

Grey Matter

August 2025



Newsletter of the Greythorn Probus Club

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Judy's Journal

Greetings Greythornians,

I'm not long home from our theatre day at The Round where we were 'blown away' by a superb performance by The Australian Ballet School.

Such talent . . . energy, grace, technical brilliance, personality . . . Australian ballet is in great feet (& hands) how lucky are we to be able to enjoy such fabulous performances. Thank you Barb for organising our theatre days.

Some of you may have heard Russ on radio 3WBC 94.1FM, being interviewed by Gabby Beames - The Forum, Thursdays 2.00 - 4.00pm, about Greythorn Probus, who we are & what 'we're about', well done Russ. We'll try to let you know when we have another interview.

Thank you also Russ for the work you did for one of our recent Boroondara Small Grant Applications. We were successful in obtaining a grant which will be used to subsidise one of our bus trips, great news.

Your committee has decided that your club badges will no longer be collected after each meeting. Please keep them in a safe place (your glasses case?) & wear them to meetings & other activities where it's appropriate. If you lose it you will be responsible to pay for a replacement, approximately \$15.00.

I apologise on behalf of Barbara & Margaret & myself for the unacceptable meal & service at our Anniversary lunch. Unfortunately the response from my email to the Manningham management was also very unsatisfactory. We won't be going there again.

Please continue to offer to pick up our members who are no longer driving. Some of our passengers have CABCHARGES & have offered to use them to pick up members for activities. Add your name to the list at the meeting. Remember it might be me or you in the not too distant future.

Enjoy the last month of Winter with your fellow Greythornians.

*Best Wishes
Judy*

AUGUST GENERAL MEETING 2025

Tuesday 12 August 2025 commencing @ 10.00 a.m. will be held at The North Balwyn Uniting Church Hall, Duggan Street, North Balwyn

**Our Guest Speaker is
Alex Maisey**



Alex's PhD research focused on the role of the Superb Lyrebird as an ecosystem engineer in south-east Australia's temperate forests.

He is a Research Fellow with the Research Centre for Future Landscapes and Department of Ecology, Environment and Evolution.

Lyrebirds revealed to be eco-engineers



Our thanks to our Bendigo Bank Community Bank for their financial support for our 2025 activities



Community Bank
Inner East

AUGUST ACTIVITIES

Scrabble	4 th
Committee Meeting	5 th
Theatre— The Australian Ballet	6 th
Solo	7 th
General Meeting	12 th
Canasta	13 th
3rd Sunday Lunch	17 th
Walking for Enjoyment	18 th
Film & lunch	19 th
Discussion	19 th
Tours & Outings— Woodend	20 ^h
- Great Australian Bight	24 th
Garden Appreciation— Maranoa Gardens	21 st
Creative Pursuits- NGV - French Impressionists	26 th
Investors	26 th
Secret Men’s Business	26 th
Book Groups	28 th

FORWARD PLANNING

Please see table located on page 7 of this newsletter for events scheduled in the following months in 2025.

Welfare

A big thank you to Barbara and Margaret for organizing our **18th Anniversary Lunch** on 8 July 2025. We all had an enjoyable day.

To those whose health has been compromised in the past seven months, your fellow Probus friends offer you their emotional support and warmest wishes.

Please remember to check with your General Practitioner that your vaccinations are up to date.

Safe travelling to our members going on the **THE GREAT AUSTRALIAN BIGHT** tour commencing on 24 August 2025.

Marg Steele
Welfare Coordinator 0456 850 410

Members are also invited to pass on information about members in need of assistance or support, including those who are ill, had falls etc to the Club’s Welfare Coordinator, Marg Steele. Please send information to welfare@greythornprobus.org.au

FREE EXERCISE & WELLBEING SESSIONS OFFERED BY YMCA ON SUNDAYS DURING AUGUST

AUGUST BIRTHDAYS



John BROPHY	3
Rosemary Mc MEEKIN	8
Patricia NOSEDA	9
Yvonne DART	10
Christine THORNTON	11
Angie RANDALL	13
Kathy NICKSON	15
Denise POWELL	15
Margaret GODING	16
Judy LEWIS	17
Margaret COX	21
Joe SANDERS	24
Margaret STEELE	25
Pat Mc LELLAN	28
Valerie FISHER	30



SUNDAY SESSIONS

MOVE MORE & DRINK LESS

During August we’re encouraging people to move more and drink less.

Come and join us for **free** health and wellbeing activities every Sunday morning in August!

Sunday Sessions are here to help you push back against alcohol and make the most of your mornings.



Scan the QR code to learn more and sign up.



