

TUGGERANONG TALKS – 11 Dec 2017

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

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Happy Holidays!

It is that time again which seems to come around at a more alarming rate each year! On behalf of the Club's Management Committee, and our enthusiastic Office Volunteers, we wish all Club Members and their families a safe, enjoyable and peaceful Christmas and holiday season. We look forward to enjoying your company in 2018!

Last Newsletter for 2017!

This will be the last newsletter of the year and I hope that the fortnightly updates have been of value to you with information on what is happening within and outside the Club and beyond. 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!

Christmas Closure

The Club will be closing for the Christmas / New Year Break from close of business Friday 15 December and will reopen on Monday 8 January. A list, advising these dates, is now on the notice board and has been included at the end of this newsletter for your information.

'Bits n Pieces'

Items for Recycling - Thanks to those members who have participated in our recycling efforts over the past 12 months. The jam maker has so many jars that she does not require any more at present, so **NO more jars** until further notice.

Don't throw out your Christmas (or any other greeting) cards when you no longer wish to display them – bring them along to the Club and place in the red wheelie bin in the library. Also, your old 2017 calendars.

We are still collecting plastic bottle tops, used batteries, cardboard cylinders – also place these in the red wheelie bin. *Anne Meade*

Founders Library - Our library is well patronised by members with several already stocking up for their holiday reading. Please leave the shelves tidy in both the Waterview Lounge and the library. Return your books to the table/container in the library and we will replace them on the appropriate shelves.

Take time to relax and enjoy a book or two over the holiday period. Happy reading! *Anne Meade*

Welfare Officer - This is a reminder that the Management Committee has appointed Beverley Crocker as the Welfare Officer. If you are aware that a fellow Club member is not well, has been absent for a few weeks or has had a bereavement in their family, please either let your Activity Leader know or advise the office so that it can be followed up.

Talking Travel

Review - Sydney Outlet Shopping Day Bus Tour

Tuesday – 28 November

The first outing of the newly formed Travel Group, a trip to two outlet centres in Sydney, was a huge success. Twenty members and friends 'shopped till they dropped' as was evidenced by the many bags clutched as, wearily, they left the coach back in Canberra. We received several ideas for future outings – day trips, overnight and longer, so watch for details of these in the new year.

Bookings have been made for our next trip – an overnight one - 4-day/3-night - to the Sapphire Coast in April/May – please see details below. *Anne Meade*

Monday – 30 April – Thursday – 3 May 2018

Sapphire Coast Explorer Bus Trip

Monaro Coaches Canberra have organised a four day / three-night bus trip for Club members at the beginning of May. Staying at the Blue Dolphin in Merimbula for the three nights, the proposed Itinerary is as follows: Day 1: Departure 8.00am / Morning Tea Braidwood / Bateman's Bay Lunch Cruise to Nelligen / Tilba Tilba / Merimbula Day 2: Bega / Tathra / Bermagui / Montreal Goldfields Day 3: Twofold Bay with 2hr cruise / Whaling Museum / Boyd's Tower Day 4: Merimbula Aquarium / Burnima Homestead, Bombala / Canberra arriving about 6.00pm

Cost is approx. \$660 per person (Single Supplement is an extra \$117) and includes luxury coach travel, accommodation, entry fees and all meals except morning tea on Day 4.

Deposit - \$100.00 (Non-refundable after 5 March 2018)

Final Payment due by Monday 2 April 2018

Booking and payment can be made at the Club's office: 9.30am – 2.30pm week days.

If you would like to make a Direct Credit payment, please email:

tugg55plusclub@gmail.com or phone: 6293 4004 for banking details.

Monday – 18 June – Monday – 25 June 2018

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

There has been a great response to the Painting & Drawing Workshop that has been suggested by our Art Teacher, Catherine Alexander and there are still a couple of places left. You do not have to be a member of the Lakeside Art Group to be included as there is plenty to do on Norfolk Island for non-painters!

