

TUGGERANONG TALKS - 3 May 2017

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

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Dates for your Diary (Calendar below)

Sunday – 7 May – 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 – 18 May – 10.00am – 12noon

Investors Morning Coffee Group

Our recent meeting saw a friendly and lively discussion on a number of topics related to share market investing. We took a look around the Australian Stock Exchange (ASX) web site to find out what beginner's guides are available (there are many) and how we can go about researching a company we might be interested buying shares in. The company we researched was JB HiFi. We then went through a beginners' guide on how we would go about purchasing shares in JB HiFi including how to set up an account with a broker and the share registries role.

Our next meeting will be held on the **18th of May at 10.00am**. We will be looking at the pros and cons of share dividend reinvestment plans and how we can become part owners of service stations, hotels, shopping centres, office buildings etc. through ASX listed property trusts. We will also take a look at a beginner's guide to investing in bonds including Australian Government Treasury Bonds and Corporate Bonds for as little as \$500.00. Our company of the month will be Collins Foods who own a large chain of Kentucky Fried Chicken outlets throughout Australia and recently expanded their operations into Holland and Germany. It will be interesting to see if the Dutch and Germans will accept Kentucky Fried Chicken as part of their diet. Are retail food companies a good investment?

If you are interested, whether a beginner or experienced, come along and enjoy a cup of coffee and join our friendly learn and share discussion group. *Norm Swanwick*

Saturday – 20 March – 1.30pm

55 Plus Film Group – 'Quiz Show'

Quiz Show is a 1994 American historical film produced and directed by Robert Redford. Starring Ralph Fiennes, John Turturro and Paul Scofield, the film (using some 'dramatic license') chronicles the *Twenty One* quiz show scandals of the 1950s. The actors are perfect for the roles they play; the screenplay is smart and ruthless and the subtle music and stylish presentation of the film make for entertaining viewing. 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

Club Happenings.....

Secret Men's Business / Gentlemens' Sunday afternoon

Twenty-three men enjoyed the facilities of the club on Sunday afternoon 30th April. Our guest speaker Air Force Warrant Officer Robert Swanwick kept everyone avidly interested in his presentation. He covered his own rise to prominence in the RAAF, his feelings when he represented the Australian servicemen and women at the Anzac Day ceremonies at Villers-Bretonneux earlier that week, and the modern approach being adopted by our nation's defence forces. His talk was aimed at a non-involved civilian audience and, judging from the number and variety of questions asked, was well received. Our thanks go to WO Swanwick, and those willing members of the club who provided support to the function.

It is hoped to hold similar functions for the men of the Club three or four times each year and plans are already underway to hold the next function about mid-August. *Laurie Towers*

Club Cancelled 'Events'

Pre-Paid Funeral Guardian Plan – Private consultations

It was disappointing that not one member took advantage of the free consultations that were offered during April. The subject is a challenging one and the morning was designed to provide an opportunity to gain information that could have been of assistance.

Anne Meade

'Beer n Bubble' Happy Hour

Due to unforeseen circumstances, the planned Happy Hour in April had to be cancelled. We did contact the members whose names were on the list as likely to attend and we apologise to those who came on the Sunday afternoon.

Activity Spotlight!

Writers with Altitude – 1st Monday of the Month

This small group of keen writers meets on the **1st Monday of the month, at 1pm, usually in the Library.**

We have had fun writing a variety of stories, with topics including 'It Seemed like a good idea at the time', our obituaries, firstly written by someone who didn't know us well, compared with someone who does, 'The Founding of the 55Plus Club – the Alternative facts', and 100 word stories. But members often come with a number of new stories to share with us. We would welcome new members – just turn up on the first Monday of the month.

Maggie Watts

P.S. Could the person who borrowed 'Writing Your Life' either last year or earlier this year, please return it to our collection of donated books in the Library.

Activities Update

- **Yoga – Monday 5-15pm – 6.30pm / Friday 12.30pm – 1.30pm**

The above classes will not be held for most of May. The last yoga class was held on **Friday 28th April** and classes will recommence on **Monday 5.15 pm 29th May.**

Please note: Friday class now be held on **Thursdays 3.45pm – 4.45pm from 2nd June.**

Jan Rossiter

- **Nordic Walking – New Course beginning in May**

The first Nordic Walking 6 week course is almost complete and the feedback from the participants has been very favourable.