Rotary Supporting community activities.
Club of Balwyn

BOROONDARA LEISURE AND AQUATIC FACILITIES



GREYTHORN PROBUS MEMBERS OUT AND ABOUT IN JULY

Metro Tunnel Tour followed by Lunch at Young & Jackson



18th Anniversary Lunch



Bunjil Gallery, Bunjil Place, Narre Warren



Walking Group enjoying coffee at the Round



Secret Men's Business gathering



Scrabble

Monday, 4 August 2025 at 1:30 pm

Host was Anne Ponsford.

Monday, 1 September 2025 at 1:30 pm

Host is Liz Jericho. Please let Liz know on 0407 228 148 by Friday 29 August if attending.

Convenor: Glenys Chalk 0419 043 731

Solo

Thursday, 7 August 2025 @ 1.30 pm

The Solo group host on 7 August was Peter Harman.

Thursday, 4 September 2025 @ 1.30 pm

Joan Teele will host this game. Please contact Joan on 0418 493 012 to let her know if you intend to play.

Convenor: Denise Powell 0402 330 488

Canasta

Wednesday, 13 August 2025 @ 1.30 pm

The August Canasta will be held at Denise Powell's home. Please advise Denise on 0402330488 if attending.

Convenor: Denise Boschetti 0409 556 884

3rd Sunday Lunch

Sunday, 17 August 2025 @ 12 noon

Venue: Living Room
19 Anderson Street
TEMPLESTOWE VIC 3106

For bookings, please contact Diane O'Brien by Friday 15th August.

Convenor: Diane O'Brien 0417 357 467

Our thanks to Boroondara for their support of our club and its activities



Walking for Enjoyment

Monday, 18 August 2025 @ 10.00 am

Fairfield Boathouse around Merri Creek

Meet in the carpark off Heidelberg Rd, Fairfield Park Drive. Near the toilet block.

Melway 30 J12

Coffee @ Fairfield Boathouse

Convenor: John Astle 0419 895 121

Discussion Group

Tuesday, 19 August 2025



Convenor: Roy Price 0466 995 861

Film Luncheon

Tuesday, 19 August 2025—Palace Cinema, Balwyn

Film and time will be announced at Probus Meeting .

PLEASE HAVE CORRECT MONEY IN NAMED ENVELOPE.

Optional lunch at East & Co following film.

Convenor: Joan Teele 0418 493 012

Creative Pursuits

Tuesday, 26 August 2025 @ 10.30 am

NGV - French Impressionists - \$40.00
+ Kimono \$10 (extra option)

Lunch - NGV - Tea Room

Payment to Club Account (please see details at subscription and payments)

Tuesday, 23 September 2025 @ 10.30 am

State Library - Creative Acts - Free
Coffee/Lunch - Guild Cafe in Library

Convenor: Elaine Provan 0439 094 154

Garden Appreciation

Thursday, 21 August 2025 @10:00am

Maranoa Gardens

Maranoa Botanic Gardens are significant as being one of the first botanical gardens dedicated solely to Australian native plants.

Elaine has arranged a guided tour of the gardens for 10:00 am and the plants should be in full flower.

Parking is available in Beckett Park or Parring Road.



Meet at the main entrance to the gardens in Parring Rd.

Coffee/lunch afterwards has been booked at Olive Lane in The Village, Balwyn North, 69 Doncaster Rd. There is parking behind Olive Lane with direct access.

Please ensure your name is on the list at the general meeting so lunch can be booked for attendees.

Friday, 12 September 2025

***ATTENTION: Change of plan.**

Following advice from the Kyneton Daffodil & Art Festival and the Kyneton Botanic Gardens "friends" **it is proposed to defer the trip to the Kyneton Botanic Gardens until 2026.**

As an alternate, the group will visit the **Fitzroy Gardens** where there is a large daffodil display emerging as well at the famous Conservatory with its display of cyclamen and cineraria. **Meet at Kere-Kere Green Café** (close to tram stop 10 - routes 75 and 48 – Jollimont Rd / Wellington Parade) at 11:00.



Lunch either at KereKere or Laurant in Wellington Pde or other suggestions welcome.

Convenor: Liz Dawe 0404 470 765

Investors

Tuesday, 26 August 2025 @ 7.30 pm

The next meeting will be at Greythorn Hub on Tuesday 26th August at 7.30pm.

Convenor: Charlie Boschetti 0428 556 441

Secret Men's Business



Tuesday, 26 August 2025 @ 9.30 am

The next gathering of SMB aka Secret Men's Business' will be a brunch/breakfast held at 'Olive Lane, 69 Doncaster Road, Balwyn North.

Convenor: Peter Gillett 0400 208 237

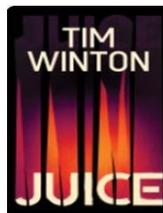
Book Groups

Thursday, 28 August 2025 @ 2:00 pm

Book group 1

Book Group 1 will meet at 2:00 pm at the Hawthorn Library to discuss *Juice* by Tim Winton.

