



'Tugg Talks' Weekly Bulletin Friday 12 January 2024



CLUB CLIPBOARD!



WELCOME BACK FOR 2024!

Welcome to our first Bulletin for 2024 – we hope that you have had a relaxing and peaceful Christmas season!

The Club officially re-opens from Monday 15 January with the activities gradually returning over coming weeks. I have included the Returning Dates Calendar again at the end of this Bulletin for your information.

Although the doors have been shut for the holidays, the gardens have been attended to and the Christmas decorations have been retired to make way for the new year. A big thank you to gardeners, Jill & Mandy and to 'nifty' Norm, our dedicated decorator!

As business returns to normal, please be patient with our office volunteers as the first few weeks back are always hectic! A New Year and a blank canvas – watch this space!



MEMBERSHIP RENEWALS

All memberships are now due for renewal by cut-off date of **31 March 2024**.

The renewal fee remains at **\$15.00**, and this early notice gives you plenty of time to visit one of our lovely ladies in the office – 9.30 am to 2.30 pm Monday to Friday.

If you would prefer to use Internet Banking, the Club's Direct Credit details are:

BSB 633 000

Acc No: 159575455

***However, you MUST include your name as the description,
so that we can identify your payment.***

We will send you a confirmation email so that you know your payment has been successful!

Janelle Burns, Treasurer

CLUB CLIPBOARD!

TIMETABLE

Monday 15 Jan – Sunday 21 Jan

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Some activities do not return until either later in the month or in February – see calendar with returning dates at the end of the Bulletin.

Day / Date	Time	Activity
Mon 15 Jan	9.30 am	Bolivia - GC
	9.30 am	Crafty Corner - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Improvers Bridge - GC
Wed 17 Jan	9.30 am	Cribbage – GC
	10.00 am	Carpet Bowls – TSC
	10.00 am	'Take 55' Movie Group
	1.00 pm	K-nit 'n' K-natter – GC
Fri 19 Jan	9.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
	9.30 am	Pitch n Putt
	11.45 am	Sit n Be Fit – TSC
	12.00 pm	Learning Circle – TSC
	2.00 pm	Carpet Bowls - TSC

Day / Date	Time	Activity
Tues 16 Jan	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	9.00 am	LL Cycling Group
	10.00 am	Pool – Beginners - GC
	1.00 pm	Mah-jong – GC
Thurs 18 Jan	9.30 am	500 Cards- GC
	10.00 am	FH Working Gp - TSC
	10.00 am	Pool – Social - GC
	1.00 pm	Mah-jong – GC
	1.30 pm	Reading Group - TSC
Sat 20 Jan	3.30 pm	Social Bridge – GC
	1.30 pm	Games Afternoon- GC
Sun 21 Jan	9.20 am	Discover Canberra WG

'TAKE 55' MOVIE/COFFEE GROUP

Wednesdays – 10.00 am

Coffee and conversation continues –
Tuggeranong Vikings from 10.00 am.

Everyone is welcome to join us!

Pam Hall



It's not procrastinating
if you're drinking coffee,



it's "procaffinating".

carefulcoffee.com

GAMES AFTERNOON

Saturday – 1.30 pm



Games Afternoon returns next Saturday,
17 January, commencing at **1.30 till**
4.00 pm or thereabouts!!

This afternoon is sedentary in nature, and we never know what games will appear. Why not come along and perhaps try a new game, or an old game, or even bring your own favourite game. Games should be for 3 or more people, which can be completed within an hour or less are best.

I received two new games for Christmas and will bring them along.

There is usually a 'good spread' for afternoon tea and there is ample time for socialising. I look forward to welcoming new 'gamers'!

Anne Meade

CONTINUING IN 2024!

QIGONG / TAI CHI - 8 WEEK SESSION - \$64.00

Tuesdays starting 30 January – 19 March

1.00 pm – 2.00 pm



This class does not require any previous experience and can be done seated if required.

The focus is on what you can do with the sessions helping to:

- * Harmonized mind and body
- * Improved balance and posture
- * Increase your energy
- * Reduce stress & tension

The training builds up with three generally systems, the mixed Tai chi and Qigong movements focusing on group body problems; includes Knee Activation, Kidney/Internal Organs Activation and some block opening Qigong movements.

For information form and what to wear, please click on this [link](#).

MEDITATION – 8 WEEK SESSION - \$64.00

Tuesdays starting 30 January – 19 March

2.15 pm – 2.55 pm



Meditation is an active training of the mind to increase awareness, and can benefit the body, mind and spirit.

Meditation helps to lower the heart rate and blood pressure by slowing down the breathing which lowers the amount of oxygen needed for the body. Our mental processes are also slowed down, muscles relax, and the body begins to function at a calmer and more natural level. This assists in relieving muscle pain, improving the function of the immune system and returning the entire body to its natural perfect balance.

