

TUGGERANONG TALKS - 30 May 2017

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

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Management Committee Update

Adjustment to Activity Fees

During February, all members were advised that the consolidation of renewal dates was one of three financial initiatives being put into place this year.

The second will come into effect as at **1st July** with the rationalisation of the Club's current activity fee structure. At present, there are a few different fees for both week and weekend activities which will be replaced by the following:

	Members	Non-Members
Activity fee – week/weekend	4.00	6.00
Activity fee - where Instructor is employed	7.00	9.00

The fee for 'social events' will be set as required to cover expenditure.

The last general activity fee increase was approved in January 2012 by the then Management Committee. The Club has done well in managing its affairs without a general activity fee adjustment for over five years, especially with the financial responsibilities that occupying a building imposes.

These financial initiatives are in preparation for the possibility that the Club may be required to pay a rental fee to the Government for the use of the premises when the Licence Agreement is re-negotiated for 2018. Whether this will happen or not, it would be unwise of the management committee not to take some small steps to consolidate now rather than having no choice in taking more stringent financial measures in the future.

Thank you all for your continued support of the Club without whom it would not exist.

Dates for your Diary (Calendar below)

Thursday – 1 June – 10.00am – 12noon

Family History Group – 'Stories to Share & where to find them'

The Family History Group is meeting on Thursday 1st June, at the usual time 10.00 am until 12.00. This month we are opening the floor to a couple of member's family history stories; Vi Moore will talk about her experiences on the voyage to Australia as an immigrant and Lynda Clery will introduce her voyage of discovery into whether she has a family connection to a well-known story. Linda's hoping for our suggestions for further research so thinking caps needed! After morning tea, we'll have a look at the gems you can discover about your family from newspapers particularly Trove and the newspapers on FindMyPast. All are welcome – you don't have to be a regular attendee, please feel free to come along.

Liz Dean

Sunday – 4 June – 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; bingo sheets/pens will be available on entry. Notice is on the board to let us know you are coming!

Saturday – 10 June – 10.30am – 2.30pm

World Wide Knit in Public Day

The K-nit n K-natter group will celebrate, along with others around the world, World Wide Knit in Public Day on Saturday 10th June in the Parkview Hall at the Club. Our feature this year is the Knitted Beanie Competition which already has funny, quirky, and beautiful entries submitted. The deadline is Monday

5th June - so it is not too late for an entry. (Entry forms are available at the Club or can be down loaded from the club's web site)

The beanies will be displayed around the walls on the Club's new picture rails and members and visitors will be encouraged to participate in the popular vote contest for the 5 different categories.

We have voucher prizes of \$20 to win; so, come along and be a judge! All beanies will be donated to Canberra Hospital. We will also have 3 tables of beautiful crochet and knitted items for sale at bargain prices. A good opportunity to do some early 'Christmas' shopping! Delicious homemade soup will also be available on the day for a small charge.

Saturday – 17 June – 1.30pm
55 Plus Film Group – 'The Closet'

This month we will be showing a 2001 French comedy film ***The Closet***, written and directed by Francis Veber. When accountant, Francois, is about to lose his job, a friend offers to start a rumour... Now he is about to come out of the closet he never went into! French humour, which isn't exactly subtle, shows how one little white lie can change everything! All the performances are excellent and contribute to this warmly engaging film.

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

Thursday – 22 June – 10.00am – 12noon
Investors Morning Coffee Group

At our May meeting we covered a wide range of interesting investment topics including buying government bonds, dividend reinvestment plans and Australian Stock Exchange (ASX) listed, take away food companies.

Our meetings will now be held on the fourth Thursday morning of the month, **June's meeting being 22nd at 10.00am**. Our company of the month will be Village Roadshow Limited, owners of theme parks, movie theatres, film production studios and film distribution. What are some of the other ASX listed entertainment companies? We will also look at how you can invest in precious metals such as gold, silver, platinum and palladium for a very modest outlay.

Sydney Airport is an ASX listed public company but who owns the other major Australian airports? We will take a quick tour around Australia to find out who does own them and if they are also open to the public for investment.

We will also start putting together our "fun" 55 Plus Club share portfolio and take a look at what free on-line investment newsletters are available.

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

Special Event
Saturday - 28 October – 2.00pm
From Broadway to Ballroom – Q Theatre, Queanbeyan

'From Broadway to Ballroom is a stunning combination of ballroom, opera and classic favourite melodies. An unforgettable and vibrant performance, captivating audiences both young and old with beautiful voices, spectacular dance routines and a multitude of sparkling and glamorous costumes and gowns.'

