



# Weekly Bulletin

Friday 5 October 2018

## **Highlights of the Coming Week**

**Sunday – 7 Oct – 2.00 pm – 4.00 pm**

### **Sunday Social Bingo**

Laurie and our favourite 'Bingo caller', Warren, will be back next Sunday, calling the numbers. Games prizes are in keeping with the flavour of the day; bingo sheets/dobbers will be available on entry. Notice is on the board for catering purposes!

**Monday – 8 October – 12.30 pm**

### **Annual General Meeting**

The AGM reviews the past year, all Management Committee positions are declared vacant and a new committee is elected.

Please come along on Monday 8 October to support your Club and your incoming Management Committee. The meeting will be followed by a light lunch.

*Anne Meade / Secretary*

**Friday – 12 October – 10.30 am**

### **Pitch & Putt Golf**

Our game saw 7 fellow club members enjoy a pleasant morning of sunshine and golf. Our Friday games for this month are 12 & 26 October, teeing off around 10.30am. Why not come along to the Canberra International Golf Centre in Narrabundah where there is plenty of free parking and test your short game golfing skills. You will need two clubs, a putter and a pitcher and a golf ball. If you don't have clubs, we should have some spares or will be happy to share our clubs. The green fees are \$9.50 for 18 holes which takes just over two hours to play or if you are a bit short of time you can play 9 holes. Hope you can join us. *Norm Swanwick.*

## **ACRYLIC ART WORKSHOP**

**Saturday 3 Nov - 10.00 am–1.00 pm**



The Club is offering a new activity – a beginners' acrylic art workshop. Local artist, Maria Polmeer, will show us how to “discover feelings which are waiting to burst out onto canvas”.

No previous drawing or painting experience is necessary. You will learn about colour mixing and produce a work of art to take home and enjoy. All art supplies are included in the cost of \$55.00 for the 3-hour workshop from 10.00 am to 1.00 pm. See notice board for further details.

Come along and have fun! Booking and payment by Friday 26 October. Office is open Monday to Friday 9.30 am to 2.30 pm or phone 6293 4004.

## **'POP UP' PLANT SALE**

**Saturday – 13 October 8.30 am - 12.30 pm**

Please let the office know if you have plants that can be sold on the day. There are sturdy boxes available in the Club's foyer for you to use to transport your plants which we ask you to bring to the Club named and priced, after 11.00 am on Friday 12 October. We need help on the day and are looking for people to man the plant tables – for an hour or so in the morning. We are planning to have the customary sausage sizzle and a Coffee Café, so if you can lend a hand, please contact the office - email: [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com) or phone 6293 4004 or in person. Margaret and I cannot do this on our own – why not use this opportunity to be involved in what will hopefully be an annual event! *Janelle Burns*

**Visit by Gordon Ramsay & Joy Burch  
Investors Morning Cuppa Group**

Last week, Minister for Veterans & Seniors, Gordon Ramsay, and MLA Joy Burch joined Norm and the Investors Morning Cuppa Group. Norm had done some research on Aged Care listed companies which was both timely and thought provoking. Our visitors were gracious and while their visit was a short one, they contributed to the lively discussion. This group is a very interesting one and worth a visit regardless of your investment circumstances!

**Looking Ahead.....**

**Sunday 28 October – 2.00 pm**

**Trivia Sunday!**

For all our trivia fans, mark in your diary our next “Let’s Get Trivial” Sunday fun trivia quiz which will be held on 28 October starting at 2.00 pm. Lots of prizes, lots of fun and lots of questions covering a multitude of subjects. If you don’t win a prize there’s always a great afternoon tea to be had. Here’s a hint; as it will be a week away from the Melbourne Cup, there will be a few trivia questions about the great race and all things horsey. So organise a team with your friends or family or just come along and join your fellow club members for a fun afternoon’s activity.

*Norm Swanwick*

**Tuesday 6 November – 1.00 pm**

**Melbourne Cup ‘High Tea’**

It is that time again to ‘frock up’ for the fillies! The ‘Race that stops the Nation’ will be celebrated on the first Tuesday in November with a stylish ‘High Tea’ and a round or two of Bingo. Sweeps, door prize, prizes for the Best Dressed and Novelty Hat and a glass of bubbly on arrival should make for a fun afternoon. And all for the modest price of \$15.00 – book & pay at the Office. Don’t delay as places are limited!

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Website: [55plusclub.org.au](http://55plusclub.org.au)

**\*Activity Update\***

**Bolivia – Mondays – 9.30 am**

Change of time – **Monday 8 October Only**  
9.00 am – 11.30 am

**- School Holidays**

During the October school holidays there will be no classes for the following activities:

**Yoga**

Will recommence - **Monday 8 October**

**Tai Chi & Zumba**

Will recommence - **Friday 19 October**

**Timetable**

**Saturday 6 Oct – Sunday 7 Oct**

Day / Date	Time	Activity
Sun 7 Oct	9.30 am	Walking Group
	<b>2.00 pm</b>	<b>Sunday Social Bingo</b>
Mon 8 Oct	9.00 am	Bolivia
	9.45 am	iPad SIG
	<b>12.30 pm</b>	<b>AGM</b>
Tues 9 Oct	8.10 am	Men’s Active Exercise
	9.00 am	Women’s Active Ex
	1.00 pm	Mah-jong
Wed 10 Oct	10.00 am	Carpet Bowls
	12.10 pm	Seated Stretch
	1.15 pm	K-nit ‘n’ K-natter
	1.30 pm	Bridge
Thurs 11 Oct	9.30 am	500 Cards
	10.00 am	Android SIG <b>CANCELLED FOR OCT</b>
	1.00 pm	Mah-jong
	3.45 pm	Bridge
Fri 12 Oct	10.00 am	Cycling Group
	10.30 am	Gentle Exercise
	10.30 am	Pitch & Putt
	12.15 pm	Learning Circle
	4.15 pm	Uke 55
<b>Sat 13 Oct</b>	<b>8.30 am</b>	<b>Pop Up Plant Sale</b>



Day / Date	Time	Event / Excursion
Sun 28 Oct	2.00 pm	Trivia Sunday
Tues 30 Oct	8.00 am	Birkenhead Point
Tues 6 Nov	1.00 pm	Melb Cup – High Tea