

Annual General Meeting Guest speaker bush fires action group president

THE club's Annual General Meeting will take place at the club on Monday 19 September, at 1pm.

Nominations for the positions of all office bearers must be lodged by close of business on 12 September. Forms are available at the front office. Motions for discussion at the meeting must be lodged in writing with the Secretary by 5 September.

Guest speaker will be Richard Arthur. Mr Arthur, a barrister, is president of the Phoenix Association, an ACT residents' action group formed after the January 2003 bush fires disaster. Woden Senior Singers will entertain.

Club to lose its manager: George Heron will be missed

It is with regret that I announce that the club's manager, George Heron, has decided to leave us. George, who took up the position in January, leaves on 21 October.

George served in both the British and Australian Navies, reaching the rank of commodore before retiring in 1990. He then served in troubled areas of the world on behalf of the Red Cross and Care Australia before becoming manager at the Griffin Centre.

Clearly George was a considerable acquisition when he came to the WSCC, and he has provided outstanding service during his too-brief stay with us. His managerial skills and conscientious



The Tuesday gentle exercise group chose the club's Christmas luncheon to say thank you to their departing instructor, Marlene Reid, who has been replaced by Jackie Yow. Read about the group on P 5.

Club almost loses treasurer, too!

The club almost lost a Treasurer recently. Happened when Barry Hogan took advantage of a momentary lull in traffic to hasten across Hindmarsh Drive, opposite Magnet Mart, lost his footing, and found himself lying full length in the road. Barry's first thought was, "Can't get up; my ribs hurt like b -----". And his second, "When the lights turn to green I'm a gonner".

Then - and this goes to show that someone up there is looking after Barry - an ambulance approached on the other side of the road, its driver saw Barry's plight, did a U-turn over the central nature strip, and stopped, shielding Barry from traffic that was now bearing down on him.

The ambulance crew then revived Barry, stood him up, made sure he was well enough to resume his journey, and went on its way. Thank you ACT Ambulance Service. Because, really, we need Barry. Who else would be Treasurer?

attention to detail will be sorely missed.

On behalf of myself, as president, and the committee and members, thank you, George. We wish you the very best.

Anne Murray

Recipe book at fete

If all goes to plan the club's recipe book will be on sale at this year's fete, on Saturday 22 October, 9am-3pm.

The Canberra Southern Cross Club have kindly agreed to pay for its publication, and club members have contributed their favourite recipes.

Should be a winner.

Are we killing our Willing Horses?

We all know that this great club of ours is run entirely, except for our manager, with volunteer labour. And even our manager puts in many hours of "volunteer time" over and above his salaried hours. Lots of people are continually working to keep things running smoothly and we all reap the benefits, but it seems to me that every time something needs to be done, we are always asking the same few Willing Horses! (I have this crazy vision of arriving at the club one day and finding a whole lot of dead horses lying in the hall with their toes pointing ceilingwards.)

Now I feel certain that in a club of this size, with lots of members, there must be a few shrinking violets hiding in the woodwork who would be only too happy to be asked to help from time to time. Help could be in many ways. It could be setting up for a function, cleaning out cupboards, defrosting the fridges, brushing away cobwebs, etcetera. Lots of things need doing only once a year. Other jobs come up unexpectedly and who do we call for? No, not Ghost Busters! It's the Willing Horses again because we don't know who else to ask!

Well, the time for positive action has come! If you would be prepared to help out just occasionally - and you would be entitled to say "No" when asked - please put your name on a "Volunteers List", to be found on a clip board in the Secretary's file. Come on - don't be shy!

Please lighten the load on our Willing Horses.

Gail Giuliano (Secretary)

Sign language (2)

In a London department store:
Bargain basement upstairs.

Notice in health food shop window: Closed due to illness.



Promoting the club University of Canberra project

The last issue of Meridian reported that a group of students from the University of Canberra was working with the club, under the watchful eye of a mentor who is a senior public relations practitioner to develop a strategy for promoting the club, its activities and services with a view to expanding its membership.

This activity has been progressed under the ACT Branch of the Public Relations Institute of Australia Students' Awards for Excellence (Student Challenge) program.

The students are due to present their strategy around the time Meridian goes to print, and we wish them every success.

The survey form distributed with the June edition of Meridian was an important element in the strategy development process, and the large number of responses from members was of great help to the students.

A summary of the survey results and the recommended promotion strategy will be included in the next issue of Meridian.

