

TUGGERANONG TALKS – 3 May 2018

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

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Newsletter News

The newsletter will now be monthly and will be sent to members during the first week of the month. We will try to cover all the Clubs 'comings and goings' for the coming month as well as any other items that are relevant. ***And please, read the newsletter to the end as often the best to kept to last!***

If you would like to promote your activity or have an item that you think would be of interest to your fellow members, please email your item to the office by the last Wednesday of the month.

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

www.55plusclub.org.au

Management Committee Update

The following issues have been discussed and ratified by the Management Committee:

Exercise Classes

It is very disappointing that there has been such strong opposition to the change in the program before it has even been implemented. It needs to be remembered that part of being granted use of the Centre for a 'peppercorn rent' (in other words no rent at all) is that the Club as licensee, *provide a broad range and balance of activities* supporting seniors across the age spectrum.

So, after some consideration, it has been decided to change one of the Corefit classes to a gentle exercise class and reduce the chair assisted classes to one class per week. The Tuesdays exercise classes will remain as 'active' classes, with the Men's Class being opened to both men and women. Due to the size of the Centre's Hall, nos of attendees will be restricted to 20.

It is important that the Club's exercise classes return to what they were originally designed for ie for members seeking gentle exercise or returning to exercise after a long period or recovering from injury or operation. It is the Club's role to provide gentle, light paced exercise classes that are tailored to increase overall fitness as well as improve mobility and posture.

This slight alteration to the Clubs exercise classes is designed to encourage all members to 'be active, feel great'!

Jackie Yow will continue as instructor with the following weekly program beginning from

Tuesday 15 May.

Tuesdays – 8:10am to 8:50am

Active Exercise - Mixed – A fun, inclusive, active class combining a mix of circuits, weights, aerobic exercise (fast walking or jogging) and stretching/exercising on the floor. These are suitable for those with a good level of mobility and balance. All of the exercises can be modified by the instructor to accommodate restrictions due to old injuries or medical conditions. Fast walking/jogging can be modified.

Tuesdays – 9:00am – 9:45am

Active Exercise - Women – A fun, inclusive, active class combining a mix of circuits, weights, aerobic exercise (fast walking or jogging) and stretching/exercising on the floor. These are suitable for those with a good level of mobility and balance. All of the exercises can be modified by the instructor to accommodate restrictions due to old injuries or medical conditions. Fast walking/jogging can be modified.

Wednesdays – 12:10pm – 12:55pm

Seated Stretch - Chair Assisted exercise classes - to remain in its current form.

Fridays – 10:30am – 11:15pm

Gentle Exercise - Women – classes specifically designed to improve mobility, strength, balance, coordination and agility. This will be a low impact activity, with no floor work and some chair work if required.

We are also introducing a new class on Friday which will replace Seated Stretch. Susan Innes has been involved in Zumba Gold for several years and is looking forward to joining our small team of instructors.

Fridays – 11:30pm – 12:30pm

Zumba Gold – this class takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, regardless of fitness level. Experience with dance is not required. Moves in class are broken down in a slow and manageable manner and focus is on improving balance, strength and flexibility, while raising your heart beat and improving cardiovascular ability. The intention of the class is to move a little and have a lot of fun!

Membership Renewals – Terms & Conditions

1. Membership Year

Membership renewal is due as at 31 March each year.

1.1 Renewal of Membership within the first three months

Membership may be renewed without loss of continuity within a period of three months 'grace period' after the renewal falls due. Membership benefits will continue within this period.

Membership will lapse if payment has not been received by 30 June.

2.1 Lapsed Membership

Any Member who has not renewed their membership by 30 June, will have to reapply for membership.

Name Badges

All members have a name badge ordered for them when they join but many are never picked up. Wearing your badge while at the Club makes it easier for everyone to identify you by your name and avoids the 'I am sorry I have forgotten your name'. So, please pick up your badge if you have not done so and if you have, please wear it for the sake of your fellow members.

Many organisations charge a small fee for not wearing their badges and although from a financial perspective it is very tempting, we would prefer not to do so at this time.

Management Committee

The Management Committee meets once a month and is not open to the general membership to attend. If you are interested in being part of the Management team that

takes on the responsibility of the both the Club and Building management, the Annual General Meeting occurs yearly in October and all positions are available.

Management Committee

Free Activity Vouchers

Over past months, the Club has issued free activity vouchers for new members and as prizes for the monthly Bingo and Trivia afternoons. If you have one of these vouchers, please remember to use them when you next come to the Club to attend an activity.