The weekly sessions, cover guided healing and relaxation meditation for beginners. You will need to bring a yoga mat, pillow and blanket for the sessions. Please click on this [link](#) for more information.

Both eight week sessions are capped at 15 people.

Please book with payment at the Club office.



Tunde Takacs, from Tundeworld will be conducting these classes. She is an international qualified instructor of Health Qigong and Yang style Tai Chi, a natural healing therapist and meditation teacher.

FABULOUS FEBRUARY!

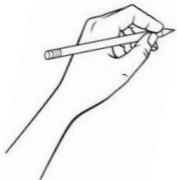
"It is only by drawing often, drawing everything, drawing incessantly, that one fine day you discover, to your surprise, that you have rendered something in its true character."

Camille Pissarro



TEN WEEK DRAWING WORKSHOP

with Catherine Alexander



**Starting WEDNESDAY 7 FEBRUARY – weekly
10.00 am – 12 noon**

The sessions will be held in Gumnut Cottage

2B or not 2B...the historical arty question!

Are you interested in drawing?

Do you want to draw a little more confidently?

Do you want your drawings to look a little more realistic?

This workshop is designed to help you see and draw more easily
and with more confidence.

The workshop is a ten-week, structured course, with every session relying on exercises and practice from the previous week. This does preclude members joining the classes once the initial class is done.

The observational, creative and intuitive parts of you will be given a lovely work out, through exercises based on line, form, positive and negative spaces, shadows, perspective, still life using measurements and proportions, landscape and view finder use, and a portrait.

There are lots of benefits from drawing in a supportive group atmosphere, and then the confidence to carry on drawing after the course has finished.

This workshop has been successfully run before with members continuing to draw and improve their skills as members of the Graphites Drawing Group. If you want any feedback about any aspect of the workshop, I can put you in touch with some of those members for their candid comments!

Cost for the ten-week workshop is **\$80.00** with booking and payment at the Club Office by **Wednesday 31 January**. The materials list is small, as it is basically pencils and paper and be quick – there are limited spaces!

Please note that there will be a one-week break after Week 6.

Catherine Alexander

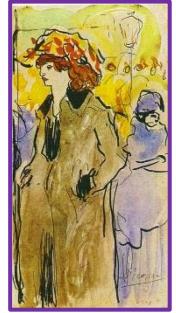
Camille Pissarro (1830-1903) Bateau à vapeur, Rouen Drawn circa 1885

Camille Pissarro was a French landscape artist best known for his influence on Impressionist and Post-Impressionist painting.

FABULOUS FEBRUARY CONTINUED!

'Art washes away from the soul the dust of everyday life'

Picasso



LAKESIDE WATERCOLOUR ART GROUP

with Catherine Alexander

2nd and 4th Thursday of the month – 12.45 pm – 3.15 pm

Starting THURSDAY 7 FEBRUARY

This is a relaxed and friendly group who have fun with watercolours. The sessions are usually themed, and there are skills exercises and demos for members new to painting.

Some of the skills we will be exploring are wet in wet mixing, dry glazing, tonal values, keeping white spaces, skies and clouds that create depth in a landscape, and some loose floral paintings.

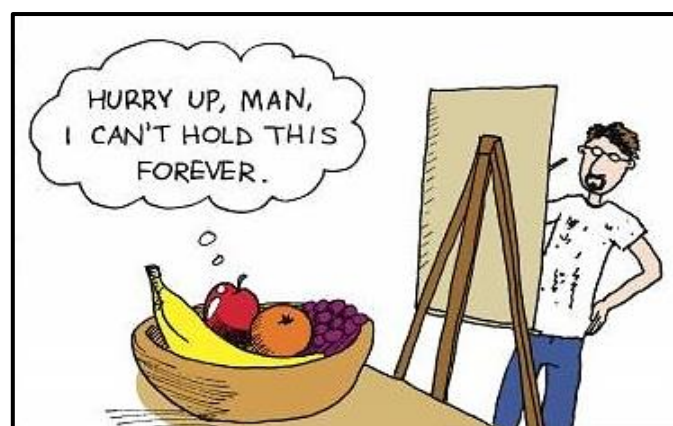
If you are more experienced, it's a terrific place to bring your own photo/picture references and paint your own artwork in a supportive and encouraging atmosphere.

Cost for the eight-week sessions is **\$64.00** with booking and payment at the Club Office by **Wednesday 31 January**. If new to the group, a list of materials can be emailed to you but be quick – there are limited spaces!