George Heron

The club's Christmas in July luncheon was well-attended, and a great success. The luncheon has become a well-established and popular event on the club's calendar. Digital colour images are available for viewing in the club's community technology centre. Well worth having a look.

Outward Bound for Seniors

This was a highly-successful project, made possible by the support of the ACT Government's Canberra Community Grants Program, with 19 club members participating. It involved extensive administration and communication during the project development phase. A vital component of this was a meeting between Outward Bound Australia (OBA) staff and interested club members held on 22 April which assisted OBA in developing a program of activities tailored to the interests and capabilities of the intending participants. A similar meeting took place after the Outward Bound course with the specific purpose of evaluating the course.

The outputs from this meeting and the evaluation process carried out by OBA will help to make any future courses for seniors even better.

Grants - how they have been spent

The club has now received three grants from the ACT Government that will result in substantial improvements to the facilities and infrastructure.

The first grant, for \$30,000, was received in June 2004 under the Renew Community Facilities Pilot Program. This grant has spent on the following:

- 1 Consultant assistance with implementing action plans relating to facilities and management.
- 2 Car park improvements, including resurfacing and line marking.
- 3 New signs, including replacement of the large sign near Melrose Drive and signs intended to deter unauthorised parking.
- 4 Landscaping.
- 5 Purchase of new chairs and fabric and inserts for cushions.
- 6 Installation of shelving for storage.
- 7 Purchase of a new photocopier, with auto feed, duplex and sort capabilities.
- 8 Purchase of a new telephone (partly funded by club).

The second grant, for \$50,000, was received in March 2005 under Round 1 of the ACT Government's Renew Community Infrastructure and Facilities Program. Some of this grant has so far been spent on:

- 1 Clearing the storm water drains of tree roots and other obstructing material.
- 2 Clearing the sewerage system of roots.
- 3 Repairing the roof, gutters and downpipes.
- 4 Improving the emergency exit signage.

Other improvements that will be funded by this grant include sanding and polishing the floors in the two halls, external painting, kitchen refurbishment and installation of reverse cycle air conditioning in offices and meeting rooms.

A contractor has been selected to carry out the external painting (gutters, downpipes, fascia boards, timber doors, beam extensions and walls of the main storage space). By the time Meridian is printed it is expected that this work will have been completed.

A contractor has been selected to carry out the work on the hall floors. This work will be done in early October during the school holidays to minimise the impact on club activities. The club will be closed to all activities from Monday 3 October (a public holiday anyway) to Friday 7 October. Sanding will commence during the weekend 1-2 October, but will be programmed around the few activities programmed for those days.

Planning is underway for the kitchen refurbishment. A small group of members was formed to define the user requirements for the refurbished kitchen. Priorities identified by the group include replacement of

the oven, hotplates, bench tops, cupboards and drawers. Where possible, changes will be made to the layout that will increase the bench top area and storage capacity. The work will include items required to comply with contemporary health standards, including plastering over the existing bare brick walls. Designs are being developed, and final plans will need to be cleared with the Health Protection Service of the ACT. It is hoped that much of the work can be carried out during the first week in October when the Club will be closed for the refurbishment of the hall floors.

Quotations have been obtained for installing air conditioning in the offices and meeting rooms. These have been evaluated and installation will take place shortly.

The third grant, for \$73,500, was received in May 2005 under Round 2 of the ACT Government's Renew Community Infrastructure and Facilities Program. This grant is to fund the following:

- 1 Replacing defective emergency lights.
- 2 Installing a fire alarm system.
- 3 Replacing existing furniture in the dining areas.
- 4 Developing a master plan for a major expansion of the existing club building.
- 5 Installing dual flush toilets.
- 6 Siting a modular building close to the existing building to increase usable space.
- 7 Installing sound insulation between hall 2 and the verandah to increase the opportunities to program simultaneous activities in the two halls when one or both involve high noise levels.

The grant also provides more funds towards the kitchen refurbishment.

The defective emergency lights have already been replaced, one each in the two halls, one in the disabled toilet area and one in the foyer. The dual flush toilets are programmed for installation during the first week in October when the club will be closed for other refurbishment work.

The process of developing a master plan for a major expansion of the building has commenced. This action relates to development option 2 set out in the club's strategic plan, namely redevelopment of the existing building to provide a greater range of activity spaces to satisfy the needs of an increased membership. Development of the master plan is being coordinated by Richard Small of Small Quinton Coleman Architects, the firm that previously developed the user brief during the strategic planning process. He met with members of an advisory group from the club on 8 July and 27 July and with the Committee of Management on 18 July.

