

TUGGERANONG TALKS - 28 Mar 2017

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

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Dates for your Diary

Sunday – 2 April – 2.00pm – 4.00pm

Social 'Sunday' Bingo

Bingo is on again this Sunday, so 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. Notice is on the board to let us know you are coming!

Thursday – 6 April & 20 April – 10.00am – 12noon

Five Hundred Card Game

This fun and tricky card game began last month and is proving popular. '500' is similar to Hearts and Euchre and tuition is available if needed. Why not come and join them on the 1st & 3rd Thursday morning of the month

Thursday - 6 April – 10am – 12noon

Family History Group - 'Convict Stories'

At our next meeting, we will be looking at convicts and their stories. information that is available through the well-kept documentation. We will be looking at where to find it and how it can be helpful.

All are welcome – whether you have convict ancestors or not!

Liz Dean

Thursday - 20 April - 9.30am

Funeral Guardian Plan – Private consultations

A Guardian Plan is a secure way to plan for your family's future, providing the emotional and financial security you deserve to get on and enjoy your life.

By pre-arranging and prepaying a future funeral service at today's prices, you can purchase a funeral that best suits you and offers peace of mind at a difficult time.

Carol Flavel, a Guardian Plan Consultant from Tobin Brothers will be available at the Club on Thursday 20 April for private consultations. This is being arranged as a free service to members. If you would like to speak with Carol please put your name on the list on the noticeboard.

Anne Meade

Thursday – 20 April – 10.00am – 12noon

Investors Morning Coffee Group

Our first meeting was held recently with eight members coming together to discuss a wide range of investment topics. Of special interest was investing in the share market and real estate.

Our next meeting will be held on the **20th April 10.00am**. We will go "on line" to look at the ASX (Australian Stock Exchange) web site which contains a wealth of information about all the and investment products listed on the exchange as well as excellent beginner's instructional videos for anyone wanting to get started in buying shares, bonds etc. We will also take a look at how to get started with buying shares including establishing an account with a broker, finding your way around a broker account, the share registries role and what is CHESSE.

At future meetings we will be looking at various ways to invest in gold and other precious metals for little outlay and how to become a part owner in a variety of commercial, industrial and retail properties via property trusts.

If you are interested, come along, enjoy a cup of coffee and a friendly learn and share discussion group.

Norm Swanwick

Sunday – 23 April – 4.00pm – 6.00pm

'Beer n Bubble' Happy Hour

As the response has been very favourable, this monthly social Sunday get together will continue. Please note that the time is an hour earlier to allow for the change in daylight saving. Come along, meet someone new and enjoy the room with the most spectacular view. 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

Sunday - 30 April – 2.00pm – 5.00pm

Secret Men's Business / Gentlemen's Sunday afternoon

At this stage, we plan to hold a session at the club on **Sunday 30th April from 2.00 - 5.00 pm** for men members only. We don't see men often enough enjoying the facilities the Club has to offer. Based on feedback from a few men members, the afternoon will open with a talk by an interesting visitor followed by a sausage sizzle and drinks, and informal chatter between members and the visitor. If enough interest is shown, the club intends to hold similar afternoons three to four times each year. A notice and attendance list will be placed on the Notice Board outside the Club Office. You can either attend or ring the office on 62934004 to have your name put on the list.

COME ON MEN! Many of you enjoy individual club activities (like 10 pin bowling, bike riding, cards, carpet bowls, mens exercise and stretching classes)

Activities Update

Please note the following adjustments to these activities for this month:

- **Mindful Meditation – Monday 1.00pm – 2.00pm**

Please note that Mindful Meditation will finish on **Monday 28 March** with a new class commencing on **Monday 1st May**.

Daniel De Smet

- **Lakeside Art Group – 2nd & 4th Thursday – 1.00pm – 3.00pm**

The Art Class is taking a short break and will recommence on 27 April under the new leadership of Art teacher Catherine Alexander. Please register your interest in attending this class via the office – there are twelve places available. Cost will be \$7 per session and there will tuition each fortnight.

- **Saturday Movie Matinee – April**

There will not be a Movie Matinee this month due to Easter and the subsequent Saturdays being unavailable. The Matinee will return in May!

- **Corefit and Stretch Classes – School Holidays**

The above classes will not be held from 17th – 25th April. Classes will return on Wednesday 26th April.

Review - Seniors Week – 18 - 26 March

Seniors Week has come and gone and the Club participated in the week in various ways. The general public were encouraged to pay the Centre a visit to see what is on offer and the Club had many visitors whom I am sure you made welcome. Some events were also held to coincide with the week for everyone to take part in.

