



Probus Club of Cornubia – This is who we are:



The **Probus Club of Cornubia** is a shining example of a vibrant, community-driven organization dedicated to enriching the lives of retirees and semi-retirees in the Cornubia area. Founded in 2007, the club was established to address the lack of social groups in the region, and today it proudly serves a membership of 80 individuals, with newcomers continually joining its ranks.

Mission and Impact

The core mission of Probus Cornubia is embodied in its motto: **Fun, Friendship, and Fellowship**. The club offers retirees the opportunity to engage in meaningful social interactions while staying connected to their community. Through its various activities, the club significantly enhances the mental and physical well-being of its members, helping to reduce anxiety, depression, and loneliness.

Activities and Community Engagement

Monthly activities form the backbone of Probus Cornubia's efforts to foster social connection. Members enjoy a range of opportunities, including:

- Meetings featuring engaging **guest speakers**.
- **Social meals** that bring members together to share food and camaraderie.
- **Outings and excursions**, which take members to various destinations, encouraging exploration and connection.
- All of these activities are organized by a passionate and dedicated **Management Committee**, composed entirely of volunteers who ensure the smooth running of the club and its initiatives.

Economic and Health Benefits

Probud Cornubia's influence extends beyond its members, making a positive impact on the broader community. The club contributes significantly **to local businesses**, supporting venues, restaurants, transportation services, and cultural sites. These economic benefits underline the important role that community organizations like Probus play in supporting local economies. Additionally, the social interaction provided by the club improves members' overall health and happiness, contributing to a reduction in the strain on the healthcare system. By encouraging active participation and fostering relationships, the club helps members lead healthier and more fulfilling lives.

Sustainability and Volunteerism

The club operates primarily through the efforts of its volunteers and is largely **self-funded**, with occasional small grants supplementing its operations. This independence highlights the dedication of the club's members and their commitment to sustaining a vibrant, supportive community.

A Legacy of Contribution

Probud Cornubia is a testament to what can be achieved when volunteers unite in a common cause to enhance the lives of others. It remains a cornerstone of the Cornubia community, providing vital social and economic benefits while promoting well-being among senior citizens.

For retirees and semi-retirees in the area, the **Probud Club of Cornubia** represents more than just a social outlet; it is a pathway to a healthier, happier, and more connected life.

