



Weekly Bulletin

Friday 20 July 2018

Highlights of the Week

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'!

Janelle Burns

Tuesday – 24 July – 4.30pm

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

The **Lakeside Art Group** is presenting an exhibition of paintings, photography and historical information from its recent very successful group tour to Norfolk Island.

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.

Catherine & Angie

Thursday – 26 July – 10.00am

Investor's AM Cuppa Discussion Group

Each month we look at how the share market and the various asset sectors have performed over the past month. We also review our fun investment portfolio and our watch list; companies we keep an eye on and maybe buy when the price is right. Last month we decided to sell our silver and platinum bullion holdings for a small loss and we added Agrimin (phosphate miner), Catapult (sports data provider) and Appen (information technology) to our watch list.

Beginners and experienced investors welcomed.

Norm Swanwick

Thursday – 26 July – 1.30pm

Afternoon Lawn Bowls

Unfortunately, due to wet weather our June lawn bowls session had to be cancelled. Hopefully this month the weather will be kind to us and we will be able to enjoy a fun afternoon's activity. Why not join us on Thursday 26 July at the Viking's Lawn Bowls Club, Tuggeranong, starting at 1.30pm. Never played before? Coaching and bowls are provided and it's all free and there's plenty of car parking at the rear of the club. Please wear flat soled shoes or go bare foot. If it's sunny, don't forget to wear a hat.

Norm Swanwick

Friday – 27 July – 10.30am

Pitch and Putt Golf Morning

Our first Friday Pitch and Putt golf morning will be held this coming Friday 27 July at the Canberra International Golf Centre on the corner of Hindmarsh Drive & Jerrabomberra Ave. Narrabundah (behind the Abode Motel). Tee off time is 10.30 am. Green fees are \$9.50 for 18 holes and there is no Club activity fee. It takes around two hours to play the 18 holes. Never hit a golf ball before? Why not come along and join us and give it a go? It's lots of fun and great exercise. You will need a pitcher and putter and a golf ball. If you don't have any clubs, we have some spares and we will be happy to share our clubs on the day.

Norm Swanwick

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'Happy Holiday Snaps' National History Month

There is still time to bring in a copy of your 'Happy Snaps' of your ancestors enjoying their holidays to help celebrate



National History month (August). 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*

A Courteous Reminder

Just a courteous reminder for members to be on time for activities, especially those which are divided into groups or teams (e.g, indoor bowls, Mah-jong, 500 cards, bridge) or are organised programs (i.e. exercise/yoga). Late arrival can cause distribution at times so please be mindful of relevant starting times.

Management Update

New Blinds

The blinds in the lounge have recently been replaced. You may have noticed that they have been hung correctly and are no longer getting caught and damaged by the sliding door handles. All the blinds are now manually operated and when closing them, please make sure they do not touch the floor. A much more efficient (although slower) pulley system has been installed which, once they have settled in, will make the blinds easier to use.

Successful Grant!

We are delighted to announce that the recently submitted Community Support and Infrastructure Grant application by our previous Secretary, Linda McDonell, has been successful and the Club has been given \$5,500.00 towards the cost of paving the outside area. We are in the process of finalising arrangements with ACT Property Group and can look forward to enjoying some extra 'outside' room.

Management Committee

Timetable

Saturday 21 July – Friday 27 July

Day / Date	Time	Activity
Sat 21 July	1.30pm	Movie Matinee
Mon 23 July	9.30am	Bolivia
	1.30pm	Table Tennis
	2.00pm	Bridge
	4.00pm	Seated Yoga
	5.15pm	Yoga
Tues 24 July	8.10am	Men's Active Exercise
	9.00am	Women's Active Ex
	1.00pm	Mah-jong
	4.30pm	Opening of ' Norfolk Island' Exhibition
Wed 25 July	10.00am	Indoor Carpet Bowls
	12.10am	Seated Stretch
	1.15pm	K-nit 'n' K-natter
	2.00pm	Bridge
Thurs 26 July	9.30am	500 Cards
	10.00am	Investors Discussion
	1.00pm	Mah-jong
	<i>1.30pm</i>	<i>Afternoon Lawn Bowls</i>
	3.45pm	Bridge
	3.45pm	Yoga
Fri 27 July	9.15am	Tai Chi
	9.30am	Bridge (Advanced)
	<i>10.00am</i>	<i>Cycling Group</i>
	<i>10.30am</i>	<i>Pitch n Putt</i>
	11.30am	Zumba Gold
	12.15pm	Learning Circle
	2.00pm	Indoor Carpet Bowls
	4.15pm	Uke 55 Ukulele Group
	6.00pm	Square Dancing
 Sun 6 Aug	2.00pm	Social Bingo!