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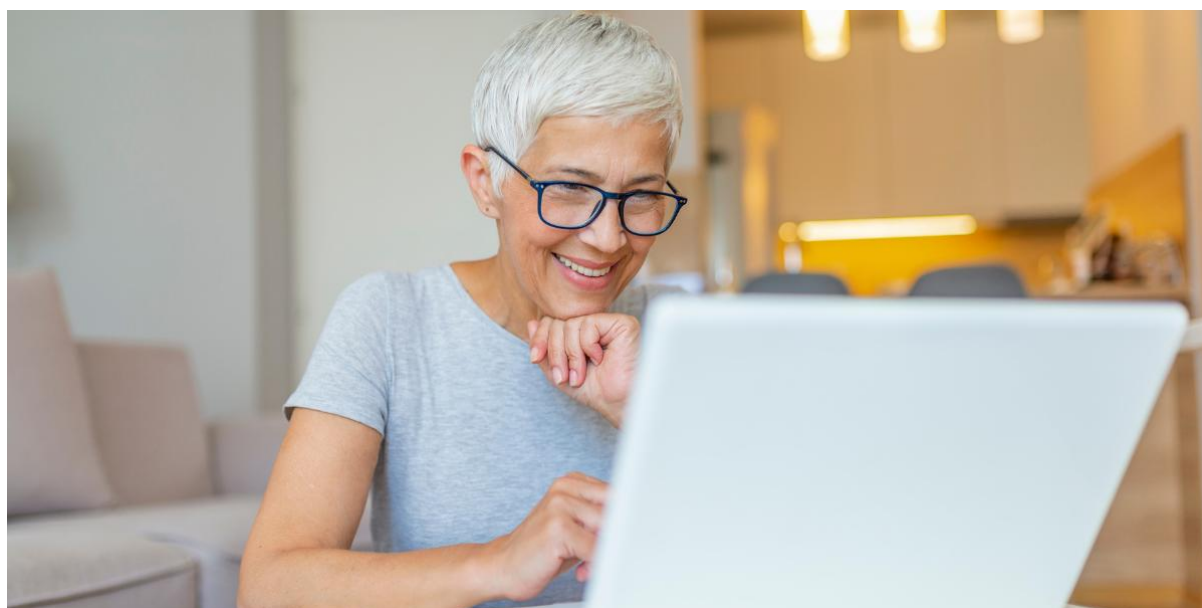
Active Retirees

Fun, Friendship and Fellowship in retirement

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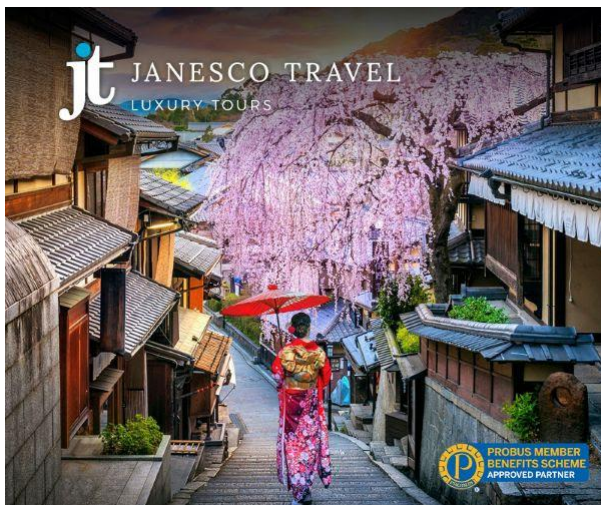


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[The Pre-Christmas budget check](#)

With the festive season fast approaching and the cost of living still rising, now is the perfect time to give your finances a pre-Christmas check-up. [Read more](#)



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While it's tempting to dismiss it as boring and faddish, the research continues to stack up on the benefits of daily meditation. [Read more](#)

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Lemon, Garlic and Rosemary Chicken Skewers

Try this fantastic recipe for Lemon, Garlic and Rosemary Chicken Skewers shared with Active Retirees by Donna Hay from her cookbook The Fast Five. [Read more](#)



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Probus Club News

QUEENSLAND



[A successful expo for Ipswich Probus](#)

Ipswich Probus Club recently held a stall at the Ipswich Retirement Living and Senior Lifestyle Expo in Ipswich. [Read more](#)

WESTERN AUSTRALIA



[Dancing and singing to music favourites](#)

Bedford Combined Probus Club recently had so much fun welcoming a guest speaker who represented a community-based ballroom

dancing company.

[Read more](#)