

# TUGGERANONG TALKS – 22 Jan 2018

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

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## **First Social Event on the Calendar**

**Friday – 26 January – 5.00pm – 7.30pm**

### **Australia Day ‘Sausage Sizzle’**

The first Social event on the Club’s 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 – BYO drinks. 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’ and if we get our act together, a little bit of ‘Aussie’ Trivia!

Cost \$5.00 – please book and pay at the office by Wednesday 24 January.

*Angie Ashley*

## **Social Committee**

At present the Club’s Social Committee has only three members and they are still looking for two more permanent helpers to provide ‘inspiration’ and assistance. So far there has been no interest shown which may have an impact on future social events. 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**

As there have been various enquiries from Club members regarding organised trips, the following trip to the Sapphire coast has been organised, on the Club’s behalf, by Monaro Coaches Canberra. Always a beautiful place to visit, this four day / three-night bus trip is from 30 April – 3 May with accommodation at the Black Dolphin in Merimbula for the three nights.

Confirmed cost is \$680.00 ppts (S/S \$ 60) and includes luxury coach travel, accommodation, entry fees and all meals as shown. (Based on 35 passengers. If final number are between 35 and 30, the price will increase to \$695.) Copy of Itinerary is now available from the office.

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](mailto:tugg55plusclub@gmail.com) or phone: 6293 4004 for banking details.

If this trip is successful, more will follow! Where would you like to go?

*Travel Committee*

## **2018 – Did You Know?**

### **National Year of Lifelong Learning**

2018 is the year of National Year of Lifelong Learning. Research both in Australia and internationally shows that taking time for learning as an adult is the key to a healthy and active life, and to staying connected in communities. Adult Learning Australia is encouraging communities to put a focus on adult learning as a lifelong activity throughout 2018.

Keeping in mind that an active body and mind are key to positive ageing, the Club is introducing two new weekend activities:

#### **Saturday 17 February**

#### **Video Presentation: 'Growing Australian Plants for Small Gardens, Pots and Balconies'**

One of our members, Margaret Kennedy, has offered to hold a series of workshops covering all aspects of growing Australian Plants for small Gardens, Pots and Balconies. To see if there is sufficient interest, Margaret is holding a workshop on Saturday 17 February. It will begin with a short discussion on native plants, then a picture show of a wide range of flowers, form and habitat. Most people know natives as being dull, straggly, difficult to grow, with some very uninteresting flowers. This presentation of the diversity and beauty of native flora is guaranteed to blow you away, and is worth seeing (even with brown thumbs) just to view the uniqueness and splendour of our own Australian plants.

The proposed activity will consist of about eight Saturday morning workshops where participants learn how to propagate plants from seeds and cuttings, and to pot up, transplant and care for them as they grow into maturity. Included will be a visit to a native nursery, and the Black Mountain Botanic Gardens in spring to view them growing in a natural environment.

There is a notice on the board to register your interest for the presentation on 17<sup>th</sup> or ring the office: 6293 4004 or email: [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com)

#### **Sunday 18 February – 2.00pm**

#### **'Let's Get Trivial'**

On the third Sunday of each month, we are going to get 'Trivial' with a monthly round of questions to test your knowledge of all things general and at times a little bit quirky. You do not need to form a 'team' as they will be organised on arrival.

Why not come along for an afternoon of 'brain gymnastics'! Like all new ventures, this will be a work in progress and all feedback will be welcome!

A notice is on the board to let us know you are coming or ring the office: 6293 4004 or email: [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com)

#### **Membership Renewals**

All memberships are now due for renewal by **31<sup>st</sup> 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](mailto:tugg55plusclub@gmail.com)

*Janelle Burns – Treasurer*

## **Dates for your Diary**

**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?

**Thursday – 1 February – 10.00am – 12noon**

### **'Beyond the Obvious'**

The next meeting of the Family History Group is on Thursday 1 February in the Hall and the topic over the next three months is 'Beyond the Obvious'. This month we will be looking at Australian and UK Birth, Marriage and Death records as well as parish records. Documents recording our ancestors' events provide us with dates events took place and usually where and when. But what else can we discover? Has a record of yours revealed information that wasn't obvious from a first look?

We will also hear an update on the Fry family of Somerset and share any updates on DNA testing after our December meeting. All are welcome – you don't have to be a regular attendee, please feel free to come along. *Liz Dean*

**Sunday – 4 Feb – 2.00pm – 4.00pm**

### **Social 'Sunday' Bingo**

Bingo returns this Sunday with our favourite 'Bingo caller', Warren, back in action. Com 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.

A notice is on the board to let us know you are coming or ring the office: 6293 4004 or email: [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com)

## **Activity Spotlight**

### **Benefits of Chair (Seated) Yoga – Mondays – 4.00pm – 5.00pm**

**Improved Strength and Flexibility** – This allows for improved mobility and independent living for many years to come.

**Improved Proprioception** - Proprioception is the ability to know where your body is in space for accurate movement coordination. This is important for confident movement and to help prevent falls. Proprioception is also important to having control over your body and movement which is helpful for people with disabilities or conditions such as MS and Diabetes.

**Reduces Stress and Improves Mental Clarity** - Chair yoga can reduce the impact of chronic illness and pain. The flow on effect is being calmer and more relaxed which leads to a greater feeling of happiness and well-being making life more pleasurable.

**Mindful Breathing** practices that are an integral part of yoga practice improve breathing and the flow in from this is a feeling of more energy and a calmer state of being. It reduces stress and anxiety and helps with the management of pain.

Chair Yoga (and Yoga generally) has been shown to improve overall health. Practised regularly it even has the potential to reverse some health issues. It improves overall movement and flexibility and improves self-confidence and overall wellbeing.

Chair yoga makes yoga accessible to almost everyone. It is recommended that on starting a yoga program that you attend regularly and give the exercise several months to achieve the desired outcomes.

### **'Bits n Pieces'**

#### **New Card Tables**

When putting up the new Card Tables, please ensure that the legs 'click' in place before using them. As previously stated they are a smaller version of the white trestle tables, and are put up the same way.

#### **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](mailto:tugg55plusclub@gmail.com) or drop it into the Club's office. Every little bit helps!