



**The Women's Probus Club of
North Shore Vancouver**

Stay Connected



www.wprobusnsvan.com

November 2023

NEWSLETTER

Vol. 17: No. 3

**Meeting at Kay Meek Arts Centre
Monday 20th November, 2023 at 10:00 with refreshments at 9:15 am
Speaker: Anna Slivinski, RD**

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SPEAKER: Anna Slivinski

Anna Slivinski's topics will be: The Organic Food Debate: Should I buy Organic?; Feeding your Brain – Foods to help with Brain Health; and Vitamin and Mineral supplementation for Seniors.

Anna Slivinski – November Speaker
Home and Community Care - VCH
Clinical Instructor- UBC - Dietetics Program

Anna Slivinski is a Registered Dietitian. She has worked 30 years for Vancouver Coastal Health in Home and Community Care. She is involved in the assessment, treatment and education of clients who require Medical Nutritional Therapy. She is also currently a Clinical Instructor at the University of British Columbia for interns in the Dietetics Program. She has presented at many conferences for all ages including sessions on Positive Aging at the Elder College at Capilano University and at SFU on Nutrition for Dancers.

Her hobbies include dance, horseback riding and cooking. She is born and raised on the North Shore and is committed to serving our unique population.



Probus Ladies Buddy Tables



Looking to connect with other members? Don't want to sit by yourself? We are making it easy! We are setting up Buddy Tables in the Kay Meek lobby for new members and existing members to connect during refreshment time. New members will be wearing a dot on their name tags so they can be welcomed by other members.

As one of our key club functions is to connect members, the Buddy Tables help make these happen. We encourage long-time members to reach out to welcome new members.

Volunteer positions

- Vice-President
- Treasurer

The duties of the positions on our website www.wprobusnsvan.com

Guests are welcome at our Speaker Events!

There is no longer a limit to the number of guests, but each guest needs to check in at the Membership table and pay the \$10 fee. Bringing a guest is an excellent way of introducing potential new members to our Probus group.

Kay Meek Arts Centre Protocols for our meetings

When attending PROBUS Club in-person meetings at Kay Meek Arts Centre, Members and Guests are asked to comply with the following protocols for the safety of all members and Kay Meek staff.

- Masks are no longer required in indoor settings but encouraged in spaces where physical distancing is difficult to maintain. Kay Meek Arts Centre encourages you to continue to wear your mask when attending an event in its venue.
- Refreshments are not permitted in the Kay Meek theatre, except water bottles.
- If you are not feeling well or have any COVID symptoms, we ask for the safety of other members you do not attend.

There are no reserved seats at Kay Meek and all the seats will be available.

Upcoming Club Speaker Events

	Speaker	Topic
January 15, 2024	Fran McDougall, Executive Director, Act 2, a Tri-Cities agency serving children recovering from the effects of sexual abuse, neglect and other trauma	Transforming Trauma into Hope
February 26, 2024	Hilary Letwin, Curator/Administrator, West Vancouver Art Museum	Cornelia Oberlander: Landscape Architect

Website

Members have access to a secure site which is password protected

- Most recent Newsletter – you will always have access to your newsletter as well as past copies
- Updated Speaker Schedules
- Photo Gallery
- Special Events and Outings

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We acknowledge the opportunity to live, work, play, and learn on the traditional territory of the Squamish (sḵw̱x̱wú7mesh), Tsleil-Waututh (selííwítlh), and Musqueam (xʷməθkʷəy̓əm) peoples.