

TUGGERANONG TALKS – 15 June 2017

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

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Social Event

Saturday - 8 July – 12.30pm

'Aussie' Christmas in July

We are celebrating Christmas in July again this year at a time when the weather is cooler and we can enjoy the 'festive fare'. This year it will be held in the Parkview Hall and the delicious traditional 3 Course Buffet lunch (cooked meat, vegetables & salad etc) is being catered for by The Golden Roast. Due to space restrictions in the hall, the numbers have to be limited to 70 people. Come along and celebrate the season! BYO Drinks. Cost \$25.00 members, \$30 non-members. Please book and pay at the office by Wednesday 5 July.

Dates for your Diary (Calendar below)

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

On the lookout for Lego

Plans are underway for a Family Fun Day to celebrate Grandparents Day on the last Sunday in October and we are looking for surplus Lego. If you, your family or friends are having a seasonal cleanout and have some Lego pieces that they do not know what to do with, please bring them in to the office – we would be very grateful!

Another Theatre Opportunity

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

World Wide Knit in Public Day

The K-nit n K-natter group celebrated World Wide Knit in Public Day last Saturday by decking the walls with beanies of all sizes, colours and shapes. With over 150 entries submitted, it was difficult to vote for your favourite three. The winners were Maria Hall, Barbara Marassovich and Ros O'Toole. Congratulations ladies!

To welcome the members, friends and family who visited, the bare winter trees outside the Club were brought to life with colourful knitted flags and streamers. Even Lake Tuggeranong's own 'Loch Ness Monster' came to see what all the fuss was about (knitted of course!). There were many beautiful hand knitted items for sale and delicious hot soup took care of lunch for many. As always, Jan and her merry bunch of K-nit n K-natterers worked tirelessly before and on the day to make the event another successful one for all of us who came. And who knows what is in store for WWIP 2018!

Spotlight on Activities!

Although the weather has changed and the days are shorter, it is worth joining one of these activities to dance away the winter blues!

Dancing for Fun & Fitness - Tuesdays – 4.00pm-5.00pm

To the sounds of images and music from all genres, participants move at their own pace, resting when needed and leave energised from the uplifting exercise. Why not come along and give it a try. It is a great way to have fun and exercise at the same time!

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! Please let Garry know if you are coming: Email garryowen@me.com or call 0409 596 888

Dancing is nourishment for the brain, learning new skills, retraining your memory, balancing your body, strengthening your muscles and helping prevent falls.

Dance for Wellbeing ACT - Designed specifically for people living with Dementia, MS or Parkinson's and their family, Carers & friends

An exciting new dance program at both Tuggeranong & Belconnen Arts Centres. Feed your body and spirit with music and movement. Be creatively challenged, physically stimulated and mentally inspired. Come and try some dance, join in a class to have fun, feel good and make new friends.

No previous experience is necessary. You may have been recently diagnosed, with a walker or wheelchair. Come alone or be with family, carers or friends – all are most welcome to participate.

Classes take place Tuesday – Friday during school terms

Cost: \$5 or coin donation per person

Enquiries: 02 6173 3300 or info@belconnenartscentre.com.au or www.belconnenartscentre.com.au

Research proves dance is a great way to ensure a happy and healthy future!

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

Saturday – 12 August – 2.00pm

The Cavalcade of History & Fashion

Albert Hall, Yarralumla

Canberra Brindabella Lions club invites interested people to take a walk down memory lane with 'The Cavalcade of History and Fashion' fashion parade while helping them to raise funds for Motor Neurone Disease sufferers.

A New Look for a New Generation features fashions dating from 'Baby Boomers' years 1945 to 1975. Starting with a post WW11 wedding, then onto the glamorous 1950s it includes a visit to the Royal Easter Show when the country comes to the city. The parade will then journey through the swinging 1960s where women gained more freedom both in dress and spirit. The parade will finish in the 1970s – an era of youthful enthusiasm and will conclude with a formal wedding. Join us for this retrospective look at some of the wonderful fashions most of us wore!

The Cavalcade of History and Fashion is a collection of original historic gowns and accessories with provenance dating from the 1700s preserving Australia's social and fashion history. Further information on Cavalcade's collection, events or volunteering visit www.thecavalcade.org

Donation \$30 (includes afternoon tea)

Bookings Essential: Betty Olsen 6290 1711 / Lorraine Barker 0437 329 371

Spiral 2017

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@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!

WHAT'S ON IN JUNE & EARLY JULY

Day/Date	Time	What's on during the month of JUNE
Sat 17th	1.30pm	SATURDAY MOVIE MATINEE 'The Closet' Daniel Auteuil & Gerard Depardieu
Wed 21st	10.00am	TEN PIN BOWLING Tuggeranong Bowling Alley
Thurs 22nd	10.00am – 12noon	INVESTORS MORNING COFFEE GROUP Entertainment Companies & Precious Metals
Sat 8th	12.30pm	'AUSSIE' CHRISTMAS IN JULY Parkview Hall, Tugg Seniors Centre