

TUGGERANONG TALKS – 10 Aug 2017

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

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This newsletter is later than normal and is a little different from the usual format. Please read it to the end; it is a long one but there is a packed program over the next couple of months.

Activities Update

Changes in Times

- **Yoga**

Mon - 5.15pm-6.30pm / Thurs – 3.45pm-5.00pm

Yoga instructor, Sue Gair, is having a break for four weeks so there will be no classes during late August until late September.

Last class will be Thurs 24 August and classes will recommence on Monday 25 September.

- **Seated Yoga**

Mondays – 4.00pm – 5.00pm

There has been sufficient interest for this class to go ahead and they will commence on Monday 25 September unless otherwise advertised.

- **Dancing for Fun & Fitness**

Tuesday – 4.00pm – 5.00pm

This activity is taking a break during the cooler weather & will recommence on Tuesday 3rd October

Spotlight

Tai Chi – Friday mornings – 9.15am – 10.15am

Tai Chi originated in ancient China as a martial art, but over time people also began to use it for health purposes. It is often described as meditation in motion, as practitioners move their body slowly, gently with alertness and awareness while breathing deeply. Tai Chi is said to enhance the body's energy flow which maintains health in our organs, system and mind.

People practice Tai Chi to improve overall health and specific health purposes such as:

1. Improving coordination and balance
2. Reducing pain
3. Alleviating joint stiffness

A new study shows that for patients with painful knee osteoarthritis, Tai Chi is helpful as physical therapy in reducing pain and improving physical function!

So come for an hour on Friday mornings 9.15am and try it for yourself. Instructor Jim Marincic has 40 years' experience in these ancient Chinese calisthenics.

New Possibilities

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. Because of this interest, we have done some investigating and have several possible trips for the future.

We are still looking for a few people to form a 'Travel' committee to share in helping to make these trips a reality as well as providing very welcome input. If you would like to be involved, either email 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?

Foray into Fundraising

As mentioned in previous newsletters, the Club, through its current 'Social Committee' is in the process of working out how we can develop a regular fundraising / promotional event/s which will serve the Club for the future. The following events are part of that ongoing development:

Saturday – 26 August – 8.30am – 2.30pm

Sausage Sizzle – Wanniasa Shops

There will be a Sausage Sizzle at Wanniasa Shops on Saturday 26 August. A notice is on the board if you would like to lend a hand on the day. Thank you to those who have already volunteered their time – there are still a few gaps available. Jordo's Chop Shop at Wanniasa provides the barbecue and trestle table and we purchase the delicious sausages and already cut onions from him. If you cannot help, come along, say hello and support the Club by buying a sausage!

Saturday 16 September – 8.30am – 12.30pm

Spring Fling - 'Clean Up Sale'

On Saturday 16th September, the Club is holding a 'Clean Up Sale'. As many of our members use the change of season to 'spring clean', it makes sense to extend the opportunity for club members to sell any surplus items that they have on this day. You can sell your items for a small fee of \$20.00, either from the boot of your car (there are eleven spots available in the Centre's car park) or a table in the hall. You will need though, to both man your spot and have your own cash float. The proceeds of your sales will naturally be yours but if you would like to make a donation to the Club, that would be extremely acceptable! And you can also donate suitable items to the Club to be included in the sale (books, CDs, DVDs etc). But please, make sure they are in a saleable condition.

If you would like to sell on the day, donate some items or lend a hand, please contact the office team – email: tugg55plusclub@gmail.com / phone: 62934004 or in person 9.30am – 2.30pm.

Jenny, Jill & Angie

For the future.....

Do you have pots you no longer need? Pots of any shape but no larger than those that are displayed at the Centre's entry area.

Please hand into the office during office hours – Mon – Fri 9.30am – 2.30pm

Margaret Kennedy

National Family History Month - August

'Moments in Time' – Photo Exhibition

August is National Family History Month and if you have not seen it already, the Club has a 'Moments in Time' Photo Exhibition to mark the month.

A big thank you to all the members who have contributed their photo memories to the exhibition. The hall walls are now filled with a variety of photos of all shapes and sizes, new and old, that showcase places, items and events that relate to their family histories. It has prompted many a memory and given life to the space! The exhibition will run until Thursday 24 August.

Dates for your Diary

- ***August - regular monthly activities***

Thursday – 17 August – 9.30am – 11.30am

Camera Group

The new Club Camera Group held its first meeting last month. We welcomed Helen, Linda, Anne, Ross, Michael, Pete and Norm to our meeting. There were also a few apologies, so we are expecting our group will grow. Members brought along some of their favourite photos and there were a variety of cameras ranging from tablets to compacts to DSLR's. An enthusiastic and friendly discussion took place on all things photographic as well as future activities for the group. We decided to adopt a photographic subject and a topic each month.

Our August subject is the "Tuggeranong Library" and our topic will be "depth of field". We will look at a video and there will be a practical demonstration on using our camera controls to master depth of field. We also hope to be able to arrange a club display of some of our Tuggeranong Library photos.

All welcome whether beginner or advanced. So, bring along your camera and favourite pics and join in the fun.

