



Communities@Work

Dedicated people making a difference

“Be Active, feel great” ... at the new Tuggeranong 55 Plus Club

Residents 55 plus (and loving it!) living in the Tuggeranong region are invited to come along and be part of an exciting new Tuggeranong 55 Plus Club which starts in Tuggeranong on January 14. To celebrate the start of the club nibbles and drinks will be provided in Meeting Room 1 at the Tuggeranong Community Centre from 6 – 7pm.

The theme of the Tuggeranong 55 Plus Club is *“Be active, feel great”*. The Club will operate from the Tuggeranong Community Centre. Club benefits include a weekly club meeting day on Mondays, a club newsletter, group outings and a wide range of different activities from conversation, guided bushwalks and book club to bocce, boot scooting and garden workshops.

The new club has been initiated by one of Canberra’s largest regional community service providers - Communities@Work. Research indicated strong support for the establishment of a Seniors Club in the Tuggeranong Region to provide a range of stimulating activities for residents over 55. An enthusiastic group of people have formed the initial core group of the club, brainstorming ideas and providing valuable feedback on membership, activities and associated costs. Flexibility of days and times were expressed as important, with a desire to be able to attend activities in the evenings and weekends as well as weekdays. It is expected that as the club grows, so too will the variety of activities available to members.

Tuggeranong 55 Plus Club is a new initiative and has been made possible with assistance from the ACT Government’s 2006-07 ACT Seniors Grants Program. The club will be officially launched during Seniors Week.

For more information call Communities@Work Community Development Officer on 6288 4744.

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MEDIA RELEASE