

TUGGERANONG TALKS – 28 June 2017

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

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99 Years Young!

Reaching this milestone is a wonderful achievement and last week, valued member of the Learning Circle and the Knit n Knatter group, Anne Sneap, did just that. Both groups helped Anne (who wondered what all the fuss was about) celebrate with cake and company. Anne is a great inspiration to all who meet her – bright, bubbly and witty as well as a prolific teddy bear knitter! We look forward to doing it again in 2018!

Social Event - Saturday - 8 July – 12.30pm 'Aussie' Christmas in July

There are still places left for Christmas in July celebration. Now that the weather is cooler, 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. Why not dust off your red and green and join the party!

Adjustment to Activity Fees

Just a reminder that the fee adjustment came into effect from Monday **3rd July**. The revised schedule for both week and weekend activities have been replaced by the following: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.

As the last general activity fee increase was approved in January 2012 by the then Management Committee, we would like to thank you all for your continued support of the Club without whom it would not exist.

Management Committee

Activities Update

• Important Information:

55 Plus Club Tenpin Bowling – Term Three

Please note the following changes to the dates of tenpin bowling for Term 3 only.

Due to the Nationals Tenpin Bowling Tournament being held during August and September this year at the Tuggeranong AMF Centre we will be unable to bowl every 2nd week as we do at present. However, we will still bowl 5 times during the term at weekly intervals both before and after the tournament is held.

Dates we are bowling will be :

Wednesdays July 19, July 26, Aug 2, Sep 13, Sep 20.

Please put these dates in your diary or calendar. During Term 4 we will return to fortnightly bowling.

Also, please note that due to the rising cost of the hot food provided for our morning tea/lunch, the cost for our sessions will rise by \$5.

Therefore for 2 games of bowling, shoe hire and tea/coffee and food the cost will be \$25 - still a very reasonable price for an enjoyable day out.

For further information please contact kathy.johnson@bigpond.com or kathy@sawicki.id.au or phone 62848586.

- **Exercise Class – Winter Break**

The following classes will not run during the first week of July:

Wednesday 5 July

Men's Stretch 11.15am
Seated Stretch 12.10pm

Friday 7 July

Corefit 10.30am
Seated Stretch 12.10pm

- **Morning Tea & Exercise Group Gathering - Tuesday - 4 July – 10.00am**

The exercise groups have grown immensely over the past year or so and there are so many of us, which is great. It is not always easy to get to know one another during the class. This will be a good opportunity for Corefit / Seated Stretch / Men's classes to get together. Please bring a plate to share.

Jackie Yow

Dates for your Diary (Calendar below)

Thursday – 6 July – 10.00am – 12noon

Family History Group – 'A Sense of Place'

The Family History Group is meeting on Thursday 6 July, at the usual time 10.00 am until 12.00. This month we are tackling the question of 'place'. What do you know about the houses, the towns, the places where your ancestors lived? Was their house grand and palatial, or was it small, overcrowded and in the poor area of town? A sense of place can tell us many things about our ancestors and their way of life - all are welcome to come along and share in the journey that is family history.

Liz Dean

Saturday – 15 July – 1.30pm

55 Plus Film Group – 'to be advised'

More information regarding the Film Group will follow shortly.

Thursday – 27 July – 10.00am – 12noon

Investors Morning Coffee Group

At our June meeting, we welcomed Kath, Tony and John who joined our group for the first time. We had an interesting discussion on the retail fashion sector of the share market and the current supermarket wars between Aldi, Coles, Woolworths and the rest. We looked at buying precious metals bullion for a small outlay and our company of the month was Village Roadshow. We compared it to its market peer, Ardent Leisure, both owners of theme parks and other entertainment outlets. Finally, we took a quick flight around Australia to find out who owns our major airports. Surprise, most of us do via our super funds. We started work on putting together our "fun" investment portfolio and decided to buy Collins Foods, Village Roadshow, Silver and Platinum bullion. Keep an eye on the notice board to see how we perform.

Our next meeting will be held on Thursday 27 July starting at 10.00am. We will be discussing Exchange Traded Funds (ETFs) what are they and why they are a popular investment choice for retirees? We will also look at Listed Investment Companies (LICs) and Listed Property Trusts (LPTS) as well as other interesting happenings in the investment and company's world. Everyone is welcome.

