



'Tugg Talks' Weekly Bulletin

Friday 19 January 2024



CLUB CLIPBOARD!

TIMETABLE

Saturday 20 Jan – Friday 26 Jan

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity	Day / Date	Time	Activity
Sat 20 Jan	1.30 pm	Games Afternoon- GC	Sun 21 Jan	9.20 am	Discover Canberra WG
Mon 22 Jan	9.30 am	Bolivia - GC	Tues 23 Jan	8.00 am	Active Ex – Men - TSC
	9.30 am	Crafty Corner - GC		9.10 am	Active Ex – W – TSC
	1.30 pm	Table Tennis - TSC		9.00 am	LL Cycling Group
	2.00 pm	Improvers Bridge - GC		10.00 am	Pool – Beginners - GC
Wed 24 Jan	9.30 am	Cribbage – GC		10.30 am	Heart n Soul - TSC
	10.00 am	Carpet Bowls – TSC		1.00 pm	Mah-jong – GC
	10.00 am	Graphites DG - TSC	Thurs 25 Jan	9.30 am	500 Cards- GC
	10.00 am	'Take 55' Movie Group		10.00 am	Tugg Chukkers
	1.00 pm	K-nit 'n' K-natter – GC		1.00 pm	Mah-jong – GC
Fri 26 Jan		AUSTRALIA DAY		3.30 pm	Social Bridge – GC

SOME ACTIVITIES DO NOT RETURN UNTIL FEBRUARY

ONLINE BOOKINGS LINKS WILL BE UPDATED CLOSER TO DATE OF ACTIVITIES RETURNING

GAMES AFTERNOON

Saturday – 20 January - 1.30 pm



Games Afternoon returns next Saturday, 20 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

CLUB CLIPBOARD!

'TAKE 55' MOVIE/COFFEE GROUP

Wednesday – 24 January – 10.00 am

A small group enjoyed coffee and a chat at Vikings on Wednesday.

As there are no suitable movies on at the moment, we will meet at Tuggeranong Vikings Club for coffee and good company next week (Wednesday 24 January) at 10.00 am. Come and join us!

Pam Hall



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:

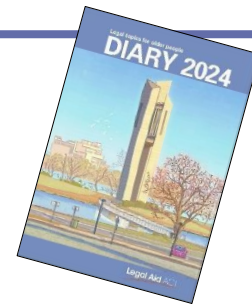
BSB 633 000

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



LEGAL TOPICS FOR OLDER PEOPLE DIARY 2024

Legal Aid ACT has given the Club a number of 2024 Diaries which are now available at TSC.

The Legal Topics for Older People diary is a helpful resource that assists senior Canberrans in understanding their legal rights and navigating the justice system.

This diary sets out how and where to get help for people experiencing elder abuse and comprehensively outlines various legal topics relevant to seniors, including scams, age discrimination, wills, powers of attorney and aged care.

Additionally, this diary connects readers to relevant legal services and informs of special events throughout the year.

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 general 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!

TEN WEEK DRAWING WORKSHOP

with Catherine Alexander

Starting **WED 7 FEBRUARY**

weekly - 10.00 am – 12 noon

Sessions held in **Gumnut Cottage**

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

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



**ONLY 5
PLACES LEFT!**

LAKESIDE WATERCOLOUR ART GROUP

with Catherine Alexander

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

Starting **THURS 8 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!





The RUM Project (Return Unwanted Medicines)

The FREE and convenient way to dispose your medicines responsibly via your local pharmacy.

Why? Storing expired or unwanted medicines in your home can be dangerous and disposing of medicines inappropriately can damage the environment.

Follow 3 Simple Steps to a Safer Home and Cleaner Environment

1. Read

Go to your home medicine area. Read your medicine labels, checking expiry dates. Consider whether you need all your medicines.

2. Remove

Remove all expired and unwanted medicines from your home medicine area and place them in a bag or container.

3. Return

Return all your expired and unwanted medicines to your local pharmacy. Your pharmacist will put your medicines in a secure bin for safe disposal.