Norm Swanwick

Saturday – 19 August – 1.30pm

55 Plus Film Group – 'Goodbye Mr Chips'

We are returning this month to the classics with the 1939 film 'Goodbye Mr Chips'. Starring Robert Donat in his Oscar-winning performance as professor Charles Chipping and Greer Garson, making her feature-film debut, this film is a character study spanning sixty years of a man's life. It is also a celebration of the impact a dedicated teacher can have and is considered a classic about the art of teaching and learning. 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 – 24 August – 10.00am – 12noon

Investors Morning Coffee Group

For the next meeting of the investor's group, our company of the month is the Citadel Group, the only Canberra based company listed on the Australian Stock Exchange (ASX). Shares in lithium miners are popular at present. We will look at lithium mining in Australia, it's use and what lithium miners are listed on the ASX. What are Morningstar's top five income producing stocks for 2017/18? We will also look at an ASX video presentation on simple stock selection techniques. Do you know which are the five most expensive collectable vinyl LP records? A short video will reveal all. Tatts Ltd has a virtual monopoly on running lotteries in Australia but there is also a large lottery market associated with charities. What company is running lotteries on behalf of charity groups?

We will discuss what else is happening in the investment and company's world and review our "fun" investment portfolio which is showing a profit at present.

If you are interested, whether a beginner or advanced, why not join us for a cuppa and a friendly discussion on a wide variety of investment topics.

Norm Swanwick

- **September - Adult Learners Week – 1 – 8 September**

Adult Learners Week is an international celebration of lifelong and life wide learning. It is a time to reflect on our own learning journey and investigate opportunities to "take the next step" to expanding our horizons. It might be formal, structured learning, then again, it might be the learning that happens by chance.

Living to learn and learning to live helps the brain which is one of the most vital parts of our body – and medical research shows that the old saying is very true – "use it or lose it!" So, in Adult Learners Week, get out there and give your brain cells a workout – pick up a paint brush, try new technology, start your family history journey, join a discussion group, learn to play a new game or embrace an exercise regime - there are so many activities both here at the Club and elsewhere to choose from, there's sure to be something to inspire you. During the week, the Club is holding the following events:

Tuesday – 29 August – Friday 8 Sept

Lakeside Art Group's Watercolour Exhibition

Opening – 29 August – 5.30pm

The Lakeside Art Group's new instructor, Catherine has introduced the beautiful world of watercolour to its members over past months and samples of their achievements will be displayed in the hall during Adult Learners Week. Louise Nicholls, the Club's Vice President, will open the exhibition on Tuesday 29 August at 5.30pm. Everyone is invited to come along and toast these talented people with a glass of bubbly. And you might be inspired to put paint to paper yourself! The exhibition will continue until Friday 8 September if you cannot make the opening.

Saturday – 2 Sept – 10.00am – 12noon

'Our Online Life' Technology Seminar & Sausage Sizzle

The seminar "Our Online Life", presented by Club Member and 'Senior Geek' Garry Owen, provides valuable information on how to safely enjoy the power that the internet affords us. There are many issues that arise with modern technology and this seminar provides an opportunity to learn how to select the options that are right for you. You are encouraged to bring your devices, as there will be an opportunity to get together after the seminar with others who have similar issues. Seminar notes will also be available. **Entry – gold coin donation**

There will be a sausage sizzle available for all who wish to stay a while, swap information & ask further questions.

Please reserve your place by putting your name on the list on the notice board or ring the office 62934004 or email: tugg55plusclub@gmail.com

For those who are not familiar with Garry, he assists the Senior community through his new business '**Seniors Technology Assistance**'. He works with his clients helping them to understand, learn so that they can become more empowered with their technology in the future. Website: Seniorstech.com.au Tel: 8880 9480

Email: support@seniorstech.com.au

Tuesday – 6 September – 10.15am – 12.15am

'Find Your Voice' – Open Rehearsal – The Heart & Soul Singers

The Heart and Soul Singers are an 'over 50's' community choir where every voice is welcome. Our philosophy is 'if you can talk, you can sing'. There are no auditions or a need to be able to read music. And you don't even have to purchase an instrument as you carry it with you always! We learn and sing a variety of songs from all over the world under the leadership of the irrepressible Chrissie Shaw and are a friendly inclusive group. We rehearse in the hall so why not take this opportunity to come along and 'find your voice'!

- ***September – regular monthly activities***

Sunday – 3 Sept – 2.00pm – 4.00pm

Social 'Sunday' Bingo

Bingo is on again this Sunday which happens to be Father's Day. 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 Special Prize for the last game 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!

Special Event

Sunday – 24 September – 2.00pm – 5.00pm

Secret Men's Business / Gentlemen's Sunday afternoon

Our next 'Gentlemen's Afternoon' guest speaker will be Mr Alan Foskett O.A.M. Alan is a well-known author and historian who writes mainly about Canberra and the surrounding areas. Alan worked in the Commonwealth Public Sector from 1950 to 1987 in departments including: The Ministry of National Development, the National Capital Development Commission, Department of Education and Science and the Capital Territory Health Commission and ACT Health Authority.

His main activity these days is researching, writing and publishing books which cover topics such as Canberra's hostel life, cricket in Canberra and Queanbeyan, ACT Education and Health, the planning and development of Canberra, and the history of ACT sporting clubs. His talks are interesting and humorous & there will be plenty of time for questions. There will be pizza available so please feel free to bring your own drinks. All this for only five dollars (\$5.00)!

There is an attendance sheet on the notice board; please ring 62934004 during office hours (Mon-Fri 9.30 - 2.30) if you want to attend but can't put your name on the attendance list.

Laurie Towers

Thursday – 28 Sept – 10.00am – 12noon

How much for Family History – a bottomless pit??

The Family History Group is meeting **FOR THIS MONTH ONLY on Thursday 28 Sept**, 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; Lynda Clery will continue with sharing her research regarding the Fry family connection and Lois Good will talk about her family in India and how she discovered their story. After morning tea, we'll have a look at the cost of family history research – from genealogy on line memberships to cost of document copies – is it a bottomless pit? All are welcome – you don't have to be a regular attendee, please feel free to come along. *Liz Dean*

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!