

# TUGGERANONG TALKS – 17 April 2018

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

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## **Bits n Pieces**

### **Corefit & Seated Stretch – Easter & School Holiday Schedule**

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

Friday – 20 April – Corefit & Seated Stretch

Wednesday – 25 April (Anzac Day) – Seated Stretch

### **Activity Starting Times**

All activity leaders are reminded that activities should start at the time advertised and not before. As a matter of courtesy all members also need to arrive at the time advertised as late arrival can be disruptive for some activities.

### **Kitchen – who is responsible for keeping it tidy?**

The answer to this question is simple – everyone is. Not the activity leaders or the ladies in the office. Every member who uses the kitchen is responsible for the mess they make – crumbs, putting lids back on containers, wiping up spillage, putting rubbish in the bins – you would automatically tidy your own kitchen, please do the same in the Club.

*Office Administration*

### **What's Been Happening**

#### **'Pop Up' Craft Circle - Thursday - 29 March**

March was one of those rare months where there are five Thursdays, so we tried something a little different on 29th. Thank you to the six members who brought their 'craft' to both display and work on. Beautiful handmade cards, a majestic model of the HMS Bounty complete with the 'launch' (in which Bligh and his followers sailed after the mutiny), colourful patchwork, exquisitely dressed miniature porcelain dolls, unusual beaded bookmarks and woollen needlework showed that there is a variety of interests which can be shared. When there is another opportunity in the Club calendar, another Craft Circle might 'pop up' again – watch this space!

#### **Club's 10<sup>th</sup> Birthday - Wednesday 11 April 2018**

Over seventy members and special guests helped the Club celebrate its tenth birthday last Wednesday. The speeches were short and snappy with ex-President John Hargreaves presenting members who have been with the Club since its inception in 2008, a Certificate recognising their 10 year contribution. Joy Burch did the honours and cut the cake and the mention of an extension to the building was an acknowledgement that we are fast outgrowing the buildings footprint. The light lunch, glass of bubbly and Birthday cake gave everyone the opportunity to mingle and local Federal Member, Gai Brodtmann, did an admirable job handing out pieces of cake to everyone.

The photos and newsletters highlighting the Club's activities over the past ten years on display in the hall will stay up until the end of the month. We have tried to capture the 'essence' of the Club and hopefully the selection of photos will bring back some memories!

## **What's On – during the month**

**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**

**Saturday – 21 April – 10.00am – 12.00pm**

### **Family History – ‘New Starters’ Group**

The meeting of the “Saturday morning” Family History Group is this Saturday 21 April 10-12 in the Hall. This is the new Starters Group with the aim of encouraging those who are not sure where to begin their research setting off on a pathway to finding out about an ancestor. As with the last meeting in February, there will be some experienced family historians to help. Everyone is welcome and if there is a specific topic that you would like more information about, we will try and help.

*Liz Dean*

**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](mailto:tugg55plusclub@gmail.com)

***Sunday – 6 May – 2.00pm – 4.00pm***

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

Bingo returns on 6 May with our favourite 'Bingo caller', Warren, back in action. Come 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; 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)

### ***Newsletter News***

A smaller print version is available for printing as a PDF on the Clubs website:

[www.55plusclub.org.au](http://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](mailto:tugg55plusclub@gmail.com) or drop it into the Club's office. Every little bit helps!

# WHAT'S ON – APRIL / MAY

<i>Day/Date</i>	<i>Time</i>	<i>What's on in April / May</i>
Thurs 19 <sup>th</sup>	9.30am – 11.30am	SHUTTERBUGS CAMERA CLUB Photo Formats & 'Astro' Photography
Thurs 19 <sup>th</sup>	1.30pm – 3.30pm	READING GROUP Topic: Author – D.H. Lawrence
Sat 21 <sup>st</sup>	10.00am – 12.00pm	FAMILY HISTORY 'New Starters Group'
Sat 21 <sup>st</sup>	1.30pm	55 PLUS FILM GROUP 'Beneath Hill 60'
Thurs 26 <sup>th</sup>	10.00am – 12noon	INVESTORS MORNING COFFEE GROUP 'Blockchain'
Thurs 26 <sup>th</sup>	1.30pm <i>Note New Time</i>	AFTERNOON LAWN BOWLS Town Centre Vikings
<b>MAY</b>		
Tues 1 <sup>st</sup>	2.00pm	GARDENING CLUB Bunnings Tuggeranong
Wed 2 <sup>nd</sup>	10.00am	TEN PIN BOWLING Tuggeranong Bowling Alley
Thurs 3 <sup>rd</sup>	10.00am – 12noon	FAMILY HISTORY GROUP
Thurs 3 <sup>rd</sup> & 17 <sup>th</sup>	1.00pm – 3.30pm	BACKGAMMON
Sun 6 <sup>th</sup>	2.00pm – 4.00pm	SUNDAY SOCIAL BINGO