About Rum

The RUM Project provides the safest and easiest way to dispose of expired and unwanted medicines. You can return all your medicines to any pharmacy anytime, for free and safe collection and disposal.

RUM is funded by the Commonwealth Government and Department of Health. Disposal of the returned medicines is conducted in accordance with regulatory and Environment Protection Authority requirements.

For more information, visit returnmed.com.au or talk to your local pharmacist.

HOME MEDICINES REVIEW (HMR)

A Home Medicines Review (HMR) is a comprehensive clinical review of your medicines by a specially accredited pharmacist and takes place in your home.

Taking lots of different medicines can be complicated and a Home Medicines Review makes sure that your medicines are safe. The review also checks that:

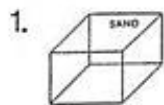
- you are taking your medicines correctly
- your medicines are working for you



Your doctor can assess your need for a Home Medicines Review and if they think you will benefit from the service, they will write a referral to a pharmacist.

TALKING TRICKY

BRAIN TEASERS ANSWERS



Sandbox

2. MAN
BOARD

Man Overboard

3. STAND
I

I understand

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

Reading between the lines

5. WEAR
LONG

Long underwear

6. R
ROAD
A
D

Cross Road

7. T
OWN
V

Down town

8. CYCLE
CYCLE
CYCLE

Tricycle

9. LE
VEL

Split level

10. 0
M. D.
S. A.
P. H. D.

Three degrees below zero

11. KNEE
LIGHT

Neon Light

12. 11
00
00
00
00

Circles under the eyes

13. CHAIR

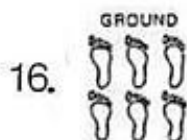
High chair



To die for

15. TOUCH
V

Touchdown



Six feet under

17. MIND
MATTER

Mind over matter

18. HE'S / HIMSELF

Beside himself

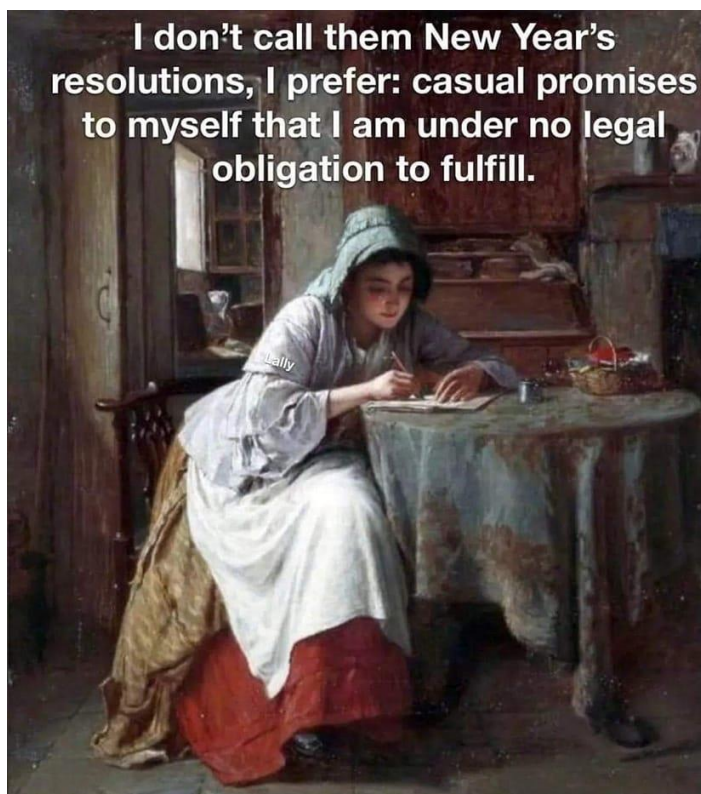
19. ECNALG

Backward glance

20. DEATH LIFE

Life after death

I don't call them New Year's resolutions, I prefer: casual promises to myself that I am under no legal obligation to fulfill.



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