

# TUGGERANONG TALKS – 18 JULY 2017

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

101 Cowlshaw St, Greenway Phone: 6293 4004

Email: [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com) Website: 55plusclub.org.au

*The printing and distribution of this newsletter has been made possible by a grant from the CSCC.*

## ***A word of warning.....***

Please DO NOT enter the building

- if the door does not automatically open as you approach it
- the lights are not on

These are signs that the alarm has been activated and your entry into the building will trigger it – an unpleasant experience for everyone!

## ***In Review***

### ***'Aussie' Christmas in July***

On Saturday 8 July, over 60 members and friends celebrated 'Christmas in July' amid a sea of red and green. The colourful tables, wall decorations and glittery tree set the scene for the seasonal feast. The Golden Roast was the main caterer and the selection of meats, salads and vegetables did not disappoint. A little bit of Trivia helped everyone to get up close and friendly and shake off that after lunch drowsy feeling! Pavlova and 'Auntie Flo's' slice with tea and coffee followed and the afternoon drew to a close. A big thank you to Angie for her organisation (& slice), her helpers on the day and Anne for the Testing Trivia – a little alarming regarding our collective knowledge of chocolate!

### ***Sausage Sizzle – Wanniassa Shopping Centre***

With equipment and sausages from Jordo's Chop shop in Wanniassa, the Club stall was set up on Saturday morning to sell sausages and promote the Club. The weather was a bit brisk but the delicious smell of cooking onions and promised warmth of the sausages brought a slow but constant flow of friendly customers. Thanks to the small number of people who volunteered to help on the day - your attendance was much appreciated. Unlike its fellow senior clubs, the Club does not have regular fundraising events and we are in the process of addressing this for the future. While it is acknowledged that there was not a lot of notice given for the Sausage sizzle, eight volunteers out of a membership of 470 is very poor. It has been suggested that we go into the ballot for a spot at Bunning's Tuggeranong but as the time frame required is from 8.00am – 5.00pm, with the level of help that is forthcoming, it is not viable.

We have booked another Saturday spot on 26 August which we will continue to advertise over coming weeks.

### ***Travel – from talking to reality....***

There have been inquiries over past months regarding both day and overnight trips being included in the Club's program of activities. As a result of this interest, we have done some investigating and have a number of possible trips for the future.

We are now looking for volunteers to form a 'Travel' committee to help make these trips a reality as well as providing very welcome input. If you would like to be involved, either

email [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com) or phone the girls in the office on 6293 4004 and leave your name and contact details so that we can get this up and running.

The Club had a very active travel group many moons ago and with a little bit of combined effort, we can have one again. So how about being part of it?

### **Dates for your Diary (Calendar below)**

- **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*

#### **Saturday – 22 July – 1.30pm**

#### **55 Plus Film Group – ‘Walkabout’**

Firstly, I apologise for any confusion that was caused last week regarding the Movie week. It will be on the 4<sup>th</sup> Saturday – 22 July for **this month only.**

Our movie for July is the 1971 film *Walkabout* which chronicles the spiritual and emotional journey of a sister and brother abandoned in the Australian outback who are befriended by a solitary aborigine. Starring David Gulpilil in his first major screen role, this film uses the Australian landscape and fauna for the first time as a backdrop to the story.

Glorious and awe-inspiring one moment, dangerous and harrowing the next, this haunting film captures the outback in all its primitive glory. 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](mailto:tugg55plusclub@gmail.com)

#### **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*

### **Upcoming Events**

- **‘Moments in Time’ – Photo Competition / Exhibition**

#### **National Family History Month - 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!

- **Family Fun Day**

#### **Grandparent’s Day - October**

We are looking for pieces of Lego for our Family Fun Day. It must be official Lego though – if uncertain, please refer to notice on the board. However, 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!

### **Activities Update**

- **Additional Classes**

#### **Mondays – 4.00pm – 5.00pm**

#### **Seated Yoga**

We are looking for expressions of interest for a Seated Yoga class. As the name implies, attendees will be seated rather than on the floor. If you would like to attend this class, please register your interest via notice on the board, email: [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com) or phone: 6293 4004. Starting date of this class will depend on level of interest.

