

# TUGGERANONG TALKS - 15 Mar 2017

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

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## **ACT Seniors Week – 18 - 26 March**

ACT Seniors Week is upon us again and this year the Club is opening its doors all week for members of the public to see what is on offer and to have light refreshments while enjoying the view. Please make our visitors feel welcome! It is also an opportunity for Club members to try a new activity free of charge.

A range of events are on offer and the program will be included in **The Chronicle** on Tuesday 14 March. Advertisements and editorial supplements will appear in **The Senior** newspaper as well as online media. Highlights of the week include:

### **Tuesday - 21 March - 10.30am – 12.30pm**

#### **The Chief Minister's Concert - Albert Hall, Commonwealth Avenue**

The Band of the Royal Military College will be joined by the Australian Rugby Choir for one big show for young and old! **Numbers are limited. Reservations can be made by contacting COTA ACT on 6282 3777.**

### **Thursday – 23 March - 9.30am – 3.30pm**

#### **The Senior Seniors Week Expo - Exhibition Park (EPIC) Mitchell**

This is a flagship event of Seniors Week each year. It is designed to give older Canberrans information, ideas and activities to enjoy later life. It is attended by around 120 exhibitors and 3,000 older Canberrans.

### **Friday - 24 March – 12.30pm**

#### **The Positive Ageing Award Ceremony - Ginninderra Labor Club**

These awards recognise the importance of positive ageing, as well as acknowledging the many contributions of older individuals and organisations to our society. The five award categories are *Senior Volunteer Award; Intergenerational Award; Age Friendly Community Award; Seniors Advocate Award; and Transport Services Award.*

A sample of events also being held during the week are:

### **Sunday - 19 March – 10.30am – 1.30pm**

#### **Photographic Fiesta- Canberra Photographic Collectors' Society Canberra - Irish Club, Weston**

Buy, sell, swap or trade antique and collectable cameras, useable film and digital cameras, accessories and photo books. Tables \$20 or place items on the Club Table for casual sales. Cost: Free

To book your table, contact Andre Blizunyiuk Ph. 0422 981 778 or email

[photographic.collectors@gmail.com](mailto:photographic.collectors@gmail.com).

More information: Call 62487858 to Keith Forsey, Secretary, Canberra Photographic Collectors' Society

### **Monday - 20 March - 6:00pm - 8:00pm.**

#### **Forums on Valid Will and Enduring Power of Attorney - Southern Cross Club, Woden**

The Public Trustee and Guardian will present a forum during Seniors Week on the importance of having a valid and up-to-date Will and Enduring Power of Attorney. There is no charge and refreshments will be provided. **Please note bookings are essential - 6207 9800 to book**

### **Tuesday – 21 March – 10.15am – 12.15pm**

#### **Open Rehearsal – The Heart and Soul Singers**

As part of Seniors Week, the Heart and Soul Singers, who rehearse at the Tuggeranong Seniors Centre, are opening their rehearsal for anyone who would like to join them. Under the leadership of the irrepressible Chrissie Shaw, come and not only discover the hidden health benefits, but the 'joy' of singing with others. No experience necessary just a good excuse for companionship and fun, with the odd tune thrown in for good measure. All are welcome with every voice valued!

**Wednesday - 22 March – 10.00am**

**First aid (CPR, Defibs, Heart Attack and Stroke) for Seniors**

**St John ACT - 14 Theisiger Court Deakin (unfortunately up a set of stairs)**

Would you know what to do if someone collapsed near you?

Come and learn for free with St John Ambulance ACT at this special Seniors week session.

This relaxed and informative 2 hour presentation, delivered by St John volunteers, will teach you the DRSABCD Action plan, show you how to do CPR and demystify AEDs (Automated External Defibrillators). We will also cover how to recognise and manage both heart attack and stroke and there will be time for questions and hands on practice with training defibrillators and CPR manikins. **This session is Free.** Please book in on 6282 2399 or [admin@stjohnact.com.au](mailto:admin@stjohnact.com.au) so we know how many people to expect.

