

TUGGERANONG TALKS - 3 Feb 2017

Newsletter for Tuggeranong 55 Plus Club Inc. – *Be Active Feel Great*
101 Cowlshaw St, Greenway Phone: 6293 4004
Email: tugg55plusclub@gmail.com Website: 55plusclub.org.au

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Welcome back in 2017!

• Activities Update

All of the Club's weekly activities have now recommenced for the year with the remaining monthly activities returning this month. I have included them all in this newsletter for your information. The Morning Tea Talk and Armchair Travel will not be returning, due to lack of consistent attendance. Their removal from the activities list will leave room for something different that may prove more popular. If you have any suggestions, please share them via the office team. There will be some new opportunities being offered by the Club this year, so keep an eye on the notice board and the newsletter.

• New Website

The 'revamping' of the Club's website has been completed. It is a little more modern and just as user friendly. When entering the site, scroll down to access the menu etc. We are still in the process of updating some of the information but please pay the website a visit and give us some feedback!

Dates for your Diary

Monday – 6 February – 1.00pm – 3.00pm

'Writers with Altitude' – Creative Writing Group

This recently formed group of energetic writers meets on the 1st Monday of the month in the library. Stories are shared, new ideas are tried and usually some rewriting is done before the next meeting.

Writing is good for mental / manual dexterity and just the act of writing keeps the joints strong. Under the guidance of innovative Adrienne Johns and Maggie Watts, why not come along and find the story teller within!

Tuesday – 7 February - 2.00pm

Garden Club – Bunnings Café, Tuggeranong

The Garden Club meets at 2.00pm on the first Tuesday of the month at Bunnings Café at Tuggeranong. On arrival they are greeted with a complimentary cup of tea/coffee/hot chocolate. A member of Bunnings Staff will then discuss various topics of gardening, seasonal plants and planting and will answer any garden questions you may have. There is a door prize at each meeting and on special occasions such as Father's Day and Mother's Day all those attending will receive a gift. All are welcome.

Thursday – 9 February – 10.00am – 12.00noon

Android Special Interest Group

The Android Special Interest Group has only been going for a short time and is member driven. Participants are encouraged not only to bring their questions but any interesting information or sites that they have discovered to share with the group. New members are always welcome and as an Android user, please come along and support the Club to support you. Often helping each other is the most effective way to learn!

Thursday – 9 February – 1.00pm – 3.00pm

Lakeside Art Group

The Lakeside Art Group returns in February (2nd and 4th Thursday afternoons) and new members are welcome. There is individual tuition by tutor Delene White on the 2nd Thursday which allows time for completion of project and the group to work independently on the 4th Thursday. Members of the group are working towards the Group's Inaugural Exhibition during Seniors Week in March.

Sunday – 12 February – 5.15pm – 7.00pm

'Beer n Bubble' Happy Hour

Our new social committee has decided to take advantage of the beautiful view and the balmy weather by having a relaxed social get together on the lawn at the Centre. They will provide nibbles and non-alcoholic wine – BYO if you wish something different. Come along, socialise and enjoy the Centre's location and support this new initiative! A notice is on the board to let the social committee that you are coming or contact the office team – Phone: 6293 4004 or Email: tugg55plusclub@gmail.com

Thursday – 13 February – 9.45am – 12.00noon

iPad Special Interest Group

Our first meeting for the year will be held on Monday 13 February. As usual, please let me know if there are any topics you would like covered or any problems you encountered over the holiday period. I hope to have one or two new information sheets for you.

If you received an iPad for Christmas and would like to learn a few tips on its use or have any questions on performing specific tasks, why now join our self-help group?

Make sure your iPad is fully charged and that any updates have been done.

I would appreciate some help in setting up from 9.45 am so we are ready to start by 10.00 am. See you then, Anne

Thursday – 16 February – 1.30pm – 3.30pm

Reading Group – February's Theme – 'A Book with Blue on its Cover or Blue in its title'

'Darkly, deeply, beautifully blue' Lord Byron – This month's theme is wide and varied and provides an opportunity to discuss all manner of book choices for lively discussion.

The Reading Group is held on the third Thursday afternoon of the month, is theme based and you can read fact or fiction in any written form of your choice (book, article, essay etc) that includes the month's theme. You share what you have read or been reading, whether or not you would recommend it, and the thoughts it provoked. New members are always welcome!