**Thursdays – 3.45pm – 5.45pm**

**Beginners Bridge – commencing 3 August**

Beginner courses commence twice yearly, and are of six months duration. No prior knowledge of cards is necessary. Beginning students move on to Improver classes where they learn finer details of bidding and card play. Partners are not required.

- **Spotlight**

Calling all men! Men make up 25% of our membership but very few attend the activities. This newsletter highlights some options for you to think about!

**Tuesdays – 8.10am – 8.55am**

**Men's Corefit**

A circuit based class using hand held equipment such as dumbbells, medicine balls, resistance bands and swissballs.

The class aims to accommodate all levels of ability incorporating exercises to improve muscle strength, cardiovascular strength, balance and flexibility.

**Wednesdays – 10.00am – 12noon / Fridays – 2.00pm – 4.00pm**

**Indoor Carpet Bowls**

Carpet Bowls is played in the main hall at the Club and the game needs limited skill. Coaching is provided but it does not take long to learn to play. The games are social and there is lots of laughter. The morning and afternoon tea breaks are deliciously catered for and provide time to socialize. Why not come and try a 'rollup'!

**Wednesdays – 11.15am – 12noon**

**Men's Stretch**

This men's stretch class uses floor mats and helps increase functional range of motion thorough-out the body and to strengthen and stretch the muscles in the process.

**Fridays – 10.00am**

**Cycling Group**

This Group meets at the Skateboard Park for the ride around the lake and coffee, weather permitting. If not, they go direct to the Jindebah cafe for coffee and a chat. If you are thinking of dusting off your wheels or taking up cycling as an active interest, this group could be just what you are looking for!

**Fridays – 6.00pm – 7.30pm**

**Beginners Square Dancing**

Beginners Square Dancing is a fun way to socialise and get some mild exercise. We welcome newcomers at any time (you don't need a partner). If you can walk, you can square dance - there is no fancy footwork to remember, just easy movements around a "set" of eight dancers. Come and give it a try - nothing to lose, and lots to gain.

## **'Save the Date'**

**Saturday - 5<sup>th</sup> August - 10am – 12noon**

**Women's Health and Exercise Workshop**

**A Focus on The Pelvic Floor**

Our fitness Instructor, Jackie Yow, is running a Women's Health and Exercise Workshop on Saturday 5<sup>th</sup> August. More details to follow!

## **Out and About**

**Wednesday – 26 July – 6.30pm**

**Tuggeranong Evening View Club**

**Viking Town Centre Club, Tuggeranong**

Our monthly meeting this month is 'Christmas in July' and will be held on Wednesday 26th July. Two course dinner is \$32 - 6.30pm for 7.00pm at the Viking Town Centre Club, Tuggeranong. Also please bring a wrapped gift to the value \$10 for secret Santa. 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 6291 7716 or email [tuggeven@gmail.com](mailto:tuggeven@gmail.com)

## **MONTHLY ACTIVITIES / EVENTS IN JULY**

<b>Day/Date</b>	<b>Time</b>	<b>What's on during the month of JULY</b>
<b>Wed 19<sup>th</sup></b>	<b>10.00am</b>	<b>TEN PIN BOWLING</b> <b>Tuggeranong Bowling Alley</b>
<b>Thurs 20<sup>th</sup></b>	<b>9.30am – 11.30am</b>	<b>*New Activity*</b> <b>CAMERA CLUB</b>
<b>Thurs 20<sup>th</sup></b>	<b>1.30pm – 3.30pm</b>	<b>READING GROUP</b> <b>Topic: 'Short &amp; Sweet' – less than 150 pages</b>
<b>Sat 22<sup>nd</sup></b>	<b>1.30pm</b>	<b>SATURDAY MOVIE MATINEE</b> <b>WALKABOUT</b>
<b>Wed 26<sup>th</sup></b>	<b>10.00am</b>	<b>TEN PIN BOWLING</b> <b>Tuggeranong Bowling Alley</b>
<b>Thurs 27<sup>th</sup></b>	<b>10.00am – 12noon</b>	<b>INVESTORS MORNING COFFEE GROUP</b> <b>Exchange Traded Funds, Listed Invested Companies</b> <b>&amp; Property Trusts</b>
<b>Thurs 27<sup>th</sup></b>	<b>1.00pm – 3.00pm</b>	<b>LAKESIDE ART GROUP</b> <b>Tutor: Catherine Alexander</b>