

TUGGERANONG TALKS – 8 Jan 2018

Newsletter for Tuggeranong 55 Plus Club Inc. – **Be Active Feel Great**
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Welcome back for 2018

Welcome back for the start of another New Year and we hope that you have all had an enjoyable and restful Christmas season. The Club activities will gradually start again from Monday 8 January with the full program returning by month's end.

The Creative Writing Group, 'Writers with Altitude' is the only activity that will not be recommencing due to lack of numbers. However, there is an alternative writing opportunity through the Canberra Region Fellowship of Australian Writers (FAW) who are relocating their monthly meetings to the Tuggeranong Town Centre Vikings Club – further details are included later in this newsletter for your information.

If you have toyed with the idea of starting a new 'exercise' regime or trying something new this year, the Club's activity program is worth looking at.

Corefit or Stretch n Strengthen Class for the 'serious' exerciser; Indoor Carpet Bowls, Table Tennis, Discover Canberra Walking Group, Cycling or Ten Pin Bowling provides exercise with a more social aspect; Tai Chi and Yoga combines exercise with relaxation of the mind as an added bonus! And whether you have decided to explore your Family History or the Stock Exchange, blow the cobwebs off your camera or learn a new social game, there are monthly and weekly activities that will assist! Copies of the activities program are available at the Club.

Membership Renewals

All memberships are now due for renewal by **31st March**. The renewal fee remains at \$15.00 and this early notice gives you plenty of time to visit one of our lovely ladies in the office – 9.30am – 2.30pm Monday to Friday.

If you would prefer to use Internet Banking, **PLEASE** include your name as the description. We will send you a confirmation email so that you know your payment has been successful. If you require the banking details, please contact the office: Phone - 6293 4004 / Email - tugg55plusclub@gmail.com *Janelle Burns – Treasurer*

'Bits n Pieces'

- As a follow up of security awareness, a security safety mirror has been placed in the foyer. This enables the office staff to see who is entering, especially when they are the only people in the centre.
- There has been a slight 'reshuffle' of chairs in the hall with the brown armless chairs being stored and replaced by the newer padded chairs. This will provide a bit more comfort to those who play Cards and Mahjong as well as making them more accessible for both the seated Stretch and Yoga classes.
- Much sturdier Card Tables have been purchased, a smaller version of the white trestle tables, which will replace the existing tables which are becoming unusable at an alarming rate!

Social Committee

At present the Club's Social Committee has only three members and they are looking for two more permanent helpers to provide 'inspiration' and assistance. If you would like to help or would like more information, please contact the office.

Talking Travel

Monday – 30 April – Thursday – 3 May 2018 - Sapphire Coast Explorer Bus Trip

Now that the 'silly' season is behind us, it is time to make plans for the coming year. The Sapphire coast is always a beautiful place to visit and on the Club's behalf, Monaro Coaches Canberra have organised a four day / three-night bus trip for Club members at the beginning of May. Staying at the Black 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 & all meals except morning tea on Day 4.

Deposit - \$100.00 (Non-refundable after 5 March) Final Payment due Mon 2 April.

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.

As there have been various enquiries from Club members regarding organised trips, if this one is successful, more will follow! *Travel Committee*

Dates for your Diary

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*

Thursday - 18 January – 9.30am – 11.30am - 'Shutterbugs' – Camera Group

The first meeting of the Shutterbugs for 2018 will be held on Thursday 18 January starting at 9.30am. Our January project is "Your Choice 2017", our favourite photos taken during 2017. Our snapshot subject for the month are Histograms. What are they and how we use them to improve our photography? Our monthly topic will be "Basics of Good Composition". Tips on how to compose your photos for best effect and how do you arrange the elements for a good photograph? We will look at a video on basic composition tips and then discuss the various aspects of good composition using some of the photos submitted for our monthly project.

Our programme for the first six months is now available. If you would like a copy, come along to our meeting or ask at the office or check the club's notice board.

If you were unable to join us during 2017, perhaps we will see you in 2018. Beginners always welcome – *Norm Swanwick*

Thursday – 25 January – 10.00am – 12noon - Investor's Morning Cuppa Group

The Investor's Morning Cuppa group will recommence on Thursday 25 January starting at 10.00am. We will look at how the share market performed over the holiday period. What has been happening in the business and companies world including the sale of Westfield, winners in the dining boom and the ACCC's opposition to the sale of the Woolworth's Caltex service stations to BP. We will also look at an interesting

company "Pushpay" which offers online collection payment solutions for churches and charities. They are a NZ company listed on the ASX and allegedly have over 50% of US churches signed up. We will also review our fun investment portfolio and view a video on where we should be investing our money in 2018. Hope you can join us for an interesting morning's discussion. *Norm Swanwick*

Thursday – 25 January – 5.00pm – 7.00pm

'Beginner's Lawn Bowls' - Tugg Vikings Lawn Bowls Club

Our next monthly "Beginner's Lawn Bowls" session will be held at the Tuggeranong Vikings Lawn Bowls Club on Thursday 25 January 5.00pm – 7.00pm. Never tried lawn bowls before and always wanted to give it a go? John Williamson our accredited lawn bowls coach will show you how. There is plenty of free parking at the rear of the main club building which has direct access to the bowls club. Remember to bring a hat and sunscreen. Please wear flat sole shoes, or if you like, you can play bare foot. This is a free activity courtesy of the Viking's Lawn Bowls Club and bowls will be provided. For those interested, they can then visit the Viking's Club for an evening meal or maybe a cuppa or something stronger. Please note that in the event of wet weather, the session may have to be cancelled. Hope you can join us for a fun evening's activity?

Friday – 26 January – 5.00pm – 7.30pm - Australia Day 'Sausage Sizzle'

The first Social event on the Clubs Calendar is Australia Day and the location is perfect during daylight saving for a late afternoon/evening gathering. This year, it is on the day – an Aussie Sausage Sizzle; onions, tomato sauce and coleslaw. And no Australia Day gathering would be complete without a luscious lamo. Come along, bring your friends and family to enjoy the best view in town as the day winds down! And it is a good excuse for a social 'catchup'! Cost \$5.00 – please book and pay at the office.

Angie Ashley

Canberra Region Fellowship of Australian Writers (FAW)

2nd Sat of the month – 10.00am – 2.00pm - Tugg Town Centre Vikings Club

The Fellowship of Australian Writers in the Canberra region has ebbed and flowed over many years, since it was established in 1950 to provide writing and publishing opportunities for writers of all disciplines and levels of experience.

2018 heralds the affiliation with the NSW FAW to provide access to their resources and information about writing and opportunities for writers and the publication of an anthology to celebrate 90 years since the national FAW was founded by Dame Mary Gilmore.

FAW Canberra Region meets on the second Saturday of each month from 10am to 2 pm and will recommence on 10th February. The guest speakers will be Boni and Peter Maywald, who will talk on the topic of "Publishing for Many Voices."

All interested in writing are welcome to attend.

For further information contact:

Pamela Waugh : 0417 692 018 / pwau@bigpond.com

Barbara Horton: 0409 409 878 / barbsparty@bigpond.com

Carolyn Wanganeen: 0406 379 634 / cwanganeen@home.com.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!

HOLIDAY TIMETABLE

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