Norm Swanwick

Let's see what Develops.....

- **'Moments in Time' – Photo Competition / Exhibition**

National Family History Month - August

Following the recent successful 'Beanie Competition' which added colour to the hall's white walls, we have decided to run a photo competition / exhibition in conjunction with National Family History Month in August.

'Moments in Time' is open to all Club members, family and friends and is divided into two categories:

Category 1 – Family History Photos you have taken

Photos in this category can be of places, people or items that relate to your family's history. No frames are needed and the photos should be no smaller than 6ins by 4ins.

These photos will be judged by 'popular vote' & awarded a prize & certificate.

Category 2 – Family History Photos handed down in the family

Photos in this category are the ones that have been handed down in your family – photos of weddings, portraits, family outings etc. These can be framed or unframed and form part of the exhibition, not the competition.

All photos will be displayed in the hall during August.

Please bring your photos to the Club office by Friday 29 July and include a brief story about the photo i.e. who, when, where and why if relevant. There is no need to describe the camera or any technical details but we do need your name attached to the photo!

So, help us maintain the colour in the hall and share your family story with a 'Moment in Time'!

- **New Activity - Camera Group - Thursday – 20 July – 9.30am – 11.30am**

We are starting up a Camera Group for all our members who are interested in photography. Maybe you would just like to improve those family, holiday and “selfie” snaps you take on your phone or perhaps you own a compact camera or a DSLR camera and enjoy photographing and displaying a wide variety of photographic subjects. **Monthly meetings will be held on the third Thursday of each month starting on 20 July 2017 from 9.30am to 11.30am.** Bring along your phones, tablets or cameras and some of your favourite photos on any medium including prints and USB stick. The group will be an informal, friendly discussion group talking about our interests, showing off our photos, asking and answering questions, planning excursions and arranging club displays of our favourite photos. We also hope to be able to invite along a guest speaker from time to time and interact with other camera groups. At our first meeting, we will be planning future agendas for the Group's meeting and deciding on a suitable name for our group (any suggestions?). If you are interested, please add your name to the list on the club's notice board or let the office know, or just come along on the day. Everyone is welcome and we look forward to seeing you at our first meeting – should be fun.

Norm Swanwick

- **Life's Reflections**

The Life's Reflections Photographic Competition is currently open for entry

Life's Reflections is an amateur photographic competition and exhibition run by the ACT Office for Veterans and Seniors, on behalf of the ACT Government.

The competition promotes positive ageing, healthy and active lifestyles and intergenerational relationships through photography. We're encouraging Canberrans to get behind the lens and take photographs that highlight the diversity, positivity and invaluable role of seniors in our community. "What do you love?" is this year's theme and we want you to show us. All that's required is to send a 2MB Jpeg image along with the completed entry form (available on the website link as given below) to lifesreflections@act.gov.au. For more information about Life's Reflections, please visit:

http://www.communityservices.act.gov.au/wac/ageing/photographic_competition ; or Phone: 6207 8830

And the lookout for Lego continues.....

As mentioned in the last newsletter, plans are underway for a Family Fun Day to celebrate Grandparents Day on the last Sunday in October and we are looking for pieces of 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! So far, unfortunately, there have been no deliveries but we live in hope!

Spotlight on Activities!

The Club has a variety of activities on offer. This time we are highlighting a couple that exercise your brain not your 'brawn'!

Writers with Altitude - First Thursday of the month – 1.00pm – 3.00pm

If you have wondered what those 'Writers with Altitude' are up to, here is the planned programme for the months to come:

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|--------|---|
| 3 July | Plots – what happens in the story etc. |
| 7 Aug | Endings – where to end, resolutions, cliff hangers and ambiguous endings, etc |
| 4 Sept | Characters – getting believable characters, consistency in characters etc |

This group meets in the Founders Library. They share their stories, explore how to enhance them and usually do some rewriting before their next meeting.

Writing is good for mental & manual dexterity. Just the act of writing keeps the joints strong. And it is a lot of fun! Everyone has stories to tell - why not come along and start sharing yours!

