



Our Team – Keeping Active

Sue's Workout - Sweaty Run and TRX

Keeping Active - Painting her fence



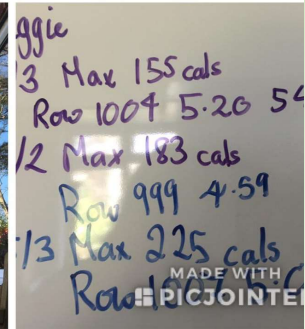
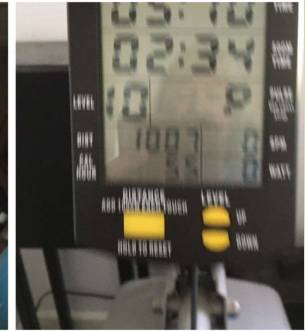
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Sam's - Dog Walk Everyday and Exercise in Garden

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Nikki – Walking around the Golf
Course – rather than Playing



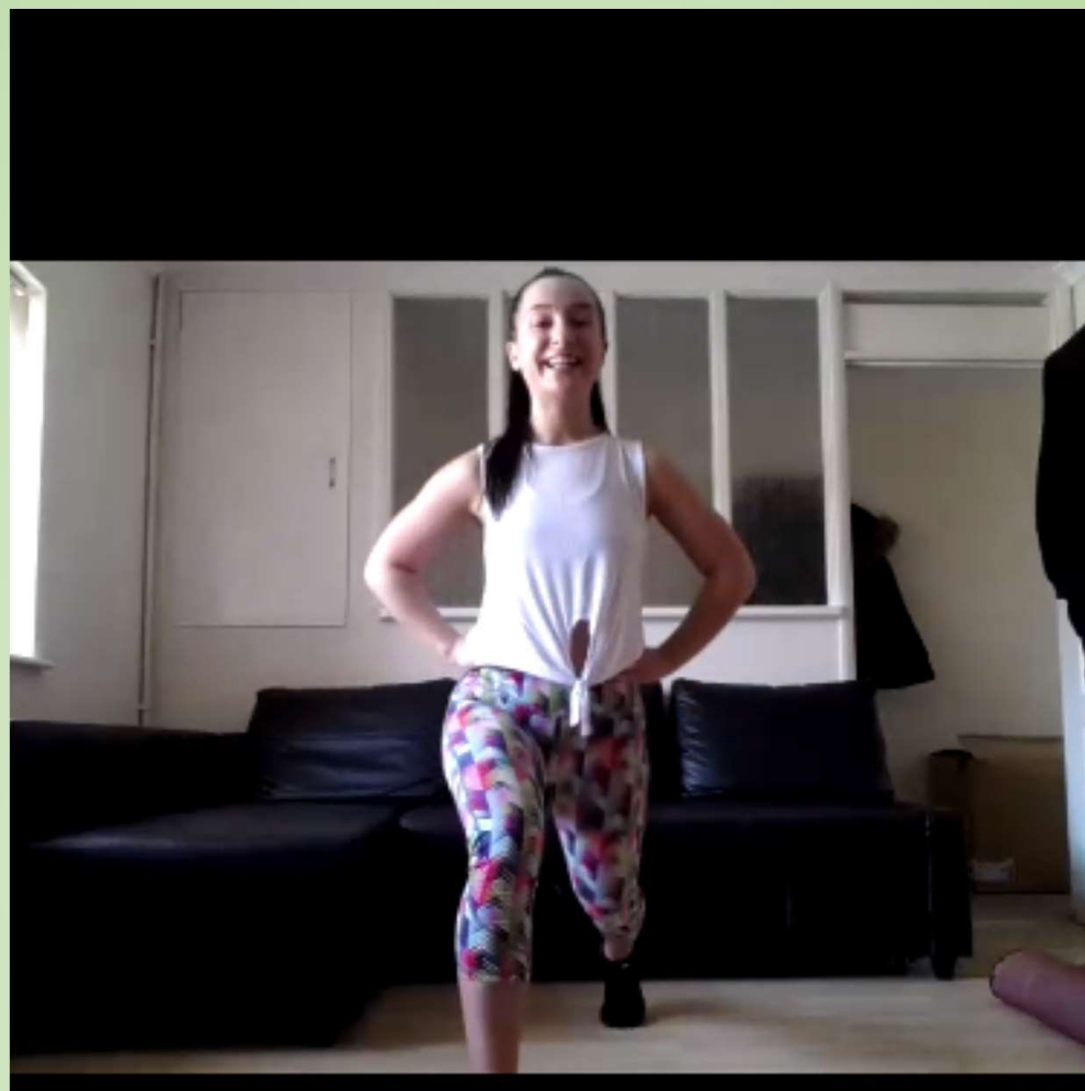


Our Members – Keeping Fit

Our
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Our Members – Baking
Sourdough Bread Recipe to follow
