



Probus Club of Ottawa-Rideau Valley

A Meeting of Minds

www.probusorv.org

August 3, 2011 (10 a.m.)

Tomkins Hall, St. James Anglican Church

1188 Bridge Street, Manotick, Ontario, K4M 1A4

Website: www.probusorv.org

Keeping fit at 50-plus

Speaker: Daniel Moore, Medical Fitness and Wellness Solutions

Daniel Moore operates Medical Fitness and Wellness Solutions, a business established in Ottawa three years ago to provide functional fitness conditioning for clients aged 50-plus. The business offers fitness programming for those with musculoskeletal, neurologic and cardiovascular conditions in homes, hospitals, nursing and retirement homes. Its post-rehabilitation program offers structured exercises for those with a variety of conditions, including multiple sclerosis, osteoporosis, hip and knee replacement, and rotator-cuff tear. Daniel, who is from South Africa, has lived in Ottawa for 25 years. He is a seniors' personal trainer, fitness instructor and medical exercise specialist.

Refreshments available from 9.30 a.m. Don't forget your name tags!

Lunch venue following the August meeting: Stonebridge Golf and Country Club, 68 Hawktree Ridge (off Jockvale Road).

Coffee volunteers: Our August volunteers have had to withdraw. Anyone willing to step into the breach should call Fanny Afshar at 613-596-6679 or e-mail her at secretary@probusorv.org

September guest speaker: Robert Knuckle, author of *The Mayerthorpe Story*.

Striders and Gliders: Brian Sawyer has scheduled a walk at Mer Bleu for Wednesday, August 17. Those interested should meet at the Manotick Library at 9 a.m. for carpooling. Brian will send e-mail notification 1-2 days before. He also canoes most Thursday mornings for about two hours, leaving from his home on South River Drive at 9.30 a.m. If you would like to join him, call 613-692-6300.

Special events: Merrill Stalker has organized a trip to the Carvaggio exhibition at the National Gallery on Thursday, August 25 (meet at the Gallery at 11 a.m.). More information will be given at the August meeting. Other planned events: a BBQ at Baxter Conservation Centre on Thursday, September 8, and a visit to Beechwood Cemetery on Tuesday, September 13.

Changing your mailing or e-mail address? Call Jeff at 613-692-6273 with the details to ensure continued delivery of this newsletter.

Know a Probus member who is ill? Call Kathy Pitcher (613-822-8739). She will send a card.