

TUGGERANONG TALKS - 24 Feb 2017

Newsletter for Tuggeranong 55 Plus Club Inc. – **Be Active Feel Great**

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Vale Bill

The Club has recently lost another of its long standing members, Bill Lawrie. Many members knew Bill and the Management Committee extends its sincere condolences to Linda and her family. Bill will be sorely missed, especially by those who attended the Garden Club, Indoor Bowls, Family History Group, Monday Night Games, Ten Pin Bowling and Walking Group. Linda asked for the following to be included in the newsletter:

THANK YOU

Thank you to the members of the 55+ Club for your sympathy and support for my family and myself at this sad time.

Your friendship has made such a difficult time a little easier to bear.

Linda Lawrie

Dates for your Diary – (calendar at end of newsletter)

Sunday – 5 March – 2.00pm – 4.00pm

Social 'Sunday' Bingo

Come along, enjoy the spectacular view and discover why this game is so popular. You will also give your brain a workout at the same time! Games prizes are in keeping with the flavour of the day with a lucky door prize thrown in for good measure; activity fee will be \$4.00 and bingo sheets/pens will be available on entry.

Friday – 17 March – 5.30pm

Opening - Lakeside Art Group's Inaugural Art Exhibition

The Lakeside Art Group will be displaying their work during Seniors Week from Friday 17 March to Sunday 26 March. The exhibition will be opened by MLA Joy Burch (she was the Minister for Ageing when the Seniors Centre was built) on Friday 17th and we will be celebrating with style with a glass of bubbly and nibbles. Entry - Gold Coin Donation, so come along and support this talented group as they proudly display what they have achieved over past months.

Saturday – 18 March – 1.30pm

55 Plus Film Group – 'In the Company of Strangers'

The 1990 Canadian film 'A Company of Strangers', is a unique, mostly unscripted film, directed by Cynthia Scott about 8 elderly women stranded in the wilderness at a deserted farmhouse. With an average age of 71, the women have only their wits, their memories, and eventually some roasted frogs' legs, to sustain them. Through the long days and nights this remarkable group of strangers share their life stories and exchange intimate thoughts; turning the crisis into a magical time of humour and spirit. Featuring non-professional actors and spontaneous dialogue, this memorable film dissolves the barrier between fiction and reality, weaving a heart-warming tale of friendship and courage. Come join us for a special film experience at the beginning of Seniors Week; please note **the change of time - movie now starts at 1.30pm**. 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

Sunday – 19 March – 5.00pm – 7.00pm

'Beer n Bubble' Happy Hour

Following the success of the Happy Hour in March, we will celebrate the commencement of Seniors Week with another social Sunday gathering. The location is an enviable one so why not come along and enjoy the view and conversation. Cost will be \$4.00 with nibbles and punch provided. Please BYO if you wish something different. Notice is on the board to let us know you are coming or contact the office team – Phone: 6293 4004 or Email: tugg55plusclub@gmail.com

Saturday – 25 March – 10.00am – 12noon
Saturday Technology Seminar & Sausage Sizzle

Technology continues to offer us better ways to do many things in our lives. We can now safely do our banking, pay our bills, Skype the grandkids, plan our travels, find and book the next holiday spot, read our books, enjoy the new latest wizbang TV/entertainment systems soooo many things!

In all this, there are things we need to be aware of, such as how to maintain our privacy and security, keep everything tuned up and operating effectively.

Club Member and 'Senior Geek' Garry Owen will give a Seminar on some of the issues surrounding new technology - **Smart Phones and Devices, Cloud Storage and Online Safety**. You are encouraged to bring your devices, as there will be an opportunity to get together after the seminar with others who have similar issues. Seminar notes will also be available. We will be providing a sausage sizzle for all who wish to stay a while and take advantage of this opportunity to use our devices, etc more effectively.

Gary has a long history of giving technology advice to his wide network of friends. He is now extending this "service" to the broader population of Seniors through his new business '**Seniors Technology Assistance**'. His aim is to work with his senior clients always endeavouring to explain things, so that they understand, learn and can become more empowered with their technology in the future.

Website: Seniorstech.com.au Tel: 8880 9480 Email: support@seniorstech.com.au

Sunday – 26 March – 2.00pm
'Meet the Artists' - Lakeside Art Group's Inaugural Art Exhibition

As the exhibition draws to a close, the creators of the displayed works will be on hand to talk about their work and the art group. Afternoon tea will be available while you admire their paintings and have a chat. Come along and support your fellow members and their achievements.

New Activities

Investors Morning Coffee Group

The first meeting of the Investors Morning Coffee group will be held on **Thursday 16 March from 10.00am – 12.00pm** and then every third Thursday morning of the month.

Meetings will be informal, casual get-togethers where members can have a coffee and join in a friendly discussion about any aspect of investing. Pass on your knowledge and experience, learn from others or just talk the market. What will happen with interest rates? What are Hybrids? How do I go about investing in the share market? Should I buy that Ming vase I saw at the local trash and treasure market? How do I go about setting up an SMSF? Should I drink my bottle of Penfold's Grange or hang onto it for another fifty years? I think I have a Rembrandt in the attic. All this and much more will be open for discussion.

