

# TUGGERANONG TALKS – 8 March 2018

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

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## **Newsletter News**

The newsletter has been a bit like Topsy and has grown over time due to the many and varied activities that are now run by Club volunteers. So, the format has changed slightly, and the Monthly schedule will be included again at the end of the newsletter. If you would like a smaller print version, one is available for printing as a PDF on the Clubs website: [www.55plusclub.org.au](http://www.55plusclub.org.au)

## **Activities Update**

### **Tai Chi – Friday 9.15am – 10.15am**

As our Tai Chi instructor is not able to take the Friday classes at present, the class will not be able to accommodate new attendees until further notice. The class however, will continue for those members who have learnt the Tai Chi movements.

### **29 March – 10.00am – 1.00pm**

#### **'Pop Up' Craft Circle**

March is one of those rare months where there are five Thursdays so we have decided to try something a little different on 29th.

If you are working on a craft project, have a craft to share or are interested in learning something new, why not come down to the 'Pop Up' morning. Tea, coffee and conversation on offer for free! Notice will be on the board so that you can register your interest!

## **Management Update**

### **Sausage Sizzle – Cancelled**

The fundraising Sausage Sizzle for the year was cancelled last Saturday due to lack of Club member assistance on the day.

There have been rumblings from members as to why such events are held so perhaps an explanation is required for those new to the Club and for non-attendees at the yearly AGMs.

The Club is a standalone entity and membership and activity fees fund all expenses associated with the running of what is now a fast-growing organisation. The ACT Government owns the Senior Centre within which the Club operates and although at present the Club does not pay a rental fee, this might not be the case in future and we need to be prepared for this. The Club is responsible for all costs relating to the usage of the building – ie garden & building maintenance, electricity, telephone, internet, insurance – very similar to your own home expenses. The running of the Club is done completely by volunteers from Activity Leaders to Office and Building Management without whom there would not be a Club.

As the Club approaches its 10<sup>th</sup> year celebration (April 11) it is prudent that it works towards including a yearly fundraising event in its Calendar for the future. So, at the risk of showing my age, 'ask not what your Club can do for you, ask what you can do for your Club'.....when we ask for volunteers in the future. *Management Committee*

## **Membership Renewals**

All memberships are now due for renewal by the end of this month **31<sup>st</sup> March**. The renewal fee remains at \$15.00 and one of our lovely ladies in the office are ready and willing to take your payment – 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

## **What's On – during the Week**

### **ACT Seniors Week – 12 – 18 March**

*Canberra's celebration of our older community!*

Designed to inspire, inform and connect - ACT Seniors Week is filled with a range of events for Canberrans of all ages supporting the motto for the week 'Love Later Live'. The Official Events Program will be available in The Chronicle on Tuesday 6 March, City News on Thursday 8 March and The Canberra Times on Sunday 11 March. As always, highlights during the week are the Chief Minister's Concert with the Band of the Royal Military College and Seniors Expo.

The Club will be running an 'Open Week' during Seniors Week where non-members have a blanket invitation to come and try one of the many activities, including

***"Find your Voice" with the Heart and Soul Singers on Tuesday 13 March from 10:15am -12:15pm***

***Knit n Knatter "Strutting our Stuff" Fashion Parade on Wednesday 14 March from 1:30pm to 3:30pm.***

There will also be exhibitions from the Lakeside Art Group and Shutterbugs Camera Group.

## **What's On – at the Weekend & out of Hours**

### **Saturday – 17 March – 1.30pm**

#### **55 Plus Film Group – 'Road to Nhill'**

Out in the wilds of rural Victoria, an accident has occurred. A car carrying four lady members of the bowling club has overturned on the Nhill road – or was it on the road to Nhill. This thoroughly enjoyable Australian film explores with affection and insight the inhabitants of a country town. Made in 1997 and filmed in the central Victoria at Pyramid Hill, it is a befitting film to show as Seniors Week draws to a close.

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](mailto:tugg55plusclub@gmail.com)

### **Sunday - 18 March – 2.00pm**

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

After the successful Trivia in February, we are returning this month with a new 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. There will be prizes for each round and for the winning Team as well as a Lucky Door prize.

Why not come along for an afternoon of 'brain gymnastics' - your brain and funny bone will thank you!

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)

**Thursday - 22 March - 5.00pm – 7.00pm**

**Afternoon Lawn Bowls – Tuggeranong Vikings**

We had around 27 members come along to our February get together and John was assisted by fellow Vikings Lawn Bowls club members Brian, Ron and Pat to show us how to play the game, so many thanks to them. Our next lawn bowls afternoon will be held at the Tuggeranong Vikings Lawn Bowls Club on Thursday 22 March 5.00pm – 7.00pm. There's plenty of free car parking at the back of the main club building. This will be our last daylight-saving start time session with future sessions most likely being held on the same Thursday but at an earlier afternoon time. If you are coming along, please give some thought as to what time suits you best and we will decide on a time that suits the majority. If you have never played lawn bowls before, why not come along and give it a go. Don't forget to wear flat sole shoes or go bare foot and please note that in the event of wet weather, the session may have to be cancelled. This is a free activity with bowls provided. Hope you are able to join us for a fun afternoon's activity – *Norm Swanwick*

**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!

## **MONTHLY ACTIVITIES / EVENTS IN MARCH**

<i>Day/Date</i>	<i>Time</i>	<i>What's on during the month of March</i>
<b>Mon 12<sup>th</sup> – Fri 18<sup>th</sup></b>	<b>Various venues</b>	<b>ACT SENIORS WEEK</b>
<b>Thurs 15<sup>th</sup></b>	<b>9.30am – 11.30am</b>	<b>SHUTTERBUGS CAMERA CLUB 'Backing Up Our Photos' – how to store, file &amp; title</b>
<b>Thurs 15<sup>th</sup></b>	<b>1.30pm – 3.30pm</b>	<b>READING GROUP Topic: 'Scandinavian Crime'</b>
<b>Sat 17<sup>th</sup></b>	<b>1.30pm</b>	<b>55 PLUS FILM GROUP 'Road to Nhill'</b>
<b>Sun 18<sup>th</sup></b>	<b>2.00pm – 4.00pm</b>	<b>LETS GET TRIVIAL!</b>
<b>Wed 21<sup>st</sup></b>	<b>10.00am</b>	<b>TEN PIN BOWLING Tuggeranong Bowling Alley</b>
<b>Thurs 22<sup>nd</sup></b>	<b>12.45pm – 3.15pm</b>	<b>LAKESIDE ART GROUP Tutor: Catherine Alexander</b>
<b>Thurs 22<sup>nd</sup></b>	<b>5.00pm – 7.00pm</b>	<b>AFTERNOON LAWN BOWLS Town Centre Vikings</b>
<b>Thurs 22<sup>nd</sup></b>	<b>10.00am – 12noon</b>	<b>INVESTORS MORNING COFFEE GROUP 'Ethical Investing'</b>
<b>Thurs 29<sup>th</sup></b>	<b>10.00am – 1.00pm</b>	<b>POP UP CRAFT CIRCLE Bring a project, share a skill</b>