What's On – during the month

Thursday -17 May - 9.30am - Shutterbug's Camera Group

The Shutterbug's Camera Group meets on the third Thursday of each month and our May get together will be held on Thursday 17 May starting at 9.30am. Our theme for this month's project is "All Creatures Great and Small" where we will take a look at some of our favourite animal photos. We will be discussing the various file formats commonly used in photography especially in relation to JPEG vs. RAW. We will get some tips on using our cameras in low light conditions and how we can get creative with our photography. Beginners and advanced photographers welcomed. *Norm Swanwick*

Thursday – 24 May – 10.00am - Investor's Morning Cuppa Group.

Our Investor's group will hold its May meeting on 24 May commencing at 10.00am. We will examine how the share market and the various investment sectors have performed over the past month. We will also review our "fun" investment portfolio and our new watch list which we started at our last meeting. So far we have Bapcor, NextDC, Supply Network, Seven Group Holdings, Phoslock Water Solutions and Redflex Holdings on our watch list. Want to learn more about these companies or any of the other companies of interest and making the news lately, then why not join us. Beginners and experienced investors welcomed. *Norm Swanwick*

Thursday 24 May - 1.30pm - Afternoon Lawn Bowls – Free Activity

Our May Afternoon Lawn Bowls get together will be held on Thursday 24 May starting at 1.30pm. 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*

Thursday - 7 June – 10.00am - Family History Group – WW1 & Australian Soldier Ancestors

This month we will be investigating the World War 1 involvement of Australian soldier ancestors and our guest is WW1 expert Patrick Regan. He will talk about his long-term interest is Australian First World War Service Records and how to access your relatives' service records. It is not too early to pop this one in your diary! *Liz Dean*

What's on - at the weekend

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

Saturday – 19 May – 1.30pm - 55 Plus Film Group – ‘Double Indemnity’

This month we are showing director Billy Wilder's classic *film noir* masterpiece, Double Indemnity. Made in 1944, it is a cynical, witty, and sleazy thriller about adultery, corruption and murder. Movie veterans Barbara Stanwyck, Fred MacMurray, and Edward G. Robinson give some of their best performances, and the story's unsentimental perspective is heightened by John Seitz's hard-edged cinematography. This film is considered a classic and as having set the standard for the films that followed in that genre.

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

Sunday - 20 May - 2.00pm - Let's Get Trivial Fun Quiz

Congratulations to the **Green Hobbits** who were our winning team for the month of April. Our next Fun Trivia Quiz will be held on Sunday 20 May starting at 2.00pm. Why not form a team with your friends, family or neighbours or just come along and join a table and get to know some of your fellow club members. We have two hours of fun with prizes to be won and an afternoon cuppa to boot. The normal \$4.00 activity fee applies. Please note that there will be no Sunday trivia quiz in June but we will have a special themed quiz on 24 June as part of the club's Winter Solstice celebrations, but more about that later. I hope you can join us for a fun and friendly afternoon's activity. *Norm Swanwick*

Special Events for your Diary

Thursday – 31 May – 10.00am - Biggest Morning Tea – Cancer Council

Following on from last two year's successful social get together for a good cause, the Club is again taking part in the Cancer Council's Biggest Morning Tea.

Hosting a morning tea is a rewarding experience that makes it easy for everyone to give, while having a good time. If you would like to support our Biggest Morning Tea, there is a notice on the board to register your level of involvement.

We encourage you to come along; take the opportunity to make a new friend, share a cuppa and some delicious food and help those affected by cancer. *Angie Ashley*

Saturday – 9 June – 10.30am – 2.30pm - World Wide Knit in Public Day

The 'Knit a Beanie' competition is now underway in lieu of the World Wide Knit in Public Day on Saturday 9th June and the beautiful beanies are being submitted. If you haven't done one yet, the entry forms are available from the Club's office. The forms can also be downloaded from the Club's website – www.55plusclub.org.au.

The day's celebration will be held in the hall with the entries being displayed on the halls picture rails. The winners will be judged by public vote and all beanies will be offered for sale with proceeds donated to charities and unsold beanies given to local hospitals.

A feature will be a wall display of Australian football code coloured beanies such as soccer, rugby and AFL along with matching knitted bears.

