



Weekly Bulletin

Friday 13 July 2018

Pitch & Putt Golf Activity Tees Off!

Our new Pitch & Putt golf activity is now underway with four of us recently enjoying a fun morning's activity and plenty of sunshine. Future Pitch and Putt sessions will be held on the second Tuesday and fourth Friday of each month (except during school holidays). The next session will be held on Friday 27 July. We meet at 10.30 am at the Canberra International Golf Centre behind the Abode Motel in Jerrabomberra Avenue., Narrabundah. For additional details, check the Club's notice board, visit our web site or contact the office. If you have never wacked a golf ball before, why not join us and give it a go. We will be happy to share our clubs if you don't have any. *Norm Swanwick*

K-nit 'n' K-natter Beanie Stall, South.Point (Hyperdome)

Our Knit n Knatter group 'did us proud' with their Beanie Stall outside Coles at South.Point last week. Sunny smiles and clicking needles greeted you as you approached the stall, as well as a vibrant array of knitted items. A big thank you to Rich from South.Point management for providing the space and table for the group to continue what they started with WWKIP Day in June! Their collective efforts raised just over \$1400.00 – an amazing effort! This will be distributed to Give 5 for Kids, TROG Research and MS Society. Congratulations to Jan Hatch, her merry band of K-nit n K-natterers and everyone else who knitted and helped – well done!



Highlight of the Week

Thursday – 19 July – 9.30am

Shutterbugs – Camera Group

Our next meeting will be held on Thursday 19 July starting at 9.30 am. Our project for this month is our favourite photos taken during our recent outing to the Australian National Botanic Gardens. Mark Nickols will be giving us a session on camera image metadata - all the information which is automatically stored with your digital photos such as aperture, shutter speed, focal length, camera brand, date and time. We will also look at the various types of camera lenses, fixed and interchangeable including wide angle, telephoto, zoom and macro lenses, when and where to use them and how they work. Should you use a lens hood and what type of lens filters should you use? Whether you're a beginner or advanced, why not come along and join our friendly group sharing our knowledge and learning new ways to improve our photography.

Norm Swanwick

'Happy Holiday Snaps' National History Month

To celebrate our Family History research the Club would like to celebrate National History month (August) with a display of photos of our ancestors enjoying their holidays. The Club has frames to display photos or photocopies of photos so bring along a copy with your name and date of when and where the photos was taken if you know. *Liz Dean*



Dates for your Diary

Tuesday – 24 July – 4.30pm

Opening - 'The Beauty and History of Norfolk Island' Exhibition

Following a very successful group tour to Norfolk Island, the **Lakeside Art Group** is presenting an exhibition of paintings, photography and historical information at the 'Tuggeranong 55 Plus Club'. The group has a wealth of visual and written material to share.

The exhibition will be on display from **Wednesday 18 July** and will be officially opened on **Tuesday 24 July** by local Federal Member for Canberra, Gai Brodtmann. This will be a chance for a

catch-up for all those who went on the trip, and it will also an opportunity for all Club members

and their friends to have a glimpse at the beauty, culture and history of Norfolk Island. Light refreshments will be served at the opening. Please RSVP by Friday 20 July – notice on the board or call 6293 4004 We hope to see you there!

Catherine & Angie



Saturday – 21 July – 1.30pm

55 Plus Film Group - 'The Hanging Tree'

Made in 1959, this is a very adult Western; the story is simple and shows the West as it was, a hard, cruel and lonely frontier. Starring Gary Cooper and Maria Schell, this film has visual natural splendour as well as fine performances. A classic 'Cooper'! Notice is on the board for you to register your interest so that we have enough customary ice-creams. *Janelle Burns*

Timetable

Friday 13 July – Thursday 19 July

Day / Date	Time	Activity	
Fri 13 July	9.15am	Tai Chi	
	9.30am	Bridge (Advanced)	
	10.00am	Cycling Group	
	11.30am	Zumba Gold	
	12.15pm	Learning Circle	
	2.00pm	Indoor Carpet Bowls	
	4.15pm	Uke 55 Ukulele Group	
Mon 16 July	6.00pm	Square Dancing	
	9.30am	Bolivia	
	9.45am	iPad SIG	
	1.30pm	Table Tennis	
	2.00pm	Bridge	
	4.00pm	Seated Yoga	
	5.15pm	Yoga	
Tues 17 July	1.00pm	Mah-jong	
Wed 18 July	Display in Hall	'The Beauty & History of Norfolk Island' Exhibition	
	10.00am	Indoor Carpet Bowls	
	12.10am	Seated Stretch	
	1.15pm	K-nit 'n' K-natter	
	2.00pm	Bridge	
	Thurs 19 July	9.30am	500 Cards
		9.30am	Shutterbugs
1.00pm		Mah-jong	
1.30pm		Reading Group	
3.45pm		Bridge	
3.45pm		Yoga	
Sat 21 July		1.30pm	Movie Matinee
Tues 24 July	4.30pm	Opening of ' Norfolk Island' Exhibition	

***Tues Exercise classes resume on
Tues 24 July**