Saturday – 18 February – 1.00pm

55 Plus Film Group – 'Local Hero'

Our first film for 2017, **Local Hero**, is described as 'a magical, intelligent comedy'. Made in 1983, it is set in the fictional village of Ferness on the west coast of Scotland and was written and directed by BAFTA winner Bill Forsyth. Add the soundtrack by Dire Straits Mark Knopfler, and the acting talents of Peter Riegert, Denis Lawson, Fulton Mackay, and Burt Lancaster and you have a small film to treasure. Come join us for an afternoon delight; please let us know you are coming so we have enough customary Drumsticks – Notice is on the board / Office: phone 6293 4004 / email: tugg55plusclub@gmail.com

Thursday – 23 February – 10.00am

Marking the Club's Decade – 2018

The Club turns 10 on 11 April 2018 and it has been suggested that a book covering the history of the first ten years could be a way to mark the occasion. If you would like to be involved in helping to make this suggestion a reality, we will be having a get together on Thursday morning, 23 February at 10am. Everyone is welcome – ideas, suggestions, etc will be of great value and will help make the book a community production. Also, if you have any historical material, photos, newsletters etc that you think would be useful or if you have a story, recipe, etc, please bring them to the office so we can scan or photograph them for inclusion.

Nordic Walking – New Course - Mid March 2017

The new proposed 6 week Essentials Course will be run by Linda Clee, local Nordic Walking Instructor & Physiotherapist. This program has been designed for those new to Nordic Walking as well as those wishing to brush up on skills and their technique. The classes will be held in the morning and if interested in attending, please indicate day preference on the notice on the board. The 6 week course which includes use of poles if you do not have a set, is \$135.00 payable before commencement of course. The number of attendees will be kept at 8 people with a minimum of 6 to ensure maximum tuition attention for each participant. The course is well planned with the formation of a walking group using the skills learned being the long term objective. Linda Clee has a specialised interest in Senior health and exercise and has been teaching Nordic walking for nine years. Enquiries and a copy of the course outline is available from the office. email: Tugg5plusclub@gmail.com / phone: 6293 4004

Nordic Walking is a form of fitness walking using specially designed poles and a learned technique. The poles provide balance stability, functional mobility, increased aerobic fitness as well as increased muscle flexibility and joint mobility when used correctly. It is a low impact activity that produces high results and can be performed by anyone, anywhere, at any time, is affordable and most importantly lots of fun!

Talking Activities

Dancing for Fun & Fitness – Tuesdays – 4.00pm-5.00pm

One of the newest activities to join the Club's activities program last year, *Dancing for Fun & Fitness* has attracted enthusiastic interest. To the sounds of images and music from all genres, participants have moved at their own pace, resting when needed and have left energised from the uplifting exercise. Why not come along and give it a try in 2017 – everyone is welcome! *Dancing is nourishment for the brain, learning new skills, retraining your memory, balancing your body, strengthening your muscles and helping prevent falls.*

Family History Group – 'In Review'

The Family History group returned on Thursday 2nd February with guest speaker Marie Henkel. Marie is a well-known local author who has written extensively about herself and her family but the focus of her talk on Thursday was the book she has written about the history of the Munzel family. A model wooden staircase made by one of her ancestors, now part of the Victorian State Collection, formed an integral part of her book. She also shared with us the process of working through information gathered and giving life to names, dates and family 'myths'. Food for thought and inspiration to start our own stories!

Liz Dean

Australia Day Morning Tea – 'In Review'

The Club celebrated its first social event for the year, Australia Day, by sharing a plate of 'Aussie morning tea tucker'. The contributions were varied and delicious and it would not have been Australia Day if lamingtons had not been included! Members took the opportunity to catch up after the holiday break and Betty Knight played a toe tapping selection of Australian songs as background music. A very relaxed and informal way to start the new year!

Recycling

I hope you have not thrown out your Christmas or birthday cards and old calendars as we are again collecting these for the pre-schools and childcare centres in the area.

We also take plastic bottle tops, small boxes which hold 10 sachets of tea, toothpaste boxes, cylinders from cling wrap, alfoil, paper towel, etc. and scraps of wool or fabric.

Any size glass jars with lids – we now have a couple of different uses for these.

Please leave any of the above in the red bin in the library.