- MLA Joy Burch took time out of her busy schedule to officially open **The Lakeside Art Group's** first exhibition of their work. Entitled 'Joy', the exhibition opening attracted over forty members, family and friends who had come to view the colourful art works on display. It was lovely to see all the extended families especially great grandchildren showing their support. There have been many favourable comments over the past week about the artwork and the addition of the vibrant colour in the hall. A big thank you goes to Delene White whose 'tricks of the trade' assisted the group over past months and added a professional touch to the exhibition. And to all the artists who contributed their works, congratulations

- The **Movie Matinee** 'A Company of Strangers', had a record crowd this month and the film did not disappoint. Visually spectacular with a delightful soundtrack, this unique, mostly unscripted film was a little gem. It dissolved the barrier between fiction and reality, weaving a heart-warming tale of friendship and courage when 8 elderly women are stranded in the wilderness at a deserted farmhouse.
- The weather was much kinder this month for the **'Beer n Bubble' Happy Hour**. Over twenty people enjoyed the balmy evening, cheese platters, punch and conversation. The outside paved area was the perfect place to sit and soak in the view. Perhaps next month, you too, will come and while away an hour or two at the best location in town!
- The **Saturday Technology Seminar & Sausage Sizzle** attracted many members and non-members who took the opportunity to learn a little more about 'technology' courtesy of Club member and principal of **Seniors Technology Assistance**, Garry Owen.
The Seminar covered Data Storage, Internet Plans, Password Management and Online Security. It was a well presented and informative with a question and answer session after the midday sausage sizzle. The comprehensive handouts gave room for notes to be taken and provided a good reference for the future.
We would like to thank Garry for his time and expertise which was much appreciated by his audience.

September Seasonal Plant Sale

Our fund-raising committee is still looking for assistance with their proposed Plant Sale in September. To date not one member has offered to donate or help in any way. Our sister Clubs, Woden and Canberra, after operating over 40 years, have found that a regular event/s for fund raising works best for them – Woden has their Big Book Fair and Canberra holds two fetes each year.

A Seasonal Plant Sale is an opportunity to contribute and a way to engage the Club community on personal level with something that many do for pleasure. For all who are dividing plants, have that extra small sapling that has popped up courtesy of the local wild life, put them in a pot for the Club. There are many ways that assistance can be given. So please, 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.

Fire Wood Available

I am having a paling fence replaced and am offering the old fencing to anyone who would like it for firewood or to recycle it in any way. It will be available sometime in April. If interested please phone Hazel on 6291 0282.

Out and About

Sunday – 9 April – 2.00pm

Anzac Concert – Exhibition Hall, National Convention Centre

Come join us to show our support to Legacy Canberra. One of the earliest charity organisation in Australia which is dedicated to assisting the families of fallen servicemen. A concert has been put together by the Band of Royal Military College Duntroon for your Sunday entertainment.

Door opens at 1:15pm. Children enter for free. Tickets \$10.00 available at the door on the day.

Tuesday – 11 April – 11.00am & 12.30pm

Music at Midday - Canberra Theatre Centre

The lunch time concerts showcase the talents of the Royal Military College Band and presented with Canberra Theatre Centre provides an opportunity to give something back to the community. Entry to the concerts is by gold coin donation, with all proceeds going to a local charity.

Sunday – 23 April – 10.00am – 12noon

Discovery Walk – Pike's Cottage, Tuggeranong Homestead

The Canberra Archaeological Society (CAS) and Minders of Tuggeranong Homestead (MOTH) will jointly hold a discovery walk to the site of convict Martin & Mary Ann Pike's cottage at the historic Tuggeranong Homestead on Sunday 23 April 10 - 12 pm. This walk will be held as part of the Heritage Festival.

MOTH members and the public are invited to attend the walk to the Pike's cottage site on the north-western boundary of the homestead. Access to the homestead will be from the gate at Johnson Drive, opposite the Calwell shopping Centre. Please park in the homestead's parking area. Bring a drink, walking shoes, sunscreen and a hat. Toilets will be available.

CAS, with the assistance of MOTH, will soon be conducting a survey of the site to discover any artifacts that may remain from the Pike's and other families' occupation since 1843, and will document the site's history and the stories of cottage's occupants.

If you are able, come along and enjoy the walk. It is anticipated that a number of interested people will attend, including some descendants of the Pike family. There is no fee for this event and no bookings are required.

Spiral 2017

April 6 - Gai Brodtmann

Gai, our local member in the House of Representatives, recognised our founder Gwenyth George as a "legend" in a speech in the House of Representatives on 26 November, 2012. She is coming along to meet us and to talk about the work she does.

April 13 - Dr Susannah Helman

Susannah is the curator of 'The Sell: Australian Advertising 1790s to 1990s', the current exhibition at the National Library. I've seen the exhibition and can recommend it as being particularly relevant for the Spiral family. Try to see the exhibition (it's free) before Susannah's talk.

Location: The Uniting Church in Gillies Street, Curtin.

Time: Speakers will commence at 10.10 and most will stay for the morning tea which will follow

Spiral is a group of senior citizens (60+ to 90+), who are non-denominational with people from varied backgrounds, occupations and origins. There are no fees but a \$1 contribution to costs is requested. They are always seeking new members, helpers and guest speakers. You are not obliged to attend every week and you can come for the talk and/or the morning tea. For more information, contact Brett Yeats - 6281 7684 or email yeatsb@iinet.net.au

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!