

**7 May 2010**

### Share the news!

**Please** pass this information on to any members of your group who are not on email. Copies of this newsflash are in a plastic sleeve on the Notice Board at C@W. Please let non-email members know they can take one.

### Monthly Calendar

There is also a **Monthly Calendar** on the Notice Board, which will serve as a reminder regarding those activities which do not occur every week, plus other activities which may be of interest. If anyone would like to take the job on of producing this Calendar each month, please email:

[55plus.commsatwork@gmail.com](mailto:55plus.commsatwork@gmail.com)

### New Activity Calendar

There is a new Activity Calendar available at Reception and you will see that it features two of our own members. There are some new activities listed and some that have been removed, which are not currently available.

### NEW MEMBERS PLEASE NOTE the following:

**SOCIAL SUNDAYS** will be held from 2.00 pm – 4.00 pm in the Balcony Room. Cost is \$2.00 commencing 30<sup>th</sup> May then the last Sunday of every month through to November.

Have a cuppa and a biscuit, welcome any new members, find out what's happening at the Club and check out the activities the Club has to offer.

### Parliament House Visit (FREE) Wednesday 19th May 2010

This excursion will take in areas not normally seen by the public.

Bus departs Communities@Work at 9.45 am on the dot. Brunch will be supplied. As security passes have to be organised by Annette Ellis's office, bookings will close at 3.00 pm Friday 14<sup>th</sup> May. Security passes will be given to you on arrival at Parliament House.

***Don't miss out! Book NOW in person at C@W Reception or ring 6293 6500.***

### Mother's Day (Sunday 9<sup>th</sup> May)

The ACT Government have sponsored a **Mother's Day Celebration in Glebe Park, 11.00 am – 3.00 pm** – which will feature a Robbie Williams tribute show, massages for Mum, a reptile show and activities for children. Entertainment is free and there will be food on sale.

### Name Tags and Membership Cards

***Volunteers are required to assist with this project.***

We are getting closer to being able to provide a membership card and a name badge. Once the cards are printed, we will need help to insert the Membership Cards into plastic holders and laminate them. Obviously all materials will be supplied. If there is anyone out there who could assist, just leave a note at Reception with your name and contact number or email:

[55plus.commsatwork@gmail.com](mailto:55plus.commsatwork@gmail.com)

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## Club Survey

By now, you will have received the survey and we hope you will all complete this and return it in the Reply Paid envelope as soon as possible. These surveys will tell us what you want from the Club and the activities you want to participate in.

## Attention Bike Riders

We have a member who has received a bike for her birthday and she wants someone to cycle with around the lake. This will be a beginners group - no mountain bike riding (not yet anyway).

## New Activities

Some new activity suggestions received are:

- Ageing & Health Workshop
- Badminton
- Bead Jewellery
- Bird Watching Club
- Bridge Club
- Cake Decorating
- Card Making
- Chess Club
- Creative Writing
- Drumming Workshop
- Fishing Club
- Flower Arranging
- Kite Making and Flying
- Learn a new language
- Mah-Jongg
- Pen Pal Club
- Prime Ball
- Reflective Journal Writing
- Scrap Booking
- Sewing
- Trivia Night/Day
- Volunteer to Usher (get to see shows free)

*These can be permanent activities or short courses. Your Club - Your Decision, just let us know. **Pick up an Expression of Interest form at C@W Reception.***

## Help Wanted

Karen Jesson is looking for two people to assist in the sourcing **and organising** of new activities. We need to expand our range of activities. Please contact Karen on 6287 2522 if you think you can help.

## Is there anyone out there handy with a sewing machine?

We are seeking someone who can make 6 or 8 aprons with "Tuggeranong 55 Plus Club" embroidered on them. All materials will be supplied. These are for use at the Bunnings Sausage Sizzles and any other activity where an apron is required.

## Contact Person from each Group

**We are still waiting for one** person from each group to serve as the contact person for each group.

This is not an onerous task and carries with it no responsibility for the actual group. The contact would only be used to communicate information to their particular activity, i.e. change of venue, time or something similar. The person selected must be on email for ease of contact. Please talk it over and email Rusty at:

[55plus.commsatwork@gmail.com](mailto:55plus.commsatwork@gmail.com)