Thank you, Anne

Transport Updates

Seniors MyWay Card - Improvements

Transport Canberra, along with the Council on the Ageing (COTA) ACT; have created improvements to Seniors MyWay Cards, which now include a signature ID on the card, streamlining usage and access for card holders.

Previous blue and yellow Seniors MyWay Cards are still valid for travel on ACTION buses. If you would like to update your card to the new Seniors MyWay Card, with the new Transport Canberra brand, you will need to apply for a replacement card.

For further information on applying for a Seniors MyWay Card, registering your MyWay Card and anything else MyWay, please visit the [COTA website](#) or call ACTION on 13 17 10.

Free off peak Bus Travel for Senior & Concession MyWay Cardholders

From Saturday 14 January 2017, Transport Canberra will be providing free off peak travel on ACTION buses for senior and concession MyWay card holders (excludes student and tertiary card holders) as part of a 12 month trial.

Eligible senior and concession holders who travel using MyWay will be able to take advantage of this initiative during stated Transport Canberra off peak travel times which are: between 9am – 4.30pm and after 6pm weekdays and all day Saturday, Sunday and Public Holidays.

To take advantage of free travel you just need to tap on and tap off the bus correctly using MyWay during the stated off peak periods. Passengers will need to ensure that their MyWay cards are in positive balance. Failure to tap off correctly will result in passengers being charged the default fare. Your journey must commence by MyWay tap on, during the off peak period.

Concession Travel on the NSW Opal Public Transport Network

Concession travel on the NSW Opal public transport network is now a whole lot easier for ACT Seniors Card holders.

Transport Canberra has partnered with Transport NSW to automatically validate ACT seniors' eligibility for concession travel in NSW. Transport NSW has also removed the 60-day expiry on ACT seniors' Gold Opal Cards.

COTA ACT has been working with Transport Canberra for close to a year to make applying for a NSW Opal Card easier for Seniors Card holders in the ACT. The new process is just one example of how COTA ACT partners with government to improve services for seniors in the ACT.

Seniors with an early ACT Seniors Card (i.e. one that has six numbers, as opposed to nine in the current cards) will need to apply for a card upgrade in order to apply for an Opal Card. New, replacement and upgrade ACT Seniors Cards are available from the COTA ACT office in Hughes, ACT Libraries and Access Canberra shopfronts.

If you are over 60, a permanent resident of the ACT and working 20 hours or less each week, you are eligible for an ACT Seniors Card and a Gold Opal card, giving you concession travel capped at \$2.50 a day* across Sydney, the Blue Mountains, Hunter, Illawarra and Southern Highlands. *Excludes Sydney Airport Station access fee.

Out and About

Wednesday - 22 February – 6.00pm

Tuggeranong Evening View Club

Viking Town Centre Club, Tuggeranong

The Smith Family has supported VIEW Clubs for 57 years and we raise funds for this national charity, by helping our Australians in need to get most out of their education.

We support a 'Learning for Life' Student in the Canberra region.

Our monthly meeting will be held on a Wednesday 22nd February 2017 and our guest speaker will be Elizabeth Burness. Two course dinner is 6pm for 7pm at the Viking Town Centre Club Tuggeranong.

All enquiries to Jan on 6297716 or email tuggeven@gmail.com

Sunday - 26 February - 3:00pm

Dangerous Romantics - Art Song Recital

Wesley Music Centre, 20 National Circuit, Forrest.

Art Song Canberra presents a recital by popular art song exponents Christina Wilson (mezzo-soprano) and Alan Hicks (piano).

Drenched in scandal, iconic Romantic poets Percy Shelley, Lord Byron and Paul Verlaine wrote sublime verse of intense emotion and free self-expression, inspiring generations of composers. This recital explores the luscious fruit of that inspiration in works by Reynaldo Hahn, Gabriel Fauré, Claude Debussy, Frederick Septimus Kelly, Roger Quilter and Graeme Koehne.

Cost: Full price \$35. Concessions \$30. Art Song Canberra Members \$25. Full-time students \$15. Includes program and light refreshments. Tickets available ONLY at the door.

More Info: www.artsongcanberra.org or call 6286 7373

Newsletter Contributions

If you come across any item/s that you think would be of interest to Club members, eg upcoming events, etc. or want to promote an activity please either email: tugg55plusclub@gmail.com or drop it into the Club's office. Every little bit helps!