

TUGGERANONG TALKS – 26 March 2018

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

Corefit & Seated Stretch – Easter & School Holiday Schedule

The following classes will not be held during Easter and the School Holidays:

Friday - 30 March (Good Friday) – Corefit & Seated Stretch

Friday – 20 April – Corefit & Seated Stretch

Wednesday – 25 April (Anzac Day) – Seated Stretch

Men's Stretch – Wednesdays - 11.15am

Please note, that due to inconsistent numbers, this class has been permanently cancelled.

Yoga & Seated Yoga – 2018 Term Dates

Yoga / Seated Yoga finishes the **week ending 29 March (Thursday before Easter)** and **recommences the week beginning 16 April**. The term dates for the remainder of the year are as follows:

Term Two: 16/4/18 – 22/6/18

Term Three: 16/7/18 – 21/9/18

Term Four: 8/10/18 – 14/12/18

Sunday Social Bingo

As the first Sunday of April is Easter Sunday, Bingo will not be held. It will be back on Sunday 6 May!

Management Update - Parking

This week three Club members were issued with parking fines when their cars were parked on the paved area beyond the Club's driveway. Please **do not** park in this area as it is outside the Centre's boundary and is a public thoroughfare.

The office has advised the members to contest their fines as well as send a copy to both the Minister for Ageing, Gordon Ramsay and Minister for Transport Canberra and City Services, Meegan Fitzharris.

There is little movement regarding the inadequate parking for the building and every piece of evidence supporting the lack of safe parking will help forward the argument.

Management Committee

Membership Renewals

All annual memberships (except for those members who joined between Jan – Mar this year) are now due for renewal by **31st March**.

Please be aware that if your payment is not made by the 'grace' period of **Friday 6 April**, your membership will not be current, and you will not be entitled to the Club member activity fee.

The renewal fee remains at \$15.00 and one of our lovely ladies in the office is ready and willing to take you payment – 9.30am – 2.30pm Monday to Friday.

If you would like to make a Direct Credit payment, bank details are as follows: BSB 633 000 Acc No: 159575455 **You MUST include your name as the description so that we can identify your payment.** We will send you a confirmation email so that you know your payment has been successful. *Janelle Burns – Treasurer*

What's Been Happening

'Strutting our Stuff' Fashion Parade - ACT Seniors Week – 12 – 18 March

Canberra's celebration of our older community!

ACT Seniors Week came and went and as always offered many opportunities to be 'inspired, informed and connected'.

The Club had a few visitors during its Open Week, but the hit of the program was the 'Strutting our Stuff' Fashion Parade on Wednesday hosted by the Knit n Knatter group. Energetically led by Jan Hatch, the group's Activity Leader, a small group of brave ladies showed off some stunning garments that they had created to an enthusiastic crowd of onlookers. The hall was appropriately decorated with a variety of knitted items and the afternoon tea was as delicious as always. Shadow Minister for Ageing, Nicole Lawder enjoyed her visit and it was a good example of how 'chaotic' the centre and car park can get!

What's On – during the month

Thursday - 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!

Tuesday – 3 April – 2.00pm

Gardening Club – Bunnings, Tuggeranong

A small group of gardening enthusiasts meet on the first Tuesday of each month, at 2.00 pm at the DYO area at Bunnings. A gardening expert gives a talk about current happenings in the garden, what to plant, what pests to look out for, and other tips for successful gardens producing beautiful flowers and delicious, healthy vegetables. This session is complimented with a free cuppa, and quite often with free gardening related gifts. Questions are welcomed and usually an appropriate answer is forthcoming!!

The next meeting will be at 2.00 pm on Tuesday 3 April.

Linda Lawrie

Thursday – 19 April – 9.30am

Shutterbugs Camera Group

Our next meeting will be held on Thursday 19 April starting at 9.30am. Our photo project for the month is "Trees". Fellow group member Mark Nickols, will give us a session on astro photography or photographing the heavens. We will also discuss the various file formats especially the two common digital photography formats JPEG & RAW. Don't forget to look at our current display "Reflections" in the Parkview Hall. Beginners and advanced photographers welcomed.