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 Review

'Come & Try Lawn Bowls' Session – Tugg Vikings Lawn Bowls Club

About 15 Club members met recently at the Tuggeranong Viking's Lawn Bowls Club for our first session of beginner's lawn bowls. It was a warm sunny morning and John, our coach, explained the rules of the game, good bowl's technique and proper green etiquette. There was a wide selection of bowls available and we learnt how to decide the best size bowl to suit our hand size. It was then onto the greens to play a couple of ends, for most of us for the first time so a few laughs. It was an enjoyable morning's activity with many thanks to John and the Tuggeranong lawn Bowls Club who allowed us to use their facilities free of charge.

Members decided that during the warmer months, it would be great if we could hold future monthly summer sessions of an evening. So, our next gathering (subject to the weather) will be on **25 January 2018, 5.00pm to 7.00pm**. If anyone is interested, they can then visit the Viking's Club for an evening meal or maybe a cuppa or something stronger.

New beginners will always be welcomed at future sessions. If you wish to join us, leave your name at the 55 Plus Club office or just come along to the Vikings Club on the day. There is plenty of free car parking at the back of the main clubhouse. This is a free activity so there is no charge with bowls being provided. Futures dates and times will be posted on our club's notice board and be included in our "Tuggeranong Talks" newsletter. Hope you can join us at our next session for an enjoyable evenings activity. – *Norm Swanwick*.

Christmas Carols in the Hall - Friday – 8 December

The Club's Hall rang with the sound of some Carol Classics when over 60 members joined together for an old-fashioned song fest at the recent end of year function. Betty Knight provided the musical expertise on the piano with the 'singing for our supper' which ended with a couple of 'doctored' favourites reflecting an 'Aussie' style Christmas.

Angie and her enthusiastic gang of 'elves' then served a delicious light supper followed by a selection of sweet Christmas treats, courtesy of many of our talented members.

A big thank you to the organisers, Angie, Jenny and Jill and to all who attended, contributed food and assistance and who helped make the evening a fitting end to the Club's social year!

Dates for your Diary - 2018

Saturday – 13 January – 10.00am – 12noon

'Family History New starter' Session

Are you thinking about researching your family's history and are unsure where to begin? The New Year is a good time to put thoughts into action. Come along to a New Starter Session on Saturday 13 January 10.00 -12.00. Members of the Family History Group will be there to help you get started. If you need more information call Liz Dean on 0409323014. *Liz Dean*

Friday – 26 January – 3.00pm – 6.00pm

Australia Day Celebration

The first Social event on the Clubs Calendar is Australia Day and plans are well under way for a late afternoon/evening gathering. The location is perfect during daylight saving so put the date in your diary now and watch the newsletter and notice board for further information early in the next year. *Social Committee*

An Update from our K-nit n K-natters

Wednesdays – 1.15pm – 3.15pm

The Knit and Knatter group has had another busy and productive year. Over the months, the group has donated approximately 55 Rugs, 54 Oncology Beanies, 38 Purple Baby Beanies, and 38 brightly knitted Bears to Clare Holland House and the Canberra Hospital. Letters from these organisations has shown how well they have been received.

For World Wide Knit in Public Day in June, the 'Knit a Beanie' Competition not only decorated the hall with all shapes and sizes of beanies but proved very popular with Club members. Pre-selling of beanies before the day helped us to make enough money to donate \$300 to TROG cancer research (Trans-Tasman Radiation Oncology Group) and \$300 to "Give Me 5 for Kids" which helps provide our local Children's Hospital ward with much-needed equipment.

The 66 beanies that were left were donated as follows: 24 adult beanies went to the 'Night Bus', which is sponsored by the Vikings Club - to be distributed to the homeless; 32 smaller beanies went to the Children's Ward at the hospital; 10 were given to the Goodwin retirement village.

The five competition winners were give \$20 Lincraft Gift Vouchers for their contributions.

Following on the success of this year, we will continue with the beanies for sale for next year's Knit Day in June, but we will include NRL and AFL team colours. Anne Sneap, our club's most senior member, will turn 100 years on the 21st of June 2018 and she has already started knitting bears in NRL and AFL colours, ready for sale.