In addition, a client workshop is planned. The master plan should be presented to the Committee of Management shortly after the workshop.

George Heron

Club attracts new members

There has been a steady stream of new members joining the Club between January and July 2005. The total by late July was 140, of which 37 joined in February when a new University of the Third Age activity, painting and drawing, was programmed for Friday afternoons. However, this increase is expected to be offset significantly by a number of members who joined earlier not renewing membership.

MEMBERSHIP RENEWAL

The procedure set out in the June 2005 issue of the Meridian has worked very well. However, the daily rate of renewal has dropped off to close to zero, with many renewal forms still not actioned. Members who have not yet renewed are accordingly requested to do so as a matter of priority. The arrangements for renewal are:

- 1 Membership can be renewed at any time the office is open.
- 2 Renewal forms will be held at the Club.
- 3 Forms have been printed for each member required to renew.
- 4 These forms contain personal and emergency contact details currently recorded on the Club data base.
- 5 If these details remain current, renewal will involve simply signing and dating the form and paying the renewal fee of \$6 and, if required, the parking fee (now \$6 also).
- 6 A receipt will be issued together with, where appropriate, a blue permit for the car park.

If you joined since January this year you do not need to renew membership but you do need to obtain a new (blue) parking permit from the office.

If you have received this Meridian but do not intend to renew membership, please advise the club so your name can be taken off the membership list. GH

Volunteers with first-aid certificate

On Saturday mornings, from 10 to 11, a group of club members, usually in the order of ten, attend the hydrotherapy pool at Canberra Hospital. The activity is co-ordinated by Vivienne Singleton, and is important to the physical well-being of those who attend.

A St John Ambulance volunteer is usually present to provide first-aid if required. Without a first-aid volunteer, the activity

could not take place. On some occasions this year, a St John volunteer has not been available, and the activity has been cancelled. This is very disappointing for members who look forward to the therapy. The club has tried to identify an alternative source of volunteers, but has succeeded on only one occasion.

We are therefore seeking to establish a list of stand-by volunteers from our club membership who have a current first-aid certificate, who would be able to assist someone out of the water and then apply first-aid if required, and who might be available to stand in at short notice (normally a day or two) on a Saturday morning.

If you would like to be on the list of volunteers, please let me know as soon as possible. GH

Thank you, Peter Brady!

Our club has been fortunate to have had an excellent professional partnership over the past three years with Peter Brady, Director of Office of Ageing in the ACT Chief Minister's Department. Members who came to our Christmas party will remember Peter's Elvis impersonation. It was absolutely hilarious, and Peter was obviously a very talented performer.

Members will also remember that Chief Minister John Stanhope, opening our Autumn Fete in 2002, expressed his support for our club, and said, "Talk to Peter. He will examine your needs, and get back to me".

We did, and Peter proved enormously supportive. This is evidenced by grants received since that time (see page 2). Peter also expressed his support for the club's broader objectives, the framing and implementation of a Strategic Plan aimed at providing the club with a modern facility to serve the needs of existing members, and increased demand as the number of older people in our "catchment area" inevitably increases. Peter's door was always open to us.

Regrettably, this partnership is coming to an end as Peter is to retire from the Public Service. I have written to Peter thanking him for his efforts on the club's behalf, and wishing him well in the future. Anne Murray

New activities opportunity

An opportunity for new Club activity/activities has arisen for a prime time, between 11.45am and 4pm, on Thursdays in hall 2.

Any member or group of members interested in establishing and organising a new activity should contact the Club Manager to register an interest in taking up some of the time during which hall 2 is now available.

Line dancing is an activity sometimes mentioned during enquiries from potential new members. Is there anyone interested in starting up a line dancing group?

Solo group needs new card players

The Solo card group meets on Mondays from 10-11.45am.

The number of players in the group has declined in recent times. The group is keen to increase its numbers again and accordingly invites any members (or non members who would like to join the club) who are interested in playing Solo to join the group. Current members of the group would be happy to teach beginners or players who have lost previously held Solo skills. If you are interested, please advise the Club Manager.

Sign language

On a repair shop door: We can repair anything (please knock hard as the bell doesn't work).

In a laundromat: Automatic washing machines. Please remove all your clothes when the light goes out.

Digital Divide benefits club

THE last few months have been most significant from an IT perspective. We have had our four refurbished computers installed under the Digital Divide scheme and have already added some of our own enhancements and software. Their most important function at this time is providing members with training, and this is covered elsewhere. Private usage is anticipated to grow as members gain expertise.