The Club has reserved **25 seats** for this production at the Q Theatre, Queanbeyan on **Saturday 28 October 2.00pm** including three seats in the front row for anyone who has mobility issues.

Cost: \$47.00

Payment: TBA (but will be one month prior to performance)

Please put your name on the notice on the board if you would like to reserve ticket(s). October is five months away but this show is already proving very popular.

Jenny Wilson

Activities in Review

Thursday – 25 May – 10.00am

Biggest Morning Tea – Cancer Council

On Thursday morning the club hosted a very successful Biggest Morning Tea to raise money for the Cancer Council.

Thank you to the many members who contributed to a delicious morning tea. We also ran two raffles; a lovely knitted throw donated from the Knit n Knatter group (thank you) and a gift basket donated by myself. The raffles raised \$141.00. So far, we have raised approx \$1370.00 and we should be proud to be able contribute to this worthy cause and give back to the community by donating while having a lovely get together.

A big thank you and gratitude to all the helpers on the day.

Angie Ashley

Spotlight on Activities!

Knit-n-Knatter News - Wednesdays 1.15pm - 3.15pm

We now can boast 35 members of the Wednesday group plus two new ladies attending yesterday. Regular attendance is about 22.

Our afternoon teas are delicious and becoming legendary. We exchange patterns and ideas along with heaps of TLC and of course K-Natter!

Our active group donated in March 12 Teddies, 22 Oncology Beanies and 10 rugs and in April, 28 purple beanies for new-borns and another 10 rugs to the Canberra Hospital.

We also donated a crocheted rug which was raffled at the Club's Biggest Morning Tea organised by Angie Ashley. The raffle raised \$141.

Our Teddy expert and oldest club participant is Anne Sneap who will be turning 99 years on Wednesday 21st June. Why not come along and make it a party for her.

Jan Hatch

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 finished on **Monday 22 May** with a new class commencing in **August – date TBA.**

Daniel De Smet

- **Cycling – Friday mornings – meet at Tugg Skate Park**

Please note that the meeting time for this group is now 10.00am during the cooler seasons!

A little Housekeeping.....

Please **DO NOT** alter the settings on the air conditioner / heater remote. The units are regularly serviced and they are set by the serviceman so that they work efficiently. If there is a problem, please see the office team – thank you.

Are you interested?

Are you interested in how attention might change across the lifespan? If so, come and participate in a single 90-minute session at the ANU Research School of Psychology. To participate, you must be older than 60 years.

The study is a computer based task involving the presentation of brief visual stimuli. You as a participant will be required to make judgements about the presented stimuli while your eye movements are measured.

Following this, you will also be asked to complete a short survey about your personality, and general physical and mental health. You will be compensated \$15 to offset costs associated with traveling to and from the University Campus. For more information or to sign up, please contact Rebecca Lawrence via Phone: (0478159545) or Email: Rebecca.Lawrence@anu.edu.au, or.

Note: The ethical aspects of the research have been approved by the ANU HREC: 2016/359.

Lifelong Learning

Department of Human Services Financial Information Service – FREE Seminars - Hellenic Club, Phillip

14 June 6.00pm – 8.00pm

Aged care - fees and charges seminar

Topics covered:

- Entry into different levels of care
- Fees and charges
- Options for your former home
- Pension issues
-

15 June 6.00pm – 8.00pm

Financial planning and choosing a financial planner

Topics covered:

- Fees and costs
- Disclosure rules
- The financial planning process
- What to consider when choosing a financial planner

Bookings: Phone 13 63 57

Email fis.seminar.bookings@humanservices.gov.au

at least 3 days before the seminar and include:

- the title, date and location of the seminar you want to go to
- your phone number, or contact details, in case the seminar is cancelled

Absolute Beginners Computing Course

The Absolute Beginners Computing course is designed for absolute beginners who are just starting out or those who never learned the basics - but who do have home internet and Windows 7/10.

Sessions are based on the Windows 10 operating system, are held in the PC Users Group training room at Holder, and are delivered with experienced volunteer trainers and helpers. Each session is paced for beginners, with revision, take-home notes, and practice exercises.

Topics include

- learning your way around the computer
- Internet basics and
- email.