Throughout the year, the group took part in club events by displaying their knitwear and donating a rug for raffle (raised \$100) in May for the Cancer Council's Biggest Morning Tea and holding a knitwear stall at the Sept Spring Fling 'Clean up Sale'.

Some of the group's members have also been involved in other local projects with the Tuggeranong Arts Centre during the year.

We have cleaned up our wool stocks in the library, colour-sorting and restocking the wool into plastic bins and have enjoyed two group celebrations; Anne Sneap's Birthday (99 years young) in June and a sumptuous Christmas Lunch, with lucky door prizes, in December.

I would like to wish a Merry Christmas and a Happy New Year to all who have attended and participated in our events and projects this year, especially 55 Club members who have helped with the donations of wool, promotional material plus the sale on the day of home-made soup, tea, coffee and for buying our beanies.

We would also like to thank our front counter ladies who have been lovely and welcoming, and who have tirelessly photocopied our patterns.

So, put **1:15pm Wednesday, Jan 17th 2018** in your diary and join us in learning to Crochet or Knit, have afternoon tea and k-natter with the girls. *Cheers Jan Hatch*



HOLIDAY TIMETABLE

Day	Activity	Last Day 2017	First Day 2018
Mon	Games Morning	18 Dec 17	8 Jan 18
	500 Cards – 1 st & 3 rd	7 Dec 17	15 Jan 18
	iPad SIG – 2 nd	12 Dec 17	12 Feb 18
	Table Tennis	11 Dec 17	8 Jan 18
	Bridge – Duplicates (Beginners)	11 Dec 17	8 Jan 18
	Seated Yoga	11 Dec 17	22 Jan 18
	Yoga	11 Dec 17	22 Jan 18
Tues	Corefit - Mens	12 Dec 17	23 Jan 18
	CoreFit 55+	12 Dec 17	23 Jan 18
	Mahjong	12 Dec 17	9 Jan 18
	Gardening Club	5 Dec 17	6 Jan 18
Wed	Ten Pin Bowling	6 Dec 17	7 Feb 18
	Indoor Carpet Bowls	13 Dec 17	10 Jan 18
	Stretch N Strengthen - Mens	11 Dec 17	24 Jan 18
	Stretch N Strengthen	11 Dec 17	24 Jan 18
	Bridge (Continuing)	13 Dec 17	10 Jan 18
	K-nit and K-natter	6 Dec 17	10 Jan 18
Thurs	Family History Group – 1 st	7 Dec 17	1 Feb 18
	Book Club – 1 st	7 Dec 17	1 Feb 18
	Android SIG – 2 nd	14 Dec 17	8 Feb 18
	Lakeside Art Group – 2 nd & 4 th	23 Nov 17	8 Feb 18
	‘ShutterBugs’ Camera Group – 3 rd	16 Nov 17	18 Jan 18
	Reading Group – 3 rd	14 Dec 17	18 Jan 18
	Investors Morning Tea Group – 4 th	23 Nov 17	25 Jan 18
	Mahjong	14 Dec 17	11 Jan 18
	Bridge - Beginners	14 Dec 17	11 Jan 18
	Yoga	14 Dec 17	25 Jan 18
Fri	Cycling	15 Dec 17	TBA
	Tai Chi	15 Dec 17	19 Jan 18
	Improvers Bridge	15 Dec 17	12 Jan 18
	CoreFit 55+	15 Dec 17	2 Feb 18
	Stretch N Strengthen	15 Dec 17	2 Feb 18
	Learning Circle	8 Dec 17	19 Jan 18
	Indoor Carpet Bowls	8 Dec 17	12 Jan 18
	Uke 55 – Uke Group	15 Dec 17	12 Jan 18
	Square Dancing for Beginners	15 Dec 17	19 Jan 18
Sat	Movie Matinee	18 Nov 17	17 Feb 18
Sun	Walking Group	17 Dec 17	4 Feb 18
	Social Sunday Bingo	3 Dec 17	4 Feb 18