Catherine Alexander

©Pablo Picasso - *Woman on the street* 1901

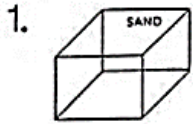
Pablo Picasso was born in Spain in 1881 but spent his adult life working as an artist in France. He created more than 20,000 paintings, drawings, sculptures, ceramics and other items such as costumes and theatre sets, and is universally renowned as one of the most influential and celebrated artists of the twentieth century.



TALKING TRICKY

BRAIN TEASERS

Each of the pictures below represents a common phrase
Answers next week!



2. MAN BOARD

3. STAND I

4. |R|E|A|D|I|N|G|

5. WEAR LONG

6. ROAD
A
D

7.

8. CYCLE
CYCLE
CYCLE

9. LE
VEL

10.

11. KNEE
LIGHT

12.

13. CHAIR



15.



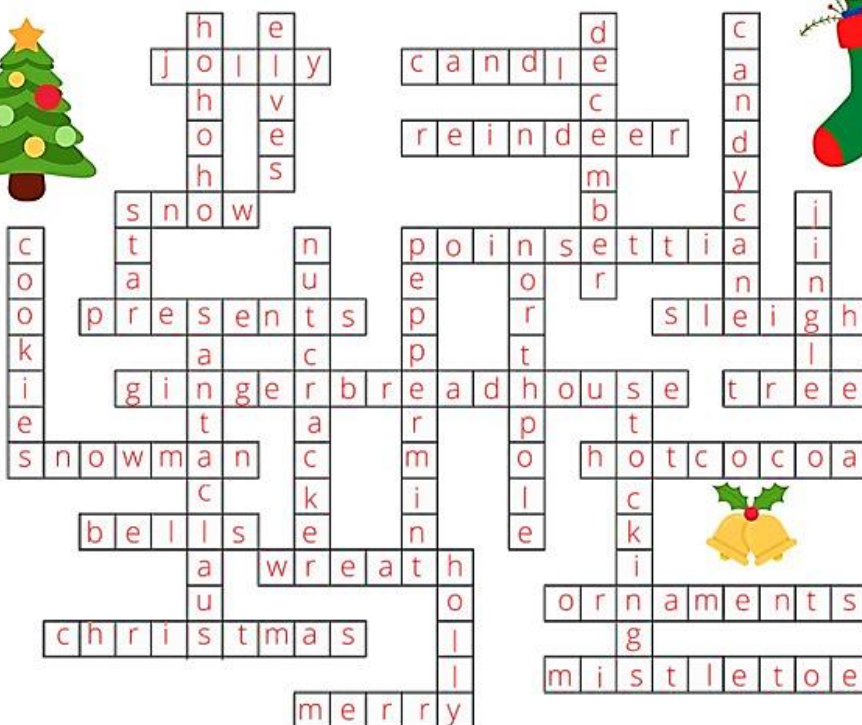
17. MIND MATTER

18. HE'S / HIMSELF

19. ECNALG

20. DEATH LIFE

Christmas Fill-In Crossword Solution



TSC
101 Cowlshaw Street,
Greenway

GC
97 Cowlshaw Street,
Greenway

Phone:
02 6293 4004

Email:
tugg55plusclub@gmail.com

Website:
55plusclub.org.au

TUGGERANONG 55 PLUS CLUB ACTIVITIES CALENDAR

*Returning
2024*

***SIG (SPECIAL INTEREST GROUP)**

***WB - WEEKLY BULLETIN**

***ACTIVITIES HELD ELSEWHERE**

MONDAY	MONDAY	TUESDAY	TUESDAY	WEDNESDAY	WEDNESDAY
TUGG SENIORS CENTRE	GUMNUT COTTAGE	TUGG SENIORS CENTRE	GUMNUT COTTAGE/OA*	TUGG SENIORS CENTRE	GUMNUT COTTAGE/OA*
ZUMBA GOLD 9.30am - 10.15am 5 FEB 24	MORNING CARDS 9.30am – 12.30pm 8 JAN 24	ACTIVE EXERCISE MEN 8.00am – 8.45am 9 JAN 24	* 'LADIES' CYCLING GROUP 9.00am CONTINUING		*1 st Wednesday BIRD WATCHING GROUP 7 FEB 24
MOVEMENT 4 MEMORY 10.30am - 11.15am 5 FEB 24	CRAFT CORNER 9.30am – 1.30pm 15 JAN 24	ACTIVE EXERCISE WOMEN 9.10am - 9.55am 9 JAN 24		CARPET BOWLS 10.00am – Noon 17 JAN 24	CRIBBAGE 9.30am – 11.30am 10 JAN 24
<i>2nd Monday</i> iPAD SIG* 10.00am–Noon 12 FEB 24		THE HEART & SOUL SINGERS 10.30am-12.30pm 23 JAN 24	POOL GROUP BEGINNERS 10.00am-Noon 16 JAN 24	<i>2nd & 4th Wednesday</i> 'GRAPHITES' DRAWING GROUP 10.00am – 12.00pm 24 JAN 24	* 'TAKE 55' COFFEE & MOVIE GROUP 10.00am CONTINUING
			<i>1st Tuesday</i> GARDEN GOSSIP 10.00am-Noon 6 FEB 24		10 PIN BOWLING 10.00am <i>Zone Bowling Alley</i> 7 FEB 24