There will be a new course starting on Tuesday 23 May – Tuesday 27 June. We have moved the day offered to a Tuesday and will start at the later time of 11.00am finishing at Noon to allow for the change in weather. We are also running a **'Come and Try' session on Tuesday 16 May at 11.00am** as a lead into the classes. This will be an opportunity to find out what is involved.

The course is run by Linda Clee, local Nordic Walking Instructor & Physiotherapist and 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 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!

Special Events for your Diary

Thursday – 25 May – 10.00am

Biggest Morning Tea – Cancer Council

Following on from last year's successful social get together for a good cause, the Club is again taking part in the Cancer Council's Biggest Morning Tea.

Hosting a morning tea is a rewarding experience that makes it easy for everyone to give, while having a good time. If you would like to support our Biggest Morning Tea, there is a notice on the board to register your level of involvement.

We encourage you to come along; take the opportunity to make a new friend, share a cuppa and some delicious food and help those affected by cancer. *Angie Ashley*

Saturday – 10 June – 10.30am – 2.30pm

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 10th June and the beautiful beanies are being submitted. If you haven't done one yet, 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.

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.

There is still plenty of time, so grab those needles, start knitting and watch this space for more details as they unfold! *Jan Hatch*

Talking Health

Bowelcare Program 2017 - 1 April 2017 to 31 May 2017

Rotary BowelCare kits will be on sale at participating pharmacies for two months commencing 1st April, 2017. Check with your local pharmacy or go to our website www.bowelcare.org.au for a listing of all participating pharmacies in your area.

This year's BowelCare kit will cost only \$15.00. This price includes pathology testing, with notification of your result to both yourself and your nominated doctor. Your result will be issued within 30 days of your test kit being received by pathology. Please use the pre-paid envelope provided within the kit package. Throughout Australia, Rotary has chosen to update to the latest technology to screen for occult blood using a Faecal Immunochemical Test (FIT). This test is very easy to use, and requires no dietary or medication restrictions. The kit is a two-day sampling, requiring one sample from two different days. Full detailed instructions are included within the kit package.

If you have any difficulty obtaining our BowelCare test kit, please phone the BowelCare office on (02) 4349 5555.

Out and About

April 27 – May 21

Art in Miniature – Gallery One, Strathnairn Arts Assoc

2017 is AIM's 16th Annual Exhibition and the subject matter for the exhibition is the artist's interests and loves in their favourite medium. The jewel-like art works invite the view for a closer look to appreciate the level of detail that comprise each art work. The more you look at a miniature, the more you see!

Free Entry – All welcome

Spiral 2017

May 4 The Heartbeats

Fun, laughter and familiar songs from the boys accompanied, as always, by the lovely Margaret on piano. Note: when The Heartbeats play for us we will have morning tea first and they will perform from 11.00.

May 11 Diane Wright: Travelling to Antarctica

Antarctica has been described as the world's last great wilderness. It is the coldest, highest, loneliest place on Earth. Last year Diane travelled there and she will share her experience with us.

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@inet.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!

WHAT'S ON DURING THE MONTH OF MAY

<i>Day/Date</i>	<i>Time</i>	<i>What's on - MAY</i>
Thurs 4th	10.00am 12noon	FAMILY HISTORY GROUP 'Monuments'
Thurs 4th & 18th	9.30am – 11.30am	'500' CARD MORNING
Sun 7th	2.00pm – 4.00pm	SOCIAL SUNDAY BINGO
Mon 8th	9.45am- 12noon	iPAD SPECIAL INTEREST GROUP
Wed 10th	10.00am	TEN PIN BOWLING Tuggeranong Bowling Alley
Thurs 11th	10.00am – 12noon	ANDROID SPECIAL INTEREST GROUP
Thurs 11th & 25th	1.00pm – 3.00pm	LAKESIDE ART GROUP Tutor – Catherine Alexander
Tues 16th	11.00am – 12noon	NORDIC WALKING 'Come & Try' Opp Tuggeranong Skate Park
Thurs 18th	10.00am – 12noon	INVESTORS MORNING COFFEE GROUP Reinvestment Plans & Property Trusts
Sat 20th	1.30pm	SATURDAY MOVIE MATINEE 'Quiz Show' Ralph Fiennes & John Turturro
Tues 23rd	11.00am – 12noon	NORDIC WALKING CLASSES Opp Tuggeranong Skate Park
Wed 24th	10.00am	TEN PIN BOWLING Tuggeranong Bowling Alley
Thurs 25th	10.00am	CANCER COUNCIL'S BIGGEST MORNING TEA