Convenor: Erin Courtney 0477 013 140



Book group 2



Book group 2 will meet at Jan Coffey's place at 2.00 pm to discuss *At the Foot of the Cherry Tree* by Alli Parker.

Please let Jan know if you are unable to attend.

Convenor: Lyn Stavretis 0419 564 231

BRING & BUY



Don't forget your donations for our Bring & Buy table for 2025! ... plants/seeds/bulbs, crafts, books etc & your gold coins for your purchases at the August Meeting.

Subscriptions and Payments

Direct Debit (EFT) **BSB 633 000**
Account No. 168 764 322

Please *always* insert your name and the event in the message/reference area.

Also email the relevant **convenors** or **organisers** and the **Treasurer, Ron Johnson**, advising the activity/ies you have paid for into the club account.

Dine Out

Thursday, 9 October 2025 @ 12 noon

Due to popular demand, we will be returning to

THE MEAT & WINE CO
482 Riversdale Road
Hawthorn East



for our final Dine Out for 2025. The menu will consist of 2 courses

Main & Dessert and a glass of wine or soft drink.

Cost \$53.00 pp

Numbers are restricted so book early.

Payment via EFT (is preferred) by 9th September 2025 to the club's account. Please email Ron Johnson, Treasurer know once payment has been made.

Convenors: Margaret Cox 0419 552 685
Barbara Van Woerkom 0407 332 064

Footy Tipping 2025

Perfect scores were abundant in Round 17 when 14 tipsters scored the perfect 9 but then a return to normality. In round 20, only defending champion Anne Harman picked all 9 and in Round 20 only Frank O'Brien could manage a perfect score.

Ros Richmond and Phil Pitsikas are joint leaders and share a comfortable lead of four.

A reminder, our competition continues right through to the Grand Final so its not yet time to remove your thinking caps and put your pencils away.

Convenor: Peter Harman 0428 505 535

Tours & Outings



Have Myki, Will Travel
Wednesday, 20 August 2025 - Woodend

This month we will be travelling by train to **Woodend** to enjoy lunch at the **Victoria Hotel** (Near the railway station).

Meeting at Southern Cross Station at 10.50 am under the time information board (to catch the **11.05 am** train (Bendigo line) Arriving Woodend at **12.05 pm** .

We will leave Woodend on the **3.18 pm** train bound for Southern Cross arriving at **4.25 pm**.

Convenor: Pene Whiteley 0417 034 441

Friday, 3 October 2025 - Werribee Zoo

On Friday 3rd October, we are arranging a bus trip to **Werribee Zoo** (using a grant) to see the new Elephants' enclosure. The cost for this trip will be provided at the August meeting.



Convenors: Pene Whiteley 0417 034 441
Judy Bailey 0401 569 971
Vivienne Newman 0413 775 473

NOVEMBER SUNDAY 23rd 2025
6 DAYS / 5 NIGHTS
NORTH EAST SILO ART TOUR



We still have some vacancies for this wonderful and adventurous tour and if you would like to join in, you are very welcome.

[Itinerary here](#)

Please let me know if you have any questions

Convenor: Pene Whiteley 0417 034 441

AUGUST 24th - SEPTEMBER 2nd 2025
THE GREAT AUSTRALIAN BIGHT

Organised by Group Link Travel—Belinda
A fantastic Itinerary!



We are joining Eltham Probus for this trip.

Please note that this tour is full as it has reached the maximum number of participants

Please inform Pene, if you have not, that you have booked this tour.

Convenor: Pene Whiteley 0417 034 441

Get ready for a Bright adventure – 5 day Tour
Monday 11 May to Friday 15 May 2026



We're heading off on an exciting 5-day tour to the beautiful town of Bright:

- **Departure: Monday, 11 May 2026**
- **Return: Friday, 15 May 2026**
- **A full week of fun, fresh air, and exploring!**

More details will be shared soon – including what to bring, where we're staying, and all the great places we'll visit.

A hyper link for this visit can be found at [2605 Bright itinerary.pdf](#)

Convenor: Judy Bailey 0401 569 971

Theatre

Grease

Saturday, 18 October @ 2.00 PM at The Round



Grease with its catchy songs and iconic dance numbers is a most beloved of musicals. Presented by Babirra Music Theatre Company, the **cost is \$54.50** and must be paid **by the September meeting at the latest.**

The Music of Andrew LLOYD Webber

Wednesday , 22 October @ 11 am at The Round

Claire Lyon, star of Phantom of the Opera, will bring songs from the Phantom, Cats, Evita and more from his Broadway shows. **Cost is \$22 pp** and must be **paid by the September meeting at the latest.**



Here You Come Again

Thursday, 30 October @ 2 PM at The Comedy Theatre



A rollicking new musical featuring Dolly Parton's greatest hits, including *Jolene, Islands in the stream, I will always love you.*

Tickets are in A reserve in the Stalls and the group concession price is \$91.50, a saving of \$35.

