



WENTWORTH POINT PROBUS CLUB February 2026 Newsletter



HAPPY 2026 - PROBUS IS 50!



OUR NEXT MEETING

Monday 16 February, 10.30am - Pulse Room 1

With set up at 10.15 then morning tea

If you cannot make it, please submit a Meeting Apology Form

NEXT SPEAKER

PETER THORPE

Artificial Intelligence for Seniors



A lot of us didn't grow up with computers and the internet and often feel anxious about using technology. AI might seem complex and intimidating at first glance but there is good news – accessing and using AI is not difficult at all once you know how. The benefits it can bring are truly life changing.

Peter will discuss how to bridge the gap and how you can easily embrace AI to unlock new opportunities for learning, creativity and fun. Peter is easy to understand and uses non-technical language.

Regardless of your age and experience, come along for this exciting and fun presentation.

2026 COMMITTEE ELECTIONS

Our AGM is coming up soon in March when all 2025 committee members stand down and a new committee will be elected. While current committee members can be re-elected, not all intend to stand again. Please do consider nominating for the committee as our club cannot survive without active volunteers.

Please see the current Management Committee chart on our Probus website's About page, and scroll down to see who is who and their roles. More information can be found by clicking on the button below the chart for a short description of each role. These descriptions come from the Probus HO Handbook.

Please consider any position you could contribute your expertise to and volunteer for; alternatively, approach another member to ask if they will allow you to nominate them. An interactive Nomination Form to the right of the Management Committee information makes the process quick and easy.

SUMMER CELEBRATIONS



Happy celebrations to our friends with special days in February

February Birthdays

Rodney Madgwick	2 February
Denise Nelson	2 February
Anne Smith	4 February
Sharon Ferguson	8 February
Graham Griffiths	17 February
Shelagh Poray-Nizankowski	18 February
Mary Eastman	20 February
Kaye Johnstone	27 February

February Anniversaries

Rae and Robert O'Keefe	17 February
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UPCOMING OUTINGS

To be planned and advised shortly

COMMUNITY NEWS

Community Wheels Inc is a not-for-profit organization providing safe, reliable, and friendly transport for seniors in the Cumberland and Parramatta areas. They offer individual transport for medical appointments and other personal needs, as well as organised group social outings for community groups such as Probus. Their services are subsidised through My Aged Care for those aged 65 and over, with subsidised options also available for seniors under 65. Website is <https://communitywheels.org.au/>

PROBUS GOLDEN ANNIVERSARY 2026

Probus celebrates its 50th year and Golden Anniversary on February 3rd, 2026. The CEO states, "Probus was created to ensure people had a place to connect, form friendships and enjoy life beyond work"

The first Probus Club in Australia was in Hunters Hill. Various events will be organised throughout the year by PSPL to commemorate this anniversary.



WENTWORTH POINT PROBUS CLUB Celebrates 50 years of Probus

SCAM ALERT

As you may remember, the Australian Academy of Tai Chi gave us a talk last year and a few members were looking to join. Aaron from the academy has notified Wentworth Point Probus regarding a scam alert. A fake Indian scammer is advertising on Facebook for people to join the Australian Tai Chi Club using the Academy's logo and their photos.

If you should get a Facebook post about this, Aaron has asked if you could please report it. Link is <https://www.facebook.com/share/185qyPR9D7/?mibextid=wwXlfr>

The correct web address for the Academy is <https://australianacademyoftaichi.com.au>

CHRONIC DISEASE SURVEY

Are you living with chronic disease?

COMPLETE AN ONLINE SURVEY TO HELP US UNDERSTAND YOUR EXPERIENCES OF SOCIAL ISOLATION AND LONELINESS LINKED TO CHRONIC DISEASE

TO BE ELIGIBLE TO PARTICIPATE, YOU MUST:

- Be 60 years and over;
- Be diagnosed with at least one of the nine common physical chronic diseases (i.e., arthritis, asthma, diabetes, back pain, cancer, chronic kidney disease, chronic obstructive pulmonary disease, osteoporosis, cardiovascular disease);
- Be able to read and write English (to the level of the daily newspaper);
- Reside in Australia;
- Not have a cognitive impairment (e.g., due to dementia or brain injury) or significant psychiatric comorbidity (e.g. psychosis, delirium).

What is the study?

We will be conducting a confidential online survey to identify possible factors that may impact chronic disease outcomes, social isolation and loneliness.

The end goal of this research stream is to develop an intervention for adults living with chronic disease that targets social isolation and loneliness.

What will I be asked to do?

You will be asked to complete a short online screening survey to work out if you are eligible. If you proceed, you will be asked to participate in a 30-45 minute online survey. You will be asked to complete an annual survey each year for up to 4 years.

How do I get more information or sign up?

Please scan the QR code to navigate to the Participant Information and Consent Form to read more about the study. If you consent to participating, you will then be directed to an eligibility screener, and then the main survey if the study is suitable for you.

Link to the Participant Information and Consent Form:

https://mquni.au1.qualtrics.com/jfe/form/SV_9og9C3dfEQ47CvA

Alternatively, if you are interested in learning more about this study or signing up, please contact the research team by email (olderadults.research@mq.edu.au). We greatly appreciate your assistance with our research and look forward to hearing from you.



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WHAT'S ON?

The Piazza

Keep a lookout for posters about Piazza events and book early.

Concord Rotary Farmers Market

The market is held on the first and third Sundays of the month. October markets take place on the **1st and 15th February**. Click [HERE](#) for more information on where and when, stalls, etc. Fit, able-bodied volunteers would be very welcome to help set up.

[Wentworth Point Markets, Wentworth Place](#)

Held on the third Sunday of every month, the market takes place from 9am – 3 pm outside Marina Square. The next market will be on the **22nd February**.

[Eat Drink Nights at Wentworth Point](#)

The Eat Drink Nights are still on. Come along with friends and enjoy a twilight gourmet market featuring great global food, brilliant drinks and entertainment. Next event: **Saturday 21 February 5pm – 9pm**.

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