Norm Swanwick

Thursday - 26 April – 10.00am
Investor's Morning Cuppa Group

Our April session will be held on Thursday 26 April starting at 10.00am. Our main topic for the month will be "Blockchain" - the underlying platform for cryptocurrencies but also now finding its way into so called smart contracts. Unlike a standard paper contract that is enforceable by law, such smart contracts are enforced by cryptographic code and are executed in line with predetermined, programmable rules. What ASX listed companies will be the Blockchain winners and losers? As well, we will discuss how the share market has performed since our last meeting plus discussions on other interesting items of company and investment news.

Norm Swanwick

Thursday – 26 April – 1.30pm
Afternoon Lawn Bowls

With the cooler months approaching and the end of daylight saving, our afternoon lawn bowls sessions will now commence at 1.30pm. Our next session will be on Thursday 26 April. This is a free activity courtesy of the Tuggeranong Viking's Lawn Bowls Club. If you have not played lawn bowls before, why not come along and give it a go. Our experienced coaches will show you how. Bowls will be provided and there is plenty of free car parking at the rear of the main Club building. Don't forget to wear flat sole shoes or go bare foot. *Norm Swanwick*

What's On – at the Weekend
Sunday – 15 April – 2.00pm
Let's Get Trivial!

Congratulations to the winners of our March trivia quiz, **the Red Devils**. Why not come along next month for two hours of fun with prizes to be won and an afternoon cuppa also provided. Join one of the many team tables and test your knowledge and get to know some of your fellow Club members. There is no need to let us know in advance, just come along on the day. The normal \$4.00 activity fee applies. I hope you can join us for a fun and friendly afternoon's activity. *Norm Swanwick*

Saturday – 21 April – 1.30pm
55 Plus Film Group – 'Beneath Hill 60'

This month, just days away from Anzac Day, we are showing a low budget film made in 2010 that focuses not on soldiers but mine engineers; men who dug tunnels underneath enemy lines. *Beneath Hill 60* is a superbly crafted, tension-filled drama based on a little-known episode of the First World War. The screenplay by David Roach centres on a bunch of Queensland miners who joined the Army's new, top-secret Australian Tunnelling Company. After minimal training they're sent to the Western Front in Europe in 1916.

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

Newsletter News

A smaller print version is available for printing as a PDF on the Clubs website: www.55plusclub.org.au.

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!

WHAT'S ON - MARCH / APRIL

<i>Day/Date</i>	<i>Time</i>	<i>What's on in March / April</i>
Thurs 29 th	10.00am – 1.00pm	POP UP CRAFT CIRCLE Bring a project, share a skill
Sun 1 st	CANCELLED	SUNDAY SOCIAL BINGO
Tues 3 rd	2.00pm	GARDENING CLUB Bunnings Tuggeranong
Wed 4 th	10.00am	TEN PIN BOWLING Tuggeranong Bowling Alley
Thurs 5 th	10.00am – 12noon	FAMILY HISTORY GROUP
Thurs 5 th & 19 th	1.00pm – 3.30pm	BACKGAMMON
Mon 9 th	9.45am- 12noon	iPAD SPECIAL INTEREST GROUP
Thurs 12 th	10.00am – 12noon	ANDROID SPECIAL INTEREST GROUP
Thurs 12 th & 26 th	12.45pm – 3.15pm	LAKESIDE ART GROUP Tutor: Catherine Alexander
Sun 15 th	2.00pm – 4.00pm	LETS GET TRIVIAL!
Thurs 19 th	9.30am – 11.30am	SHUTTERBUGS CAMERA CLUB Photo Formats & 'Astro' Photography
Thurs 19 th	1.30pm – 3.30pm	READING GROUP Topic: Author – D.H. Lawrence
Sat 21 st	1.30pm	55 PLUS FILM GROUP 'Beneath Hill 60'
Thurs 26 th	10.00am – 12noon	INVESTORS MORNING COFFEE GROUP 'Blockchain'
Thurs 26 th	1.30pm Note New Time	AFTERNOON LAWN BOWLS Town Centre Vikings