

TUGGERANONG TALKS – 23 Oct 2017

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

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

Special Events

Sunday – 29 October – 11.00am – 3.00pm

Grandparents Day - Family Fun Day

Don't forget this coming Sunday's Grandparent's Day Family Fun Day. This year we are venturing into the land of Lego with functioning Lego trains and a Creative Colour table where the construction will be limited only by imagination. A Kid's Colouring In Café with coffee and cake should help satisfy both young and old. You do not have to have grandchildren to enjoy the evolution of the humble Lego brick. Colour, movement and sheer ingenuity is worth attending alone. So come along, support YOUR Club ; bring your Grandchildren or come and rediscover your child within! If you can spare an hour or two on the day to assist, please let the office know!

Tuesday - 7 Nov – 1.00pm

Melbourne Cup Day - 'Light Luncheon'

There are still plenty of spaces left for the Melbourne Cup 'Light Luncheon'. Cost is \$15.00 per head (BYO Drinks). There will be the customary sweeps, prizes for best outfit, best hat and lucky door prize. Please book and pay at the office by **Friday 3**

November.

If you would like to lend a hand on the day, your help would be most appreciated – notice is on the board!

Activities Update

Bunning's Garden Club – 1st Tuesday of the month

Please note that there will not be a meeting in NOVEMBER.

Linda Lawrie

New Activity - Men Seated Stretch – Fridays - 12:30pm

Are you looking for a men's only, stretch, flexibility and strength class? We have 2 existing seated/supported behind a chair classes which are mixed (you are welcome to join). These are very popular and very well attended. We have had several men join us in these classes, but the class is predominately women, and this puts them off! This is your chance to start a men's only class.

If you are interested, there is a notice on the board.

If you would like further information regarding class content etc, please email or phone fitness instructor, Jackie Yow: mrsjackieyow@hotmail.com / 0437 168 680

Dates for your Diary

Thursday – 26 October – 10.00am

Investor's Morning Coffee Group

Our next meeting will be held on Thursday 26 October starting at 10:00am. We will look at some of the health care and medical companies listed on the ASX. Well-known companies such as CSL, Cochlear, Blackmores, Sirtex and Ramsay Health Care as well as some of the riskier smaller medical research companies. Our property trust of the month is National Storage, owners of a large chain of storage unit complexes around Australia and New Zealand. We have an ASX video "Stocks to Watch in 2017" and a video on "The Five Rarest and Expensive Books".

Hope you can join us at our next meeting.

Norm Swanwick

Sunday – 5 Nov – 2.00pm – 4.00pm

Social 'Sunday' Bingo

Bingo returns this Sunday with our favourite 'Bingo caller', Warren, back in action. While we cannot promise any 'gun powder, treason or plot', why not come along on this Guy Fawkes Day to 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!

Talking Travel

Travel Committee

We are delighted to report that a Travel Committee has now been formed thanks to the interest of some enthusiastic members and already plans are well underway for both Day and Overnight Trips to be added to the Club's calendar for 2018.

For this year though, a day trip towards the end of November is in the process of being finalised so keep an eye on the notice board and your In Box for details very soon!

If you have any suggestions regarding Day or Overnight Trips, please either give the details in person / Phone: 6293 4004 to one of the Office Ladies or Email:

tugg55plusclub@gmail.com

June 18 – 25 2018

Norfolk Island - Painting & Drawing Workshop and Holiday with Catherine Alexander

The following Painting & Drawing Workshop has been suggested by our Art Teacher, Catherine Alexander.

Non-painting partners are welcome with the painting group limited to twelve people.

Indicative pricing at this stage ex-Sydney is:

\$1,500 pp / \$500 single supplement

This includes airfares, on-island transport to and from hotel, accommodation, welcome drink, continental breakfast, car hire (one per room) and art tuition (likely to be about 3 hours per day)

For further information or to register your interest, contact Catherine: Phone: 02 6296 1353 / 0401 079 958 Email: Catherine.kambah@gmail.com

Activities – ‘Spotlight’

Margaret Kennedy – Club’s Bridge Teacher

Margaret Kennedy has been the Club’s resident Bridge Teacher for the past two years. By passing the Australian Bridge Federation director’s exam in May and achieving accreditation status as an ABF bridge teacher in June, Margaret has become one of only four people in the ACT with these qualifications.

As a director, she is qualified to hold competitive bridge sessions at club level. This entails organising the format of play, giving rulings on infractions according to the laws of bridge, and scoring up and notifying participants of the final results at the end of each session.

Her ABF Teacher’s certificate states that she has attended a Teacher Training Program which includes instruction on how, and what to teach to bridge students, and that she had attended a series lectures and workshops from celebrity lecturers on modern conventions, bidding methods and play.

I am sure all members who are receiving the benefit of Margaret’s expertise, will agree that the Club is very fortunate to have her as our enthusiastic and highly qualified Bridge instructor!

Volunteer School Mentors Wanted

The School Volunteer Program ACT (SVPACT) recruits, trains and manages volunteers who mentor students in ACT schools.

We are seeking expressions of interest from people who, as mature role models, would like to mentor a student in a school.

- Are you patient, a good listener? Do you have a good sense of humour and a genuine interest in the welfare of young people?
- Would you like to mentor a student on a 1 to 1 basis for one hour each week in school during school hours?
- Through your role as a mature role model, would you like to help a student achieve to his/her potential?
- Activities with your student can include basic literacy and numeracy tasks, word and number games, craft, and other activities that help you build a rapport with your student.
- We also particularly welcome expressions of interest from mature adults who would like to join our team of volunteers using Meccano building as a mentoring activity.

For more information, contact: Mal Ferguson, Secretary

SVPACT Inc. Email: secretary@svpact.org.au; Tel. 0405732837; www.svpact.org.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!