

14 April 2010

Share the news!

Please pass this information on to any members of your groups who are not on email. Copies of this newsflash are left at Reception, and one will be put on the notice board.

Rusty Woodward, President

Movies

Don't forget the **movies** on the first Tuesday of the month (next movie day will be Tue 4 May). Those who are interested will meet in the Food Hall at Tuggeranong Hyperdome, near the Limelight Cinema Entrance at 10.30 am. Cost is \$6.50 per person. Decision as to which movie to see will be made on the day, but you can go to whichever movie you wish and meet for coffee afterwards. Look out for the Club logo on a table and introduce yourself to whoever is there. This is a very informal group, so just turn up.

Ladies Day: Southern Cross Club, Woden located at: 92 – 96 Corinna Street, Woden)

Correction to previous advice – the April luncheon is on Tuesday 20th April (not 16th April as previously advised), commencing at 12.00. Cost is \$14.00 for Southern Cross members or \$16.00 for non-members which includes a 2-course meal, coffee or tea, live entertainment, lucky door prize and games.

Ring 6283 7200 at least three days prior and book for the Tuggeranong 55 Plus Club table. Pay on the day. If there are insufficient people to fill the table, they may combine our Club with another table.

Annette Ellis has kindly invited Club members to visit Parliament House on the morning of Wednesday 19th May, where we will be conducted on a tour of the House followed by morning tea with Annette. A bus will be organised to pick-up at the front of the Communities@Work Centre. As soon times are known, you will be advised. Only 20 people can be catered for, so it is first in, best dressed. Leave your name and contact number with Reception.

Question Time

If there are any members who would like to go in and see what our Federal politicians get up to in Question Time, please register your interest at Reception. If there are enough people we may be able to get a bus, for which there will be a small charge. If not, we will look at car pooling.

International Dancing

One of our members has kindly offered to conduct International Dance Classes, which should be a lot of fun. You don't need a partner and many dances involve walking to music, which is not too strenuous. Please register your interest at Reception if you would like to participate in this activity. Get the men along and let's make it a real social get together.

Tai Chi

Tai Chi is a recommended exercise for all older people as it strengthens the muscles and improves core body strength, thus minimising the risk of falls. Talk to your doctor if you have any concerns. This group demonstrated the art of Tai Chi at the Grand Party in the Park at the start of Seniors Week and was very well received, particularly the skills demonstrated with the knives and fans. Tai Chi classes are held on Tuesdays in the main hall from 11.00 am -12.00 noon.

Bus Tours of the National Arboretum Canberra

Murrays Coaches have kindly sponsored bus tours of the National Arboretum for the second Sunday of each month, with the first scheduled for **Sunday 11 April 2010**. The Friends of the Arboretum will provide a guide for each tour. Places are limited so bookings are essential. Contact Jocelyn on mob: 0406 376 711 or email hackman@grapevine.com.au to book your seats.

The tour is free, however, a gold coin donation is welcome to help support the work of the Friends' Association. Meet at the bus stop outside the Legislative Assembly, Civic Square at 10.15 am for a 10.30 am departure. Bus returns to the Civic Square at 12.00 noon.

All tours are on Sundays, throughout the year with the next two being on 11 April 2010 and 9 May 2010.

There is a 50m walk along a graded path, which is optional.

Help Needed

The Committee are looking for two people to assist Karen Jesson in the organising and sourcing of new activities. We would like to expand our range of activities, and to do that we need to know what people want from the Club. A survey will be going out in the not too distant future, and the returned surveys should give us an indication of the activities our members want to participate in. Please contact Karen Jesson on 6287 2522 if you think you can help.

Workshops – Available spaces!

Volunteers ACT have invited our Club to participate in some workshops relevant to not-for-profit groups, such as ours. The workshops are conducted on a Saturday morning. We have reserved two spaces. Rusty will be attending the sponsorship and fundraising session.

15 May: Social Media

5 June: Getting your organisation PR Ready

10 July: Sponsorship and Fundraising

14 Aug: Writing for the Media

If you are interested, and we still have a vacancy, please contact Rusty by email on rw123@tpg.com.au

Your co-operation is needed!

Could all groups nominate one person to be a contact with the Committee. They must have an email address. This is not an onerous task, just another communication avenue, if we need to contact a specific group rather than all Club members.