

November, 2018**Health Talk: All you need to know about Arthritis but were afraid to ask**

Topics covered will include diagnosing, understanding and dealing personally with arthritis, caring for someone with arthritis, managing pain, dietary assistance, seeking help and many more topics that will be of great assistance. The talk will be delivered by a local care provider with great experience.

Date: Thursday 8th November, 2018 – 10.30 – 11.30am
Where: Bingo Room, Currumbin RSL – REGISTRATION ESSENTIAL
Register: 55347 999 or reception@currumbinrsl.com.au

Free**EXCURSION: Let's Shake that Tamborine**

We travel to North Tamborine to enjoy a tour and tasting at Witches Falls winery, a visit to a local handmade tufted rug textile artist, 2 course lunch with tea / coffee at the beautiful Drift Café and some free time.

Date: Monday 12th November, 2018 – 9am from the club
Cost: \$35pp (incl. t'port, activities & lunch) drinks at own cost - Nos Limited - PAY WHEN BOOKING
Register: 55347 999 or reception@currumbinrsl.com.au

MAKE YOUR PHONE YOUR FRIEND Don't fear your phone! Learn how it makes life easier. Make friends with your device and it can change your life!! Android or iPhone users welcome. NB: 2nd monthly workshop is for apps – YOU MUST HAVE A GOOGLE OR APPLE ACCOUNT TO PARTICIPATE.

Date: Tuesdays 13th & 27th November, 2018 - 10.30am – 11.30pm
Where: Bingo Room, Currumbin RSL
Register: 55347 999 or reception@currumbinrsl.com.au

Free**THE STRING SPECTACULAR SHOW**

Fiddles, guitar and double bass blended with exquisite vocal harmonies and soulful song choices, "The Bostock" siblings present this AMAZING musical masterpiece show. If you love live music and award winning performance, you'll love this show set at Twin Towns Ballroom.

Date: Tuesday 20th November, 2018 – leaving the club at 9.30am (Qld time)
Cost: \$8 (incl. transport & show) food & drinks at own cost – PAY WHEN BOOKING
Register: 55347 999 or reception@currumbinrsl.com.au

MOVIE MAGIC: THE POST – Meryl Streep plays Katharine Graham, the 1st female publisher of the Washington Post. The story follows the exposure of the massive cover-up of government secrets spanning 3 decades and 4 US Presidents. Also stars Tom Hanks, based on a true story and directed by Spielberg. Definitely aims to impress and doesn't miss the goal.

Date: Wednesday 21st November, 2018 – 10.30am start
Where: The Cove, Currumbin RSL
Register: 55347 999 or reception@currumbinrsl.com.au

Free**BASHING THE END OF THE YEAR: Christmas Lunch Finale**

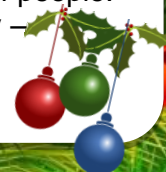
Our fabulous finale to our Fun and Ageless year. Food, drink, fun and Christmas cheer will abound. We'll enjoy a Christmas-themed buffet lunch of 2 courses and some great entertainment while we wave goodbye to 2018.

Date: Wednesday 28th November, 2018 from midday
Where: Waterside Function Room, Currumbin RSL
Cost: \$20 BOOKINGS ESSENTIAL – drinks at own cost
Register: 55347 999 or reception@currumbinrsl.com.au

Fun & Ageless Christmas Present Drive

It's our time of the year to give to those in need. Get active and buy a gift for someone who will not get one this Christmas. We've teamed up with a couple of Aged Care Centres in our neighbourhood to get a list of people. You'll get a name and details and can buy a small gift and card that will be opened on Christmas Day – especially from you!!!

To participate email or call Reception on 55347 900 or reception@currumbinrsl.com.au



Fun & Ageless Christmas Present Drive

Sign up now: 55347 900 or reception@currumbinrsl.com.au

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Seniors Who Sketch	2	3
4	5 GOLF LUNCH WITH FRIENDS	6 Long table Melbourne Cup F&A Table At Club	7	8 HEALTH TALK ARTHRITIS Seniors Who Sketch	9 LET'S HAVE A CHAT	10
11	12 GOLF EXCURSION: Mt Tamborine	13 Long table Make Your Phone Friends	14	15 Seniors Who Sketch	16	17
18	19 GOLF	20 Long table SHOW: STRING SPECTACULAR	21 MOVIE MAGIC	22 Seniors Who Sketch	23	24
25	26 GOLF	27 Long table Make Your Phone Friends	28 END OF YEAR CHRISTMAS BASH	29	30	



REGULAR EVENTS MORE INFO:
CRSL Golf Club: Social but significant – Monday mornings with Deon & Kume: Contact Kerry on 55340 932
Long Table: Join a night out with fun and friendly folk for dinner. There's always someone to dine with!!
Let's Have a Chat: feeling lonely and need a chat? Join this friendly group to do just that. 2nd Friday morning each month at Dune Cafe. Contact Janelle on 0421 518 551
Seniors Who Sketch: Thursday mornings – all levels: contact Christine on 0419 342 305