Initially, the meetings will be open to discussions on a wide variety of investment options such as the share market, art, wine, precious metals, antiques, collectables etc. However it is anticipated most interest will be in the share market. If there are enough members interested in a particular type of investment, such as antiques, then perhaps a separate group can be formed at a later date. The first meeting will give us a good idea what members prefer and we can then plan ahead for future meetings.

It is also hoped that every now and then we can have a guest speaker who is an expert in their particular area of interest. Perhaps we can put together a fun portfolio of investments and monitor it each month. Bring along your favourite antiques, coin collection or maybe we can sample that bottle of Grange.

Please remember that the Tuggeranong 55 Plus Club is not a financial adviser. All investment matters discussed at our meetings are for your general information only and should not be taken as investment advice. You should consider whether the matters discussed are appropriate to your needs, and where appropriate, seek professional advice from a licensed financial adviser. The Club does not endorse or favour any specific investment product or company.

So come one, come all, beginners and experienced - all welcomed for a coffee and some friendly discussion. If interested please add your name to the list on the notice board to give us an idea of the numbers or just turn up.

Norm Swanwick

Five Hundred Card Game – are you interested?

This fun and tricky card game is popular in Australia, New Zealand and Canada and is similar to Hearts and Euchre. One of our newer members is interested in starting a “500” Club. It will be played twice a month – **1st and 3rd Thursday mornings – 10am – 12noon commencing 2nd March** and tuition will be available. There is a notice on the board to register your interest in playing this well-known game or contact the Office Team: Tel: 6293 4004 email: tugg55plusclub@gmail.com

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!

Knit-n-Knatter News

Our group is up and running again in 2017!

Donated Items:

In January we donated purple baby beanies to the Canberra Hospital (We were the first knitting group to be approached to contribute to the Purple Crying Program and responded with the first donation of 20 beanies which were distributed to newborns in 2016)

In February we again donated 10 rugs, 22 oncology beanies and 12 colourful bears (a thank you to our most senior member Anne Sneap).

Thank you:

Our group wishes to thank those club members who have generously given wool which enables us to make these donations.

Art Students PHD:

A group of our ladies contributed knitted vests for an art student's PhD. These were displayed in the Tuggeranong Arts Centre Shopfront over December and January. The amazing contributions are now being displayed in the main Art Gallery of the ANU. Our members have again been invited to join with 2 art students to repurpose soft toys. They will be displayed in the shopfront in March.

World Wide Knit in Public Day:

For the third year running we have registered our involvement in the World Wide Knit in Public Day on Saturday 10th June. It will be held in the hall and this year we will be running a ‘Knit a Beanie’ competition. The winners will be judged by public vote and all entries will be donated to local hospitals. There will also be a sale table of varied items. More details later.

Jan Hatch

A little housekeeping.....

Parking

One of the biggest aggravations that the Club faces each week is the car parking or lack of it. This is a reminder that being a member of the Club does not automatically mean that you can use the car park at your leisure. As a courtesy to your fellow Club members, the car park is to **only be used** when you are **attending an activity** not when you are shopping or attending an activity elsewhere.

Kitchen

As many of you are aware, recent weather changes have caused ants to invade the premises. Please make sure that when you leave the kitchen it is clean and crumb free and that all food is in containers. Each one of us is responsible for the mess we make and it should not be left up to the activity leader or the office staff to tidy the kitchen.

Refrigerator

The main refrigerator will now be cleaned out every fortnight. Please make sure that items are labelled accordingly (as the Indoor Bowlers do) if they are to be kept for future use.

Thank you – Office Management

Free to good home

The Club has an old heavy wooden Table Tennis Table that is no longer used. If you think you or an organization that you know would be able to use it, please let the office know.

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!

WHAT'S ON & WHAT'S NEW - MARCH

Day/Date	Time	What's on - MARCH
Thurs 2nd & Thurs 16th	10.00am – 12noon	*NEW ACTIVITY* '500' CARD MORNING
Sun 5th	2.00pm – 4.00pm	SOCIAL SUNDAY BINGO
Thurs 16th	10.00am – 12noon	*NEW ACTIVITY* INVESTORS MORNING COFFEE GROUP
Fri 17th	5.30pm	LAKESIDE ART GROUP EXHIBITION OPENING Special Guest – MLA Joy Burch
Sat 18th	1.30pm	55 PLUS FILM GROUP 'In the Company of Strangers'
Sun 19th	5.00pm – 7.00pm	'BEER n BUBBLE' HAPPY HOUR
Sat 25th	10.00am – 12noon	SATURDAY TECHNOLOGY SEMINAR & SAUSAGE SIZZLE Guest Presenter – Garry Owen
Sun 26th	2.00pm	LAKESIDE ART GROUP EXHIBITION 'Meet the Artists' Afternoon Tea