The computers offer several applications, including email,

internet browsing, word processing and spreadsheets. In the near future we will be installing the current versions of Microsoft Word and Excel, obtained by either direct donation from Microsoft, or by purchase via a grant already received from the ACT Government. Also, in the near future and courtesy of the grant, we will be providing members with the means to make their own CDs/DVDs.

The computer facility now has its own exclusive notice board

alongside the computer room. Members wishing to enrol in classes or bring themselves up to date with news involving the computers, now need to look in one place only. Additional expertise in computer operations has been gained by Mike Dinn and Barrie Clarke taking the role of webmaster, leaving Dennis Glanville free to concentrate on the task of Systems Administrator. Dennis would be delighted to hear from anyone who would like to be an assistant Systems Administrator.

There is no charge for members using the computers for their own private purposes. There is no necessity to book in advance, although it would be prudent to do so to avoid the possibility of coming to the club and finding the room and/or computers already in use. Classes attract the normal club activity contribution.

Members will also observe that the computer room has been designated as a "Community Technology Centre"; this acknowledges that the club provides a service to a section of the community, in this case the seniors, thus qualifying for Government assistance via the Digital Divide scheme.

This Community Technology Centre is proudly assisted by the ACT Government - building our city, building our community.

One of the requirements of the Community Technology Centre project contract is that we provide statistics showing the extent to which the members are using the computers. To this end, members using the computers for their own purposes are asked to enter details on a usage record kept in the computer room. This is not checking on anyone's activities; it is to verify to the ACT Government that their free donation of computers is benefiting the members.

David Griffiths

IMB Wisdom Saver Account

ARE YOUR RETIREMENT FUNDS GOING NOWHERE?

The IMB Wisdom Saver account is a **HIGH INTEREST, AT-CALL DEEMING ACCOUNT** available to any member aged **55 YEARS** or over, or any member in receipt of an eligible permanent pension.

Increase your retirement funds with **FEE FREE** transactions and the added convenience of having your money available *if, how and when you need it!*

For more information, call in to see the Team at

IMB Woden	Ph: 6122 8200
IMB Canberra City	Ph: 6262 7408
IMB Belconnen	Ph: 6253 5688
IMB Queanbeyan	Ph: 6297 4675

- *No Account keeping fees*
- *No transaction fees*
- *Specially created for over 55s*
- *High interest, paid quarterly*
- *At-call deeming account*
- *Convenient access to funds*
- *Open with as little as \$500*



imb.com.au *IMB's for me*

This information has been prepared without taking account of your objectives, financial situation or needs. Before you act on this information, you should consider the Product Disclosure Statement and Supplementary Product Disclosure Statement before deciding whether to acquire it. EIS and SPOs are available from IMB Sales Centres or by phoning 132 4632. IMB Ltd ABN 92 087 651 504 J.S.F.L. 207291

Keeping fit not difficult, and it can be fun, too

EVERY Tuesday morning, between 10 and 11am, an enthusiastic group meets at the club for a program of gentle exercises, under the supervision of a qualified YMCA instructor.

Recently, Jackie Yow took over from Marlene Reid, who was "officially thanked" for her outstanding work when she attended the club's Christmas-in-July luncheon (see page 1).

Paulette Raison told Meridian that since joining the group her outlook had completely changed. "Having suffered a heart attack several years ago, and now suffering from osteoporosis, I have gone from thinking that exercise is for young, fit people to thoroughly enjoying the fun, friendships and improved fitness from participation in the classes".

Paulette said the friendly guidance and encouragement from instructors had been a real bonus. "They take such a special interest in all individuals", she said.

"I recommend these classes to all seniors, regardless of current

Exercise class

If you think your days of fitness have passed,
Your mind's okay but your body won't last,
Come give it a go at our exercise class.

Your "get-up-and-go" has long since gone?

At WSC we'll show you you're wrong
Our exercise class is both friendly and fun.

Listen to your body,
Work at your own pace -
Nobody here is trying to race.

Then join us for coffee
Or maybe some tea -
Come join the friendship at WSC.

Yvonne M. Dunn (21 July 2005)



health or age.

"So, spread the word".

Ruth Winstanley agrees. Ruth was one of the first members of the group, when it commenced about three years ago. She says she has seen many people benefit. "I have seen members who had to use wheelchairs, walkers or walking sticks improve to such an extent they now walk unaided".