**More Info:** 6282 2399 or [community.education@stjohnact.com.au](mailto:community.education@stjohnact.com.au)

**Wednesday - 22 March - 10:00am - 12:30pm**

**Forums on Valid Will and Enduring Power of Attorney - Macarthur Room, Ainslie Football/Social Club, Ainslie**

The Public Trustee and Guardian will present a forum during Seniors Week on the importance of having a valid and up-to-date Will and Enduring Power of Attorney. There is no charge and refreshments will be provided. **Please note bookings are essential - 6207 9800 to book**

**More Dates for your Diary**

**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 17<sup>th</sup> 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 or contact the office team : phone 6293 4004 / email: [tugg55plusclub@gmail.com](mailto: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](mailto: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 - **Date Storage / Internet Plans / Password Management**. Seminar notes will also be available. There will be a sausage sizzle available for all who wish to stay a while, swap information & ask further questions.

Cost will be \$4.00. Please reserve your place by putting your name on the list on the notice board or ring the office 62934004 or email [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com)

Garry assists the Senior community through his new business '**Seniors Technology Assistance**'. He works with his clients helping them to understand, learn so that they can become more empowered with their technology in the future.

Website: [Seniorstech.com.au](http://Seniorstech.com.au) Tel: 8880 9480 Email: [support@seniorstech.com.au](mailto: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 as the exhibition draws to a close.

**Activities Spotlight!**

**Carpet Bowls**

Carpet bowls is played on **Wednesday mornings from 10am to 12 noon** and on **Fridays at 2pm to 4pm**. We welcome new players to come along and try their hand at this game, we are happy to give some coaching as well.

We play social only so it is a lot of fun, and break for morning and afternoon tea which is a good time to meet new people.

So just turn up on any of the days about ten minutes early than the starting time so we can sort out our teams before we start.

*Pat Dahl – Coordinator*

**September Seasonal Plant Sale**

Our fund raising committee is looking for assistance with their proposed Plant Sale in September. This is an opportunity for all who are keen gardeners to lend a hand in gathering together items for sale. If you can assist with the following:

- **Any plants or seedlings**
- **Pretty, pre-loved cups/saucers**
- **Succulent cutting in pots or in plastic bags**
- **Cuttings or potting material**

or would like to be involved providing ongoing help, please contact the office - 6293 4004 or email: [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com).

**World Wide Knit in Public Day**

The 'Knit a Beanie' competition is now underway in lieu of the World Wide Knit in Public Day on Saturday 10<sup>th</sup> June. The entry forms, wool, pattern and needles are available in the entry area. The forms can also be downloaded from the Club's website – [www.55plusclub.org.au](http://www.55plusclub.org.au). The day's celebration will be held in the hall with the entries being displayed on the newly installed picture rails. The winners will be judged by public vote and all beanies knitted will be donated to local hospitals. There will also be a sale table of varied items. So grab those needles, start knitting and watch this space for more details as they unfold!

*Jan Hatch*

**Did you know?**

Many of us travel within Australia for holidays and family visits. Often we take services for granted and are unaware of what is available and what is not. One of our members thought this information was worth sharing and we hope it will be of benefit to you.

**Will Medicare cover ambulance accounts?**

Medicare does not cover the cost of the provision of ambulance services.

## How can I insure to cover the cost of ambulance services?

### 1. **Private health insurance**

If you have ambulance cover with a registered health fund in the ACT then you should be covered for ambulance services however it is strongly advised that you check the policy with your registered health fund.

### 2. **Ambulance only cover**

The ACT Ambulance Subscription Scheme is no longer administered by the NIB Health Fund; members of the public can compare registered health funds at the government initiative website, [privatehealth.gov.au](http://privatehealth.gov.au). If you are not eligible for Centrelink benefits, private health cover is available via contact with your preferred health care provider in the form of "Top Tier Hospital Cover" or "Ambulance only cover", some funds will cover you whether you are transported or not. You can find the available health funds at [privatehealth.gov.au](http://privatehealth.gov.au).