Learning Circle - Fridays – 12.00noon – 2.00pm

The Learning Circle continues to meet weekly to discuss issues of interest. Last week we celebrated Anne Sneap's 99th birthday with an afternoon tea while contemplating whether wisdom increases with age – the answer was yes....mostly!

Anyone interested in Learning Circle can see the list of discussion items on the Club Notice Board – a different issue each week, some more serious than others.

With participants from different eras and backgrounds, the Learning Circle presents a unique opportunity to hear others' views. New members welcome.

Project Resilience – St John ACT

St John ACT is proud to present a series of free first aid information sessions for retirees, the elderly and their families.

St John ACT is offering two free presentations to help build the resilience of the Canberra community. These relaxed and informative 1.5 hr presentations, delivered by St John volunteers, are targeted at active retirees, seniors and their families. The two topics will be repeated at different times throughout the year.

- What if the worst happens? - CPR, Defibrillation, Choking -

- * Saturday August 26th 2.00pm
- * Tuesday October 24th 7.00pm

- Medical Emergencies - Heart attack, stroke, burns, anaphylaxis -

- * Wednesday July 26th 2.00pm
- * Saturday September 16th 2.00pm
- * Tuesday November 21st 7.00pm

All presentations will be held at 14 Thesiger Court, Deakin (please note that unfortunately the training room is up a flight of stairs) Please RSVP on 6282 2399 or via admin@stjohnact.com.au to reserve your place. More information: schools@stjohnact.com.au

Local Transport Update

The following items appeared in the latest edition of the June newsletter that was produced by the Office for Veterans & Seniors. They all relate to transport options available which could be of interest and assistance for you or someone you know.

• Seniors MyWay Card – Improvements

Transport Canberra, along with the Council on the Ageing (COTA) ACT; have created improvements to Seniors MyWay Cards, which now include a signature ID on the card, streamlining usage and access for card holders.

Previous blue and yellow Seniors MyWay Cards are still valid for travel on ACTION buses. If you would like to update your card to the new Seniors MyWay Card, with the new Transport Canberra brand, you will need to apply for a replacement card.

For further information on applying for a Seniors MyWay Card, registering your MyWay Card and anything else MyWay, please visit the [COTA website](#) or call ACTION on 13 17 10.

• Free Off-Peak Bus Travel for Senior and Concession MyWay Cardholders

On 14 January 2017, Transport Canberra began providing free off peak travel on ACTION buses for senior and concession MyWay card holders (excludes student and tertiary card holders) as part of a 12 month trial.

Eligible senior and concession holders who travel using MyWay card will be able to take advantage of this initiative during stated Transport Canberra off peak travel times which are between 9:00am – 4.30pm and after 6pm weekdays and all day Saturday, Sunday and Public Holidays.

To take advantage of free travel senior and concession, MyWay card holders need to tap on and tap off the bus correctly using MyWay during the stated off peak periods. Passengers will need to ensure that their MyWay cards are in positive balance. Failure to tap off correctly will result in passengers being charged the default fare. All journeys must commence by MyWay tap on, during the off peak period.

The ACT Government has always offered free travel for ACT residents aged 70 and over (regardless of whether they hold a Seniors Card or not and in peak and off peak), however the trial means ALL Seniors Card holders (so people from 60 who hold a card) will be entitled to free travel during off peak times (previously they were just entitled to concessional fares).

- **The Community Bus Service**

The ACT's Regional Community Services operate flexible Regional Community Bus Services for ACT residents who are isolated because of a lack of other viable transport options.

The buses operate from Monday to Friday, generally within their own regional area. Pickup and set down points can be negotiated when making a booking.

The community bus service is for people who are socially isolated because a lack of transport options. Some of the people who may be eligible to use the service may include:

- Seniors with mobility or confidence problems
- People living in nursing homes/retirement facilities
- People with a permanent or temporary disability
- People with health problems who cannot use regular ACTION bus services
- People who are eligible for HACC transport but cannot access them for various reasons e.g. cannot self transfer
- Carers accompanying a person described above
- Parents with young children who are socially isolated and lack transport options
- People from culturally and linguistically diverse backgrounds who lack support networks and have limited transport options

Registration - to become a registered user of the community bus service you need to be assessed by the Regional Community Service in your area as listed below. The assessment process can be completed over the phone.