Ruth is a long-time resident of Canberra, coming from Melbourne in 1976. For a while she lived at Batemans Bay, but returned to Canberra in 1990 when her husband died.

She has served on the committee of the Woden Senior Citizens' Club, and serves as a volunteer on the Cancer Council and on the committee of the War Widows' Guild.

"I play mahjong, and I travel fairly frequently. I believe the gentle exercise group is largely responsible for keeping me fit".

Paul and Edna Rafferty have been enthusiastic members of the group for the past three months. They both say the gentle stretching exercises help keep them loose and supple.

They also enjoy the company of their "classmates". The group is usually about twenty, and women far outnumber men. But Paul says that being outnumbered is no problem. "The ladies are very nice to me", he says, "although I do encourage more men to take

advantage of the classes".

Paul and Edna are comparatively new to Canberra, having spent most of their lives in Wagga Wagga. Paul is also an enthusiastic member of the art group on Fridays, and says one of the nice things about being a member of the club is meeting people outside the club. "At the shops or wherever, a familiar face, a smile, an 'hello'."

Delia Riley joined the group about two years ago, after it was recommended to her by friends.

"It's been great", she says, "I have even lost weight!"

Delia is a long-time resident of Canberra. She came in 1958, from Melbourne, with her husband, now sadly passed away.

She, too, finds the exercises enormously beneficial. She is obviously fitness-conscious, as she enjoys a brisk walk around Mawson, tuned into the ABC on her transistor radio.

"It's good to get to know other members", she said. "I find that the group is particularly good for new Australians. They are always made very welcome".

So, then, an enthusiastic group, and a group of people who recognise the importance of doing something about keeping fit.

Something that the rest of us might think about. To our advantage.

Dennis Blewett

Computer interest group

WHEN an activity group puts an announcement in the Meridian, it is usually to advise members of something which is coming up in their future program. But this is exactly the opposite – this time it is about something we are not going to do.

How come? Well, one of our next major projects was to have been to construct a database of the Silicon Kid's answers to readers' computer problems over the past few years in the Canberra Times. Not for publication I hasten to add, but as an exercise in database management, with a useful end product as a bonus. A mammoth undertaking indeed, to be approached with some trepidation.

But our thunder has been stolen by the Kid himself! At a PC Users Group meeting I attended the other night it was revealed that he has already done just that and is about to put the results on a website hosted by the PC Users Group. The site should be up and running by the end of the

year, at which time anyone will be able to tap in to the Kid's wealth of experience.

With that rug pulled from under us, we are now looking for an alternative project, and one suggestion has been to mine the ubiquitous magazine discs for useful free programs. Again, a good exercise in database technique but with a useful result. We have discs going back several years, but a good program doesn't lose its usefulness, despite the market forces' attempts to persuade us otherwise. If you would be interested in participating in such a project, come along to our next meeting (1.30 pm. on 12 September) to discuss ways and means.

Dennis Glanville

FROM THE RECORDS CLERK Membership renewals task

Once again we have come to the end of the flurry of membership renewals, which characterises the months of May, June and July, and my thanks go to those volunteers who slaved over a hot

computer to enter the data, particularly as I was obliged to be away for much of that crucial period.

This year the renewal forms, instead of being posted to members, were available at the office, thereby saving the club a substantial amount in postage. This system has proved quite acceptable to members and has worked very well. There was something of a hiccup in data entry procedure which revealed a weakness in the system and necessitated some hasty repair work to the database – which only goes to show that as soon as you think you have devised a bomb-proof system, someone invents a new kind of bomb!

However, the lesson has been learned and the problem has been quarantined.

At the time of writing we have around 530 members, with many renewal forms still unclaimed.

Dennis Glanville

Jewellery wanted

The club is having its annual fete in October and I would be very happy to receive used jewellery for the jewellery stall. Please call me on 6281 4943, or leave at the front office. Jov McDonald

Good Times

HELLENIC CLUB

3 RESTAURANTS • 8 BARS • 2 COFFEE SHOPS
DEDICATED STATE OF THE ART SPORTS LOUNGE
TRITON ENTERTAINMENT LOUNGE
THE LATEST GAMING FACILITIES • FUNCTION ROOMS

HELLENIC FUNCTION, ENTERTAINMENT
AND CONVENTION CENTRE

H

Tel: (02) 6281 0899 Fax: (02) 6282 4487
Matilda Street, Woden ACT 2606 For the information of members and guests

Have you done a computer course?

