

TUGGERANONG TALKS - 16 May 2017

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

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Dates for your Diary (Calendar below)

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 whose shares we might be interested buying. The company we researched was JB HiFi. We then went through a beginner's 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 May – 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

Special Event

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

Can you help?

Android SIG Group – 2nd Thursday morning of the month

Have you mastered your Android devices or have some knowledge about them which you think might be of benefit to other users? If you do, then the Android Group would welcome you with open arms. We have a very enthusiastic group who need a little bit of assistance at present. If you can spare a morning or two, please contact the office team – Phone: 6293 4004 or Email: tugg55plusclub@gmail.com – and we will put you in touch with Jenny, the Activity Leader.

Spotlight on Activities!

The Club's motto is 'Be Active, Feel Great' and this fortnight we are highlighting some of the activities that are held weekly that will help you 'move it not lose it'!

Indoor Carpet Bowls

Wednesdays 10.00am – 12noon & Fridays 2.00pm – 4.00pm

Indoor Carpet Bowls was one of a handful of activities offered when the Club was formed in 2008 so it has a long and rich history.

The game is very social, non-competitive and is lots of fun as well as a good workout. On the days it is held, the hall echoes with the sounds of laughter and supportive encouragement and commiseration! New players are very welcome to come along and try their hand. Some coaching is also available if required. Come on any of the days about ten minutes early so that the teams can be organised. There is always a delicious morning or afternoon tea provided and the breaks are an opportunity to meet new people. Why not give it a try – you might just get hooked on this enjoyable social indoor sport!

Square Dancing

Fridays 6.00pm – 7.30pm

Square Dancing has begun again and the group is looking for some new members! Everyone is welcome - all you need to be able to do is walk - there is no fancy footwork at all - so anyone can do it! Square Dancing has many hidden benefits - improves your Brain-Body coordination; is great Exercise; you make new Friends; AND you have Fun! And of course, there are the toe tapping tunes..... So come along and give it a go. New people are always welcome, why not invite your friends!

Tai Chi (Yang Style)

Fridays 9.15am – 10.15am

If you want to improve your physical wellbeing, flexibility, and calm your mind, come and try the restorative Tai Chi class.

Tai Chi can unify the body, mind and energy which can help us to maintain health, and emotional and spiritual balance, amid the stresses of daily life. \$4 per session

Corefit 55+

Tuesdays 9.00 – 9.45am & Fridays 10.30am – 11.15am

CoreFit 55+ is a fun and sociable exercise program for the over 55's who want to keep fit or get fit. Attending the classes will help the participants improve their cardiovascular endurance, muscle strength, flexibility and range of motion.

Jackie Yow is a fully qualified, professional fitness instructor. Her exercise classes are varied: sometimes a circuit, at other times everyone works together.

All equipment is supplied but if you have your own mat please bring it with you. The classes are reasonable prices at \$7 per session. Come along and try it out – you may be pleasantly surprised!

And don't forget the two classes that are held for **'Men Only' – Tuesdays 8.10am – 8.50am and Stretch Class Wednesdays 11.15am – 12noon!**

Did You Know?

Pet owners:

- visit the doctor less often and use less medication
- on average, have lower cholesterol and blood pressure
- recover quicker from illness and surgery
- are less likely to be lonely

PAWS – Pet Assistance and Wellbeing Service

Many people are provided with support, friendship and care by their furry companions.

So, what happens when an owner becomes frail or unwell and is unable to care for their pet in the same way they used to?

It's during these times that Northside's Pet Assistance and Wellbeing Service (PAWS) can provide support. The Northside team works with pet owners to provide support with transport for pets to and from vet clinics for health appointments, arranging temporary homes, pet walking, feeding and grooming. The volunteers and program partners work together to ensure clients need not worry about the wellbeing of their pets during difficult times.

If you or someone you know may benefit from this program, please contact our intake officer on 02 6257 2255.

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

Wednesday – 24 May – 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 Wednesday 24th May and we will have a Trivia Night. Two course dinner at \$27 is 6.30pm for 7pm at the Viking Town Centre Club Tuggeranong.

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

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!

ACTIVITIES / EVENTS (NON WEEKLY) THIS MONTH

<i>Day/Date</i>	<i>Time</i>	<i>What's on - MAY</i>
Thurs 18 th	9.30am – 11.30am	'500' CARD MORNING
Thurs 18 th	10.00am – 12noon	INVESTORS MORNING COFFEE GROUP Reinvestment Plans & Property Trusts
Sat 20 th	1.30pm	SATURDAY MOVIE MATINEE 'Quiz Show' Ralph Fiennes & John Turturro
Wed 24 th	10.00am	TEN PIN BOWLING Tuggeranong Bowling Alley
Thurs 25 th	10.00am	CANCER COUNCIL'S BIGGEST MORNING TEA
Thurs 25 th	1.00pm – 3.00pm	LAKESIDE ART GROUP Tutor – Catherine Alexander