Bookings - once registered with the community bus service you can make a booking by contacting your local Regional Community Service. Bookings need to be made at least two working days before you want to use the bus and are on a "first come first served" basis. Group bookings can also be made where members of the group are registered users.

Cost - there is no set bus fare, however, people using the community bus service are asked to make a gold coin donation each time they travel.

Operation - the buses operate from Monday to Friday, generally within their own regional area. Pickup and set down points need to be arranged when making the booking.

More Information - for more information contact the Regional Community Service in your area.

Tuggeranong and Weston Creek contact

Communities@Work - Weston Campus
Parkinson Street Weston ACT 2900
Phone: (02) 6288 4744
Email: admin.west@commsatwork.org

Southside Community Services

63 Boolimba Crescent Narrabundah ACT 2604
Phone: (02) 6126 4723
Email: bus@sscs.org.au

Belconnen Community Service

26 Chandler Street Belconnen, ACT 2616
Phone: (02) 6251 2100
Email: bcs@bcsact.com.au

Northside Community Service

Majura Community Centre,
Rosevear Place Dickson ACT 2602
Phone: (02) 6247 5757
Email: headoffice@northside.asn.au

Communities@Work

Gungahlin Community Centre
47 Ernest Cavanagh Street Gungahlin ACT 2912
Phone: (02) 6126 9090
Email: transport@commsatwork.org

- **Flexible Bus Service**

The Flexible Bus Service provides transport for those in the community who are unable to access regular public transport. This service is designed specifically to meet the needs of the elderly and those with a disability who require door to door transport to connect them with shopping, medical appointments, hospital visits or to visit friends.

The service uses the ACTION Special Needs bus fleet which is wheel chair accessible and driven by an experienced special needs driver connecting people with services that allow them to play a meaningful part in community life. To find a lift or see if you are eligible simply ring **6205 3555** at least the day before and be put onto the next day's booking.

When: Monday to Friday.

Time: 9:30am – 1:45pm

Where: Belconnen, Tuggeranong, Woden/Weston, Inner South Canberra and Gungahlin.

Cost: Free

Out and About

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

July 6 Harpers Bizarre

After a great reception last year, this wonderful band of harmonica players returns to entertain us. Much more than a clever name, this is a rare opportunity – there are few harmonica groups about these days.

July 13- Caroline Le Couteur

You might be surprised when you meet Caroline and learn more about her.

June 20 - 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!

MONTHLY ACTIVITIES / EVENTS IN JULY

<i>Day/Date</i>	<i>Time</i>	<i>What's on during the month of JULY</i>
Sun 2 nd	2.00pm – 4.00pm	SOCIAL 'SUNDAY' BINGO
Mon 3 rd	1.00pm – 3.00pm	WRITERS WITH ALTITUDE!
Thurs 6 th	10.00am – 12noon	FAMILY HISTORY GROUP 'A Sense of Place'
Thurs 6 th & 20 th	9.30am – 11.30	'500' CARD MORNING
Sat 8 th	12.30pm	'AUSSIE' CHRISTMAS IN JULY Parkview Hall, Tugg Seniors Centre
Mon 10 th	9.45am- 12noon	iPAD SPECIAL INTEREST GROUP
Thurs 13 th	10.00am – 12noon	ANDROID SPECIAL INTEREST GROUP
Thurs 13 th & 27 th	1.00pm – 3.00pm	LAKESIDE ART GROUP Tutor: Catherine Alexander
Sat 15 th	1.30pm	SATURDAY MOVIE MATINEE
Wed 19 th	10.00am	TEN PIN BOWLING Tuggeranong Bowling Alley
Thurs 20 th	9.30am – 11.30am	*New Activity* CAMERA CLUB
Thurs 20 th	1.30pm – 3.30pm	READING GROUP Topic: 'Short & Sweet' – less than 150 pages
Wed 26 th	10.00am	TEN PIN BOWLING Tuggeranong Bowling Alley

Thurs 27th

10.00am – 12noon

**INVESTORS MORNING COFFEE GROUP
Exchange Traded Funds, Listed Invested Companies
& Property Trusts**