TABLE TENNIS 1.30pm –3.30pm 15 JAN 24	BRIDGE IMPROVERS 2.00pm –4.00pm 8 JAN 24	QIGONG / TAI CHI 1.00pm – 2.00pm WB FOR DETAILS	MAHJONG 1.00pm – 3.30pm 2 JAN 24	LINE DANCING ABS BEGINNERS 12.15pm – 1.15pm 7 FEB 24	KNIT N KNATTER 1.00pm – 3.00 pm 17 JAN 24
		MEDITATION W/SHOP 2.15pm – 3.00pm WB FOR DETAILS	ONLINE - ZOOM BRIDGE BEGINNERS 2.00pm-4.00pm 16 JAN 24	LINE DANCING BEGINNERS 1.30pm – 2.30pm 7 FEB 24	ONLINE - ZOOM BRIDGE CONTINUERS 1.00pm-3.00pm 17 JAN 24
				LINE DANCING IMPROVERS 2.45pm – 3.45pm 7 FEB 24	

TUGGERANONG 55 PLUS CLUB ACTIVITIES CALENDAR

**Returning
2024**

***SIG (SPECIAL INTEREST GROUP)**

***WB - WEEKLY BULLETIN**

***ACTIVITIES HELD ELSEWHERE**

THURSDAY	THURSDAY	FRIDAY	FRIDAY	SATURDAY / SUNDAY	SATURDAY / SUNDAY
TUGG SENIORS CENTRE	GUMNUT COTTAGE	TUGG SENIORS CENTRE	GUMNUT COTTAGE/OA*	TUGG SENIORS CENTRE	GUMNUT COTTAGE/OA*
<i>1st Thursday</i> FAMILY HISTORY GROUP 10.00am – Noon 1 FEB 24	500 CARDS 9.30am – Noon 4 JAN 24	TAI CHI 9.15am – 10.15am 19 JAN 24	* CYCLING GROUP 9.00am CONTINUING		* <i>1st & 3rd Sunday</i> 'DISCOVER CANBERRA' WG 9.20am 21 JAN 24
<i>2nd Thursday</i> ANDROID SIG* 10.00am – Noon 8 FEB 24	<i>1st & 3rd Thursday</i> POOL GROUP SOCIAL 10.00am-Noon 18 JAN 24	SEATED YOGA 10.30am – 11.30am 2 FEB 24	* PITCH N PUTT 9.30am <i>Capital Golf Course</i> <i>Narrabundah</i> 5 JAN 24		<i>3rd Saturday</i> GAMES AFTERNOON 1.30pm – 4.00pm 20 JAN 24
<i>3rd Thursday</i> FAMILY HISTORY WORKING GP 10.00am – Noon 18 JAN 24	<i>*2nd & 4th Thursday</i> 'TUGG CHUKKERS' PETANQUE 10.00am-Noon 25 JAN 24	SIT N BE FIT 11.45am – 12.30pm 19 JAN 24	ONLINE - ZOOM BRIDGE INTERMEDIATE 10.30am-12.30pm 19 JAN 24		
<i>1st Thursday</i> BOOK CLUB 2.00pm – 4.00pm 1 FEB 24	MAHJONG 1.00pm – 3.30pm 4 JAN 24	LEARNING CIRCLE Noon - 2.00pm 19 JAN 24		<i>1st Sunday</i> SOCIAL BINGO 2.00pm – 4.00pm 4 FEB 24	
<i>3rd Thursday</i> READING GROUP 1.00pm – 3.00pm 18 JAN 24	<i>*2nd & 4th Thursday</i> LAWN BOWLS 1.15pm TBA	CARPET BOWLS 2.00pm – 4.00pm 19 JAN 24		<i>4th Sunday</i> <i>(alt months)</i> TRIVIA 2.00pm – 4.00pm TBA	
YOGA 3.45pm – 5.00pm 1 FEB 24	BRIDGE - SOCIAL 3.30pm – 5.30pm 4 JAN 24		<i>2nd & 4th Friday</i> UKE 55 – UKE GROUP 3.00pm – 4.30pm 22 MAR 24		
	<i>*2nd Thursday</i> ONLINE - ZOOM TRIVIA WITH FRIENDS 7.30 pm 8 FEB 24				