Next month the club runs its 50th computer class. That means many of our members are now getting the benefit of being able to prepare letters or notices on a computer, send email or look up information on the internet. A keen group of volunteers has been working to train our members. The people who have done the classes comment on the friendliness and helpfulness of our volunteer trainers – and the volunteers all say how much they enjoy helping the students.

Have you tried a class yet? Our aim is to help everyone in the club feel that they can use a computer if they want to. The beginners' classes are really for complete beginners and they are run by seniors for seniors – so no one will ever feel embarrassed in a class.

Remember, the computers have been provided to the club under an ACT Government program especially for the benefit of seniors, so you can use them for nothing outside class times. The only charge for attending a class is the normal club activity fee.

Why not try the beginners class and find out what it is all about?

Grahame Hellyer

Club administrator: Could it be you?

The club will be seeking an administrator from 21 October 2005.

Details of responsibilities are available at the front office.

Essentially, the club will be seeking someone with "people" and organisational skills, the ability to plan ahead, flexibility and enthusiasm.

While it has been assumed that someone outside the club will be appointed, it may be that the position will be on interest to club members.

A "job sharing" proposal could be a possibility.

Hours are 8.30 to 4.30 Monday to Friday, salary up to \$36,000 a year, to be negotiated.

Anyone interested should talk to President Anne Murray about it.

October fete: Chief Minister to open

This year's fete will take place at the club on Saturday 22 October, between 9-3.

Chief Minister John Stanhope will open the fete.

As in previous years, considerable work has gone into ensuring the success of the fete.

Stalls and co-ordinators are:

Art work - Ann Baker (exhibited by club's art groups and sold at 20% commission); Books - Elizabeth Lising; Cakes and preserves - Not yet finalised; Devonshire teas - Sue Murray; Craft - craft group; Elsa's treasures (no clothes) - Elsa Martinsen; Garden equipment - Des Davies; Plants - Patricia Bodegraven; Jewellery - Joy McDonald; Pre-loved goods - Elizabeth Halfnights and Tai Chi group; Sausage sizzle/drinks - John Shaw; Raffle/chocolate wheel.

Outside stallholders to include:

Wine Industry Network ACT
Botanical artists

Lavender goods

Textiles

Woollen socks (from the Lindner Factory, Crookwell).

Long-term borrowers

It's that time of the year again when staying home with a book is a really good alternative to either going out in the cold or watching TV.

The club's library continues to be a popular corner, but it can only remain so with the co-operation of all borrowers. All the library's books have been donated. As members will be aware the library operates on an 'honesty' basis, so it is up to the borrowers to remember to return books to keep the library viable.

I know that a number of books have been out on loan for some time - I mean months and years!

Many thanks to members who donate books to the library. Without them the shelves, at times, would be very bare.
Sue Marks

Regular activities

Group leaders should inform Meridian of changes to their programs

Monday	Solo	10-11.45am
	Mahjong	10-12 noon
	Choir practice (Woden Senior Singers)	10.30-12 noon
	Computer interest group (2nd Monday)	1.30-4.30pm
	Table tennis	2-4pm
Tuesday	Gentle exercise (YMCA instructor)	10-11am
	Australian history (WSCC/U3A)	10-12 noon
	Duplicate bridge	10-12.45pm
	New Vogue dancing	1-4pm
	New Vogue and modern sequence dancing	7.30-10.30pm
Wednesday	Tai chi and gentle exercise	7.30-8.30am
	Water colour painting group (WSCC/U3A)	9-12.30pm
	Table tennis	9.30-12.45pm
	Carpet bowls	12-1.30pm
	Recorder classes (WSCC/U3A)	12.30-1pm
Thursday	Recorder orchestra (WSCC/U3A)	1.30-4pm
	Sequence dancing	7.15-9.45pm
	Play reading group (WSCC/U3A)	9.30-11.30am
	Craft group	10-12.30pm
	YMCA gentle exercise	10-11am
Friday	500 (card game)	10.30-3pm
	International folk dancing	12.30-2pm
	Tai chi and gentle exercise	2-3.30pm
	Table tennis	9.30-12.45pm
	Carpet bowls	12-1.30pm
Saturday	Painting and drawing (WSCC/U3A)	1.30-4pm
	Round dancing*	5.30-10pm
	Hydrotherapy (Canberra Hospital pool)	10-11am
	Duplicate bridge	1-4.30pm
	Round dancing (beginners)*	1-7pm
Sunday		

(*most Fridays & Sundays, but ring Santo Giuliano 6288 1911)