## Are Pensioners entitled Free ambulance services?

ACT Pensioner Concession and Health Care Cardholders (valid at the time of service delivery) are entitled to free emergency ambulance services **within the ACT**.

When interstate, ACT Pensioner Concession and Health Care Cardholders are entitled to free emergency ambulance services from an approved ambulance provider only if that state participates in reciprocal arrangements with the ACT.

**Important if travelling:** It is strongly recommended that you check your entitlements prior to travelling interstate by contacting the ACT Ambulance Service on (02) 6207 9980 as these arrangements change from time to time. **Queensland, South Australia and Western Australia** do not currently participate in reciprocal arrangements with the ACT and you will be charged for ambulance services in these states. From: <http://esa.act.gov.au/actas/fees-and-charges/>

## ***A little housekeeping.....***

### ***Toilet Roll Dispensers***

The long overdue replacement of the Toilet Roll Dispensers have now taken place except for the Disabled Toilet which is on order. They are easier to use and will be more efficient. We hope you will agree!

### ***Hand Protection Dispensers***

Hand Protection Dispensers have been placed both in the hall and outside the kitchen for your convenience. The Mahjong players and Carpet Bowlers especially can now clean their hands on entering and leaving the room. Please use these dispensers as they are a health and safety measure for us all.

Thank you – Office Management

## ***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](mailto:tugg55plusclub@gmail.com) or drop it into the Club's office. Every little bit helps!



# SPECIAL EVENTS MARCH

|          |  |
|----------|--|
|          | <p><b>Inaugural Art Exhibition - Lakeside Art Group</b> <span style="float: right;"><b>17</b></span><br/><b>Friday 17 March – Sunday 26 March</b><br/><b>Opening: Friday - 5.30pm by MLA Joy Burch</b><br/>To coincide with Senior's Week, our Art Group is having an exhibition of their work so far. Most items are for sale.<br/>Please join us as we celebrate their fantastic achievement! Light refreshments will be available – <b>Gold coin donation.</b></p>  |
| <b>M</b> | <p><b>ACT SENIORS WEEK 'Love Later Life'</b> <span style="float: right;"><b>18</b></span><br/><b>Saturday 18 March – Sunday 26 March</b><br/>More than 200 events are planned, including the ever-popular Chief Minister's Concert with entertainment by the Royal Military College Band and the Australian Rugby Choir at Albert Hall on March 21 and <i>The Senior Seniors Week Expo</i> on March 23.</p>  |
| <b>A</b> | <p><b>Saturday Matinee – 'In the Company of Strangers'</b> <span style="float: right;"><b>18</b></span><br/><b>Saturday 18 March – 1.30pm</b><br/>Come join us for a special film experience at the beginning of Seniors Week</p>  |
| <b>R</b> | <p><b>Beer N Bubble Happy Hour</b> <span style="float: right;"><b>19</b></span><br/><b>Sunday 19 March – 5.00pm – 7.00pm</b><br/>Come along, enjoy the view &amp; the company! Nibbles &amp; non-alcoholic wine provided - BYO alcohol! <b>Cost: \$4.00</b></p>  |
| <b>C</b> | <p><b>Technology Seminar</b> <span style="float: right;"><b>25</b></span><br/><b>Saturday 25 March – 10.00am – 12noon</b><br/>Garry Owen Club Member &amp; 'Senior Geek' will give a Seminar on some of the issues that surround today's new technology: <b>Date Storage / Internet Plans / Password Management</b> to name a few. Seminar notes will also be available.<br/>There will be a sausage sizzle available for all who wish to stay a while, swap information &amp; ask further questions. Bookings essential - <b>Cost: \$4.00</b></p> |
| <b>H</b> | <p><b>Inaugural Art Exhibition - Lakeside Art Group</b> <span style="float: right;"><b>26</b></span><br/><b>'Meet the Makers'</b><br/><b>Sunday – March 26 - 2.00pm</b><br/>The weeklong exhibition closes this afternoon with an opportunity to meet the artists. Devonshire tea will be available – <b>Gold coin donation</b></p>  |

