



Mt Eliza Fifty Five Plus Club Inc.

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Newsletter 2nd October 2022

Dear Members,

Welcome to our October Newsletter to share some news of what activities are coming up in the next couple of months. If you cannot see the pictures displayed when viewing this newsletter then either "download pictures" at the top of this email or click on "view in browser".

2022 AGM

Our 2022 AGM date has been scheduled for Friday 4th November. This event will commence at 12:15pm with a light lunch served, then our AGM followed by the movie "Downtown Abbey". An official invite will be sent out in coming weeks and seeking nominations for the Committee. A reminder that we are after a new Secretary to replace the late Sue Chaffey.

Membership Subscriptions

Last week an email and letter were sent to all existing 2021- 2022 Financial Year members asking them to confirm their contact details. Many of you have replied. For those who have not responded, can I ask that you confirm you details making any updates needed and return to the Club. If your details are correct we still want your to respond saying "no change". On receipt of your confirmation we will proceed to update the Members Register. I have a few new members to follow up for their \$10 payment. The Mount Eliza Neighbourhood House reopens on Monday following School Holidays so payment of Membership subs can be made there.

If you are receiving this newsletter and in the past week have not received an email from us requesting "confirmation" of your contact details then you are not registered as a current member of the Club. If you wish to remain a member then please complete a registration form and follow the instructions for processing.

[Click this link to the member form](#)

Club Activities

When visiting the Club please take the time to view the noticeboard to ensure you are aware of the latest activities and information.

[Also see the Activities page on our website](#)

Website

Please visit our new website at www.mteliza55plusclub.org.au

The website will be the primary source of information on activities and events. We invite your feedback and ideas to make it more informative.

Tai Chi on Wednesday 11am

We are delighted to have Tai Chi every Wednesday morning and have a fantastic instructor.

Join us for our sessions of Tai Chi & Qigong.

It is a mind-body practice that involves a series of slow exercises combining movement, mediation, and rhythmic breathing. It uses these techniques to enhance physical and mental health, as well a to improve posture, balance, flexibility, coordination and strength.

In addition, Tai Chi and Qigong is said to boost mood, alleviate pain, strengthening the immune system and improve overall wellbeing.

A special free session has been arranged to coincide with Seniors Week on Wednesday 19th October.

If you need more information, please contact Leigh on 0401 737 154



Films

Films are shown every Friday fortnight at 1:30 pm. The next film is:
7th October 2022: Elvis (runtime 205 minutes)



Elvis is a 2022 biographical musical drama directed by Baz Luhrmann. It follows the life of rock and roll icon, singer and actor Elvis Presley, played by Austin Butler, told from the perspective of his manager, Colonel Tom Parker, played by Tom Hanks. The film delves into the complex dynamic between the two spanning over 20 years, from Elvis's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America. Central to the journey is one of the significant and influential people in Elvis's life, Priscilla Presley, played by Olivia DeJonge.

[View the trailer](#)

Saturday Night Dances

Saturday night dances (New Vouge/Sequence) are back.

- First Saturday (Twilight) from 5 pm till 9 pm
- Fifth Saturday (Twilight) from 5 pm till 9 pm

The cost is \$5 dollars. Please bring a plate to share.

For further information please contact Jenny Dodds via email at jenniferedodds@gmail.com

Christmas 2022 Lunch at Steeples

The Committee have booked a Christmas midday Lunch at Steeples on Friday 16th December 2022. This years event will be along the same lines as last years event and will be partly subsidised by the Club. Further details along with a form will be posted next month on the noticeboard where you can book your seat. So enter this event date into your Calendar.

Thanks for reading our October newsletter. Best wishes from all our Committee.

Leigh Eustace

President