Payment by EFT is preferred by the August meeting.

Convenor: Barbara Mathews 0423 628 852

SEPTEMBER ACTIVITIES

As always, remember to check with your organizer/
convenor
for any changes to times, dates or venues.

Scrabble	1 st
Committee Meeting	2 nd
Solo	4 th
General Meeting	9 th
Canasta	10 th
Garden Appreciation—Fitzroy Gardens	12 th
Walking for Enjoyment	15 ^h
Film & lunch	16 th
Discussion	16 th
3rd Sunday Lunch	21 st
Creative Pursuits- State Library	23 rd
Investors	23 rd
Book Groups	25 th
Secret Men's Business	30 th

FORWARD PLANNING

Tours & Outings—Werribee Zoo	3 Oct
Dine Out—Meat & Wine Co	9 Oct
Theatre—Grease	18 Oct
The Music of Andrw Lloyd Webber	22 Oct
Here You Come Again	30 Oct
North East Silo Tour	23 Nov - 6 days
OSMaD Theatre—Come From Away.....	12 Dec
Bright adventure—5 day Tour	11 to 15 May 2026

SEPTEMBER GREY MATTER - Important reminder

Please send your details for the **September Grey Matter** to the newsletter mailbox by **TUESDAY 25 August 2025**
(newsletter@grey~~~)

Nelson Alexander

Estate Agents
278 High Street,
Kew 3101

Call Christopher Ewart 0419 897 979 or our office on 9854 8888. cewart@nelsonalexander.com.au

FREE SENIOR EVENTS ORGANISED BY CITY OF BOROONDARA & YMCA IN SEPTEMBER & OCTOBER 2025

Tuesday, 2 September 2025 @ 10am - 11am followed by morning tea—Kew Library (Phyllis Hore Room)

The Power of Weight-Bearing Exercise Post-Menopause

Join the Y and health coach Denise Mokadsi for a free, empowering session on why weight-bearing exercise is one of the most important tools for women's health after menopause. As hormone levels shift, maintaining muscle mass, bone density, and metabolic health becomes more challenging—but with the right movement strategies, it's absolutely achievable.

To register or for more information on this event , please click on the link

<https://www.eventbrite.com.au/e/the-power-of-weight-bearing-exercise-post-menopause-tickets-1497783614109?aff=oddtcreator>



Thursday 4 September 2025 @ 1:30 pm - 2:30 pm followed by afternoon tea—Kew Seniors Centre

Healthy Brain, Healthy Body is Bolton Clarke's community information session about positive ageing.

Did you know that longevity is 30% due to genetics and 70% due to your environment? Happy people live longer, have stronger immune systems and have improved coping skills.

This free one-hour information session will introduce you to the six factors of positive ageing so you can learn how to experience happiness and satisfaction at any age. **To register or for more information on this event , please click on the link**

<https://www.eventbrite.com.au/e/healthy-brain-healthy-body-tickets-1497800845649?aff=oddtcreator>



Thursday, 4 September 2025 @ 3:00 pm- 4:00 pm with afternoon tea (from 2:30 pm until 3:00 pm) - Kew Seniors Centre

Healthy Eating and Nutrition. "Who could live without flavour? Flavour is pleasure as well as health. It's so vital to life" – Maggie Beer.

Our FREE Healthy Eating & Nutrition community information session will teach you about healthy eating habits, basic nutrition principles and how you can get the most out of your meals every day.

To register or for more information on this event , please click on the link:

<https://www.eventbrite.com.au/e/healthy-eating-and-nutrition-tickets-1497805068279?aff=oddtcreator>



Thursday, 11 September 2025 @ 10:30-12:00 (including morning tea) Kew Library (Phyllis Hore Room)

Wills and Powers of Attorney

Older adults and their adult children may find Wills and Powers of Attorney confusing and lack of information can lead to difficulties and misunderstandings. The Eastern Community Legal Centre runs free information sessions to provide introductory information on Wills and Powers of Attorney to help our community understand these documents and navigate planning for the future. While this session will focus on information provision, the Centre also provides expert advice on elder abuse including financial abuse such as misuse of Powers of Attorney.

To register or for more information on this event , please click on the link:

<https://www.eventbrite.com.au/e/wills-and-powers-of-attorney-tickets-1256183832659?aff=oddtcreator>

Boroondara Seniors Film Festival - October 2025

Join the City of Boroondara for the annual Seniors Film Festival. This popular event returns with new stories to inspire, challenge and connect us with the richness of older adult lives.

Each event includes a feature film and a curated section of Australian and international short films. All screenings are free to attend.

Bookings are essential and will open at 9:00 am on Tuesday 26 August 2025.

To book your tickets, please click on the link below

[Boroondara Seniors Festival | City of Boroondara](#)

