

Fortnightly News Update

23 September 2022

WODEN SENIORS INC. AGM

A big thank you to the fifty-odd members who attended the Club's 2022 Annual General Meeting on Monday last. Your support is greatly appreciated.

Congratulations to the following Committee members elected to serve for the 2022/23 Club year:

President: Jenny Gregory
Vice-President: Maureen Bourne
Secretary: Christine MacKay
Treasurer: Jennifer Pratten
Committee: Gail Guiliano
Cindy McMillan
Grahame Cheers
Jenny Battisson
Catharine Masters

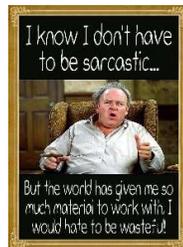
Anyone who was not able to attend the meeting is welcome to see a copy of the Audited Financial Statements and President's Report – just ask Polly when you are next at the Club.

COTA VETERANS AND SENIORS EXPO

Next Wednesday, 28th September, the Club will be represented at the COTA Veterans and Seniors Expo. In partnership with Canberra Seniors Club and Tuggeranong Over 55s Club, we will have a stall showcasing the activities and resulting benefits of membership of a seniors club – and it will be a marvellous opportunity to give some advance publicity for our 2023 Book Fair! The Expo will certainly be worth a visit with lots of displays and items of particular interest to seniors. Come and say hello to us while you're there.

FINGERS CROSSED !!

After some unavoidable delays, we hope that the floor work and carpet laying in the book workroom area will be completed this weekend so that the vital work of Book Fair preparations can continue without further interruption.



Jenny Gregory
President

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COMMUNITY NOTICES AND INFORMATION

The Walking Football Summer Competition is fast approaching!

Seasons dates: 12th October 2022 - 15th March 2023 (with holiday break)

Times: Games starting from 6:15pm

Location: Hawker Football Centre

Price: \$135 per person for an 18 week season

We are looking to divide the competition into 2 pools - one for those who would like to play a bit more competitively (whilst still being a social competition) and one for those who are there just to enjoy having a kick around with the score not being as important.

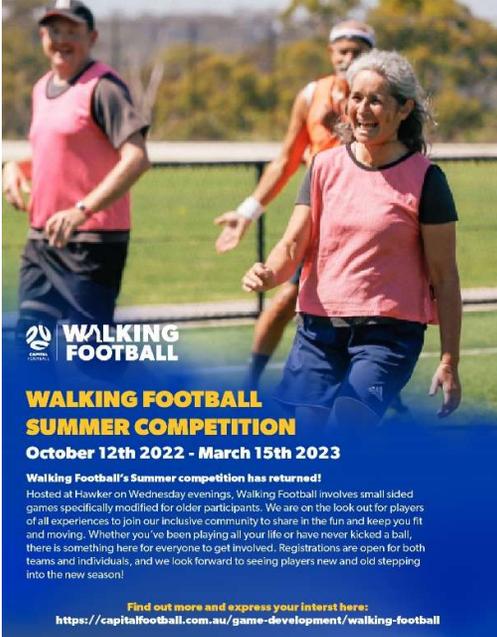
There are almost enough teams to form a Women's competition as well, so if you could please encourage those at your club who might have been a bit hesitant to join a mixed competition to express their interest! Would be great to provide this opportunity to our players, we believe it is a great step forward to creating an environment where everyone feels they have a place.

We accept team and individual registrations from people of all skill levels and experience and we would love your support in continuing to develop our inclusion programs to help people stay involved in the sport for life. Please see the attached flyer, the link to the Expression of Interest Form, the link to Capital Football's Walking Football page and our most current feature piece on the sport.

EOI: <https://form.jotform.com/222328849565063>

Walking Football Page: <https://capitalfootball.com.au/game-development/walking-football/>

Feature Piece: <https://capitalfootball.com.au/walk-the-walk-with-walking-football/>

A flyer for the Walking Football Summer Competition. The top half features a photograph of three people (two men and one woman) in pink and blue athletic wear, smiling and walking on a grassy field. Below the photo is a blue banner with white and yellow text. The text includes the event title, dates, and a brief description of the competition. At the bottom of the banner is a link to find out more.

WALKING FOOTBALL

**WALKING FOOTBALL
SUMMER COMPETITION**

October 12th 2022 - March 15th 2023

Walking Football's Summer competition has returned!

Hosted at Hawker on Wednesday evenings, Walking Football involves small sided games specifically modified for older participants. We are on the look out for players of all experiences to join our inclusive community to share in the fun and keep you fit and moving. Whether you've been playing all your life or have never kicked a ball, there is something here for everyone to get involved. Registrations are open for both teams and individuals, and we look forward to seeing players new and old stepping into the new season!

Find out more and express your interest here:
<https://capitalfootball.com.au/game-development/walking-football>



Today's postscript:

A SENIOR'S VERSION OF FACEBOOK

For those of my generation who do not, and cannot, comprehend why Facebook exists, I am trying to make friends outside of Facebook while applying the same principles.

Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I did last night, what I am going to do today and with whom. I give them pictures of me, my family, my dog; of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch and doing what anybody and everybody does every day.

I also listen to their conversations, give them a 'thumbs up' and tell them I 'like' them. And it works just like Facebook. I already have four people following me: two police officers, a private investigator, and a psychiatrist.