The course will be held on six consecutive Wednesdays, starting from Wednesday 14 June to Wednesday 19 July, 12.45-3.15pm, with a break for afternoon tea.

The next course will be held in Room 35, Level 2A (adjacent to Arthritis ACT), Grant Cameron Community Centre, 27 Mulley Street, Holder. Details of travelling by public transport can be provided.

The course cost is \$85.00 each for PCUG/U3A members (cash only). There is a \$20 surcharge for non-members which is credited towards your PCUG membership fee if you join within a month of the course completion. The course fee includes room rent, afternoon tea, printed and electronic documentation and completion certificate. The only other cost would be \$5 for a 16Gb USB drive if you don't have your own already.

Please contact the PCUG Training Coordinator at training@pcug.org.au or phone 1800 728 853 (option 3) if you wish to book a place in this or future courses.

Out and About

Wednesday – 28 June – 6.00pm

Tuggeranong Evening View Club

Viking Town Centre Club, Tuggeranong

Our monthly meeting will be held on Wednesday 28th June and our guest speaker will be Paul Smith from Soldier On. Two course dinner for \$27 is 6.30pm for 7pm at the 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. All enquiries to Jan on 6297716 or email tuggeven@gmail.com

Spiral 2017

June 1 - Catriona Donnelly - Freewheeling

Freewheeling is the new exhibition at the National Museum of Australia and Catriona is its curator. If you've ever ridden a bicycle you should enjoy this talk which explores the history of cycling in Australia.

June 8 - Stephanie Pfennigwerth - The Opening Day: 9 May 1927

You may have noticed in the news a new exhibition opened at the Museum of Australian Democracy at Old Parliament House. [The Opening Day: 9 May 1927](#) marks the 90th anniversary. Stephanie, the curator, took me through the exhibition on Tuesday. Fascinating, and Stephanie has a wealth of background to share with you. Don't miss this golden opportunity.

June 15 - Canberra Mandolin Orchestra

Formed in 2003, this talented group has performed at the High Court, Government House and the National Folk Festival. We are privileged to have them perform for us – again.

June 22 - Alice Ferguson - The 39 Steps

Canberra Repertory's next production is the "exciting, frenetic, and hilarious adaption of John Buchan's book and Alfred Hitchcock's film The 39 Steps" which runs from June 16 until July 1. Alice, a very experienced actor, is backstage this time for a change and will be able to answer any questions you may have about how the wonderful Rep people put it all together.

June 29 - David Boddy: LEGO lover and community champion

David was an ACT finalist in the Local Hero category of this year's Australian of the Year awards. David established the Canberra LEGO Users Group in 2009, the driving force behind the Canberra Brick Expo. Since then the Expo has raised more than \$250,000 for the Canberra Hospital. Be amazed by what can be done with LEGO bricks. For example, there is a 92,000-piece portrait of the Queen at Old Parliament House!

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 JUNE

<i>Day/Date</i>	<i>Time</i>	<i>What's on during the month of JUNE</i>
Thurs 1 st	10.00am - 12noon	FAMILY HISTORY GROUP 'Stories to Share'
Thurs 1 st & 15 th	9.30am – 11.30am	'500' CARD MORNING
Sun 4 th	2.00pm – 4.00pm	SOCIAL SUNDAY BINGO
Mon 5 th	1.00pm - 3.00pm	WRITERS WITH ALTITUDE
Wed 7 th	10.00am	TEN PIN BOWLING Tuggeranong Bowling Alley
Thurs 8 th	10.00am – 12noon	ANDROID SPECIAL INTEREST GROUP
Thurs 8 th & 22 nd	1.00pm – 3.00pm	LAKESIDE ART GROUP Tutor – Catherine Alexander
Sat 10 th	10.30am-2.30pm	WORLD WIDE KNIT IN PUBLIC DAY Celebrating the 'Knitted Beanie'
Mon 12 th	9.45am- 12noon	iPAD SPECIAL INTEREST GROUP
Thurs 15 th	1.30pm – 3.30pm	READING GROUP Topic: Place Name in the Title
Sat 17 th	1.30pm	SATURDAY MOVIE MATINEE 'The Closet' Daniel Auteuil & Gerard Depardieu
Wed 21 st	10.00am	TEN PIN BOWLING Tuggeranong Bowling Alley
Thurs 22 nd	10.00am – 12noon	INVESTORS MORNING COFFEE GROUP Entertainment Companies & Precious Metals