There is still plenty of time, so grab those needles, start knitting and watch this space for more details as they unfold! *Jan Hatch*

Winter Solstice Soiree – Sunday – 24 June – 3.00pm

This year our Christmas in July is being replaced by a 'Winter Solstice Soiree'. The shortest day and longest night of the year falls on June 21. To celebrate this event, we will hold a Winter Solstice Soiree on Sunday 24 June from 3:00pm[†] with some Special

Solstice Trivia, Songs of Solstice Singalong & some food for the Soul. All this for just \$12.00!

For Booking and payment see the Front Office. Why not get into the spirit of the Solstice by donning a mask for the occasion!

'Pop Up' Plant Sale - Saturday – 13 October

We are looking for assistance with a proposed 'Pop Up' Plant Sale in October. A Plant Sale is an opportunity to contribute and a way to engage the Club community on personal level with something that many do for pleasure. For all who are dividing plants, have that extra small sapling that has popped up courtesy of the local wild life, put them in a pot for the Club. This is an opportunity for all who are keen gardeners to lend a hand in gathering together items for sale. There are many ways that assistance can be given. So please, if you can assist with the following:

- **Any plants or seedlings**
- **Pretty, pre-loved cups/saucers**
- **Succulent cutting in pots or in plastic bags**
- **Cuttings or potting material**

or would like to be involved providing ongoing help, please contact the office - 6293 4004 or email: tugg55plusclub@gmail.com

Recycling

Thanks to the members who have brought in items for recycling. I recently delivered 10 bags of the various items we have collected and they were gratefully received by a number of childcare centres in the Tuggeranong and Woden areas.

As a reminder these are what we collect:

Plastic bottle tops from milk, juice and cordial bottles, etc. NO METAL

Egg cartons

Cardboard cylinders from plastic wrap, alfoil, gift wrapping, etc.

Old calendars / Greeting cards

Small boxes (10 tea bags, small toothpaste, chocolate, etc.)

Scraps of material

Wool oddments

Please note: no more jars until further notice

I also collect used batteries for recycling – I take these to Battery World in Woden.

Computer ink cartridges can be taken to OfficeWorks *Anne Meade*

Library Books

The books in the Founders' Library and Waterview Lounge have been sorted. They are marked according to the following genres and shelved in alphabetical order by author within those genres:

Crime/mystery/thriller

General novels

Non-fiction

Romance

Please return books to the specially marked "RETURNED BOOKS" box in the Founders' Library.

New books are always welcome. Please leave these also in the box so they can be sorted and marked before being placed on the appropriate shelves. *Anne Meade*

WHAT'S ON – APRIL / MAY

<i>Day/Date</i>	<i>Time</i>	<i>What's on in May / June</i>
Thurs 3 rd	10.00am – 12noon	FAMILY HISTORY GROUP DNA Testing
Thurs 3 rd	1.00pm – 3.30pm	BACKGAMMON
Sun 6 th	2.00pm – 4.00pm	SUNDAY SOCIAL BINGO
Thurs 10 th	10.00am – 12noon	ANDROID SPECIAL INTEREST GROUP
Thurs 10 th	12.45pm – 3.15pm	LAKESIDE ART GROUP Tutor: Catherine Alexander
Mon 14 th	9.45am- 12noon	iPAD SPECIAL INTEREST GROUP
Wed 16 th	10.00am	TEN PIN BOWLING Tuggeranong Bowling Alley
Thurs 17 th	9.30am – 11.30am	SHUTTERBUGS CAMERA CLUB File Formats & Photography
Thurs 17 th	1.00pm – 3.30pm	BACKGAMMON
Thurs 17 th	1.30pm – 3.30pm	READING GROUP Topic: Historical Fiction
Sat 19 st	1.30pm	55 PLUS FILM GROUP 'Double Indemnity'
Sun 20 th	2.00pm – 4.00pm	LET'S GET TRIVIAL!
Thurs 24 th	10.00am – 12noon	INVESTORS MORNING COFFEE GROUP 'Share Market Performance'
Thurs 24 th	12.45pm – 3.15pm	LAKESIDE ART GROUP Tutor: Catherine Alexander
Thurs 24 th	1.30pm <i>Note New Time</i>	AFTERNOON LAWN BOWLS Town Centre Vikings
Thurs 30 th	10.00am	TEN PIN BOWLING Tuggeranong Bowling Alley
Thurs 31 st	10.00am	CANCER COUNCIL BIGGEST MORNING TEA
JUNE		
Tues 4 th	2.00pm	GARDENING CLUB Bunnings Tuggeranong
Thurs 7 th	10.00am – 12noon	FAMILY HISTORY GROUP WW1 & Australian Soldiers Ancestors