



**Vella, Probus Month is here! Discover connection and community this October**

1 message

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Good morning, members!

As October approaches, we'd like to highlight an initiative that speaks to something we all value deeply: community, purpose, and well-being. Whether you're retired, working part-time, or simply thinking ahead to your next chapter.

That's why our good friends at **Probus are excited to celebrate Probus Month this October\***, in line with the United Nations Day of Older Persons, recognised worldwide on 1 October. Probus Month is about recognising the vital role of social connection and community in living well as we age.



The logo for Probus Month features the word "PROBUS" in large, colorful, stylized letters. Each letter contains a different scene: 'P' shows a couple, 'R' shows a woman, 'O' is a circular emblem with a 'P' and 'PROBUS' text, 'B' shows a horse, 'U' shows a person, and 'S' shows a person in a hat. Below "PROBUS" is the text "1 - 31 October 2025" in a bold, dark blue font, followed by the word "Month" in a large, elegant, dark blue script font.

For those who may be new to the idea, Probus Clubs are local social groups for retirees and semi-retirees, offering a **vibrant community of like-minded people who come together for friendship, purpose and enjoyment\***. With more than 1,300 Clubs, Probus creates space for regular connection through **monthly meetings, coffee catch-ups, cinema groups, walking clubs, day trips, dinners, and even travel\***. Each Club is unique, shaped by the interests and personalities of its members, but all share a common purpose: to maintain healthy minds and active bodies, expand interests, and enjoy the fellowship of new friends.

Find your local Probus Club\*

This year's theme, 'Reinvent your retirement', encourages us all to think differently about this stage of life. Whether you've already stepped back from full-time work or are simply preparing for what's next, Probus offers a pathway to stay socially and mentally engaged in ways that feel meaningful to you.

At YourLifeChoices, we see real merit in initiatives like this as it is a reminder that retirement isn't just about winding down. It's about living well, staying curious, and feeling connected. That's why **we invite you to join the many Australians who are discovering Probus\***. By becoming part of your local Club, you'll have the chance to make new friends, learn new skills, and explore interests that can add richness and purpose to everyday life.



### **Why join a Probus Club?\***

Retirement or semi-retirement brings freedom but can also lead to a loss of structure and social contact. Probus helps fill that space with community, routine and shared purpose. Research shows that regular social engagement supports mental, emotional, and physical well-being, helping to prevent loneliness, depression, and even increase longevity.

And the benefits go far beyond social outings. It also offers a sense of structure and purpose, a place where members can apply their experience, take on meaningful roles, and contribute to something bigger. Whether helping to organise events, leading initiatives, or simply sharing knowledge, there are plenty of ways to stay mentally active and personally fulfilled during retirement.

With Probus Month just around the corner, it's the perfect opportunity to connect, reflect, and do something a little extra for your well-being or even your community. Why not take this moment to explore what Probus has to offer?

**[Find your local Probus Club today by clicking here.\\*](#)**

Visit [www.probussouthpacific.org](http://www.probussouthpacific.org) or call 1300 630 488.

**Find your local Probus Club\***



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