Lori Cameron**, Acting Pool Manager and Aquatics Instructor, spoke about programs for older adults at the pool, which include Aquafit, lane swims, water physio, and a 50+ fitness program. Lori pointed out the fitness benefits of the pool programs. Further information and schedules can be found on the Pool’s website.

**Christine Wilson** is the founder of *Sweater Gang Companions*. She is passionate about helping seniors remain in their own homes for as long as possible and providing them with the care and support that they need in order to do that, including providing a better quality of care in retirement homes. *Sweater Gang Companions* employs over 50 people in the Ottawa Valley, Kingston and Oxford County.

## Coming Events:

**Lunch** after the March meeting will be at **Fiddleheads in Code’s Mill**. Sign up at the March meeting.

**Dinner/Movie:** A dinner/movie is being planned for **March 16**: Dinner at 5 at the **Stone Cellar** followed by the movie “Murder on the Orient Express” at the **Studio Theatre** at 7:30. Movie Tickets are \$10 at the door. Sign up at the March meeting.

**OMYA Visit:** On **Tuesday, April 10** we will visit the OMYA pits at Tatlock. WE MUST TAKE A BUS TO THE PIT. The bus will leave the **Lanark Landing Restaurant** parking lot in Lanark Village at **10 am**. Lunch at the Lanark Landing Restaurant. For those interested there will be an afternoon visit to the **OMYA plant** on Highway 7. Sign up at the March and April meetings. Cost for the bus is \$5/person, payable when you sign up.

**Dinner/Theatre:** on **May 24**, Dinner and the musical “Sister Act” at the Studio Theatre. Details to follow.

**Theatre and Lunch:** On **June 27**, lunch, followed by the “Buddy Holly Story” at 1000 Islands Playhouse, Gananoque. Sign up starting at the May meeting.

**Fall Trip to Ottawa** on Sept 28. Details to follow.

**Christmas Party:** on **Dec. 14**, Christmas party at the Civitan Hall. Details to follow.

For more information visit the Club’s website at [www.probusperth.ca](http://www.probusperth.ca)

The Club meets on the first Wednesday of each month, at 10:00 am (coffee/social time at 9:30), at the Royal Canadian Legion Hall, 26 Beckwith St., Perth.

Visitors from other Probos Clubs and guests of members are welcome to attend.

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### Personal Profile - Cathy Brown

A Scott from Ottawa, raised with the sound of the pipes (her father and brother were pipers) **Cathy Brown** graduated from the High School of Commerce. Over time she worked in the House of Commons, married Keith, followed him to postings in Germany and other places (they moved 17 times), and raised three children. They finally settled in Perth, where they have enjoyed living.

Regrettably, her husband Keith, a 20-year Probian and former club President, passed away within days of her presentation. The Club's condolences and sympathy have been conveyed to Cathy and her family.



**New Members:** New members in January include Valerie Kennett, Brian and Jennifer Armstrong, and Ted Glugosh (who has returned to the Club). New members in January included Marilyn and Barry Joynt, James Bartleman, and Joanne Foster-Komendat. Welcome to the Club!

**Book Exchange Convenor** The book exchange has become one of the more popular features of our regular meetings - as evidenced by the crowd that gathers each morning to seek out the new offerings.

Bill Michie has offered to take on the post of club bookie – Oops, Book Exchange Convenor!

Please feel free to take any books that interest you, and to bring not more than four books to add to the table.



**Probus Clothing:** Probus-Marked clothing and other items are available through Probus Canada. Please see their link for details. (<https://www.strathcraft.com/stores/probus/all-products/ct-72>)

**Contacts:** President David Batchelor (613-264-1559)  
Contact information for other members of the Management Team can be found on the Club's website at [www.probusperth.ca](http://www.probusperth.ca).