



Weekly Bulletin

Friday 27 January 2023



Wednesday – 1 Feb – 8.00 am INTRODUCTION TO BIRDWATCHING



On the first Wednesday in February, we will go to Tharwa Bridge and walk along the Murrumbidgee River to the north. We should see water birds and bush birds, including a raptor or two, hopefully. We will walk along a fire trail, so it's an easy walk. If there is interest, we can walk along the river to the south afterwards.

We will meet at 8.00 am in the carpark under the bridge. This can be accessed by turning right and right again immediately after crossing the bridge.

Bring morning tea, a pair of binoculars, sturdy walking shoes, bottle of water, hat and sunscreen.



Please don't come along if you are unwell and let Lia know if you are coming:
liabattisson@grapevine.com.au.



"Not yet. Don't fly off until the moment they raise their binoculars."

TIMETABLE

Sunday 29 Jan – Sunday 5 Feb

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 29 Jan	8.50 am	Discover Canberra WG
Mon 30 Jan	9.30 am	Bolivia - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Improvers Bridge - GC
Tues 31 Jan	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	9.30 am	LL Cycling Group
	10.00 am	Beginners Pool - GC
	10.30 am	Heart & Soul -TSC
	1.00 pm	Mah-jong – GC
	1.15 pm	Seated Yoga – TSC
Wed 1 Feb	8.00 am	Intro to Birdwatching
	9.00 am	'Take 55' Movie Group
	9.30 am	Cribbage – GC
	10.00 am	Carpet Bowls – TSC
	12.15 pm	Line Dancing-AB-TSC
	1.00 pm	K-nit 'n' K-natter – GC
	1.30 pm	Line Dancing-Beg -TSC
	2.45 pm	Line Dancing-Imp – TSC
Thurs 2 Feb	9.30 am	500 (cards)- GC
	10.00 am	Family History - TSC
	10.00 am	Pool – Social - GC
	1.00 pm	Mah-jong – GC
	2.00 pm	Book Club - TSC
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga – TSC
Fri 3 Feb	8.30 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
Sun 5 Feb	8.50 am	Discover Canberra WG
	2.00 pm	Social Bingo - TSC

CLUB CLIPBOARD!

Wednesday –1 February - 10.00 am **'TAKE 55' Movie/Coffee Group**



We had a lovely coffee meetup at Vikings on Wednesday. On Wednesday 1 February we will meet at Cherry Bean for coffee at 9.00 am and then see **“What’s Love got to do with it”** at 10.00 am at Limelight Cinema.

Please note that we will go to the Plus+ theatre not the Gold Class which runs at the same time. Everyone is welcome to join us. Pam Hall



How do you find lasting love in today's world? For documentary filmmaker Zoe (Lily James), swiping right to find Mr Right has only delivered bad dates and funny anecdotes, much to her opinionated mother Cath's (Emma Thompson) dismay. For her childhood friend and neighbour Kazim (Shazad Latif), the answer is to follow his parents' example and opt for an assisted marriage with a bright and beautiful bride from Pakistan. As Zoe films Kazim's hopeful journey from London to Lahore to marry a stranger, chosen by his parents, she begins to wonder if she might have something to learn from a different approach to finding love.

Thursday –2 February - 10.00 am **FAMILY HISTORY GROUP – TOPIC: 'LOST CHILDREN'**



The first meeting of the Family History Group is scheduled for Thursday 2 February. We meet on the first Thursday of the month, in the Parkview Hall, at 10.00 until 12.00 noon with a break for morning tea. We always have a topic and this month it is **'Lost children'**; for example, a child pops up in a census never to be found with the family again. Perhaps they were raised in an institution!



Is this the year, 2023, that you have decided to spend some time looking into your ancestors? If so, come along to the group. New members are always welcome. Members of the group are happy to assist a new researcher on where to start and, if there is enough interest, we can hold a couple of 'beginner' sessions.

Liz Dean is the convenor contactable on lizdean@ozemail.com.au.

CLUB CLIPBOARD!

Friday –3 February – 9.30 am – now EVERY Friday! ***PITCH N PUTT – ‘Outside activity’***



The Club's Pitch n Putt group have been playing at the Canberra International Golf Centre, Narrabundah, since 27 July 2018. Initially under the leadership of Norm Swanwick, the group met once a month, then it moved to twice a month in March 2019. Barbara Dromgool took over the reins in late 2019 and this enthusiastic group has now decided to meet weekly.

Pitch n Putt is an internationally recognised sport, low impact and keeps you healthy, physically, mentally, and socially. Not to be confused with mini golf, Pitch n Putt 's origins are totally Irish, developed in Cork in the 1940's. Requiring less investment and space, the game has spread worldwide and grown in popularity.

The group 'tees off' at 9.30 am and green fees are \$9.50 for 18 holes which takes around two hours to play. Never hit a golf ball before? It's lots of fun and great exercise. You will need a pitcher and putter and a golf ball. If you don't have any clubs, we have some spares and we will be happy to share our clubs on the day. Why not come along and give it a go!



Sunday –5 February – 2.00 pm ***SOCIAL BINGO'***

Social Bingo returns this year on Sunday 5 February with John Williamson and Bingo caller, Phil Burns aka Club President.

Why not come along, enjoy the spectacular view, and discover why this game is so popular. You will also give your brain a workout at the same time!

Games prizes are in keeping with the flavour of the day, bingo sheets/dobbers given out on entry and afternoon tea is available during the break. And all this for a modest \$5.00!



DATES FOR YOUR DIARY!



SHUTTERBUGS CAMERA GROUPS PRESENTS

SATURDAY MORNING PHOTOGRAPHY

HOW TO CREATE GREAT PHOTOBOOKS

11 FEBRUARY – 10.00 am

Our Saturday morning photography sessions will return on 11 February when Steve Walmsley will be presenting a repeat of his popular session on compiling a photobook. Maybe you have family, travel or just a collection of your favourite photos you would like to display in a professional looking, quality coffee-table book?



Steve will be using popular, free and easy to use online software to demonstrate how to add your photos and completely personalise your book with text, borders, covers and backgrounds. It is then a matter of uploading your completed book to the service provider for printing and delivery. Steve's demonstration will be projected on to our big screen so that everyone can get a good view of how he goes about creating a photobook. If you would like a copy of his presentation, please make sure that you bring along a USB memory stick.

Future sessions in this series will be held on **25 February "Smartphone Photography"** and on **11 March our rescheduled session on the "Digital Darkroom"** when Steve will cover how to move, store and enhance your digital camera and smartphone photos.

Each session will commence at 10.00 am and should go for around two hours. There will be plenty of time for both general discussion and any questions you may have about the session or photography in general. The cost of each session is \$5.00 and you can come to all the sessions or just the one that may interest you the most. All club members and friends are welcome to attend, and morning tea will be available. There is no need to book, just come along on the morning. *Norm Swanwick.*



DATES FOR YOUR DIARY!



'COME AND TRY' SUNDAY GAMES & BARBEQUE AFTERNOON - 19 FEBRUARY

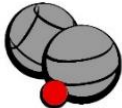
All club members are invited to join us for our Sunday sausage sizzle and "come and try" games afternoon to be held on 19 February from **12.30 pm. to 3.00 pm.**



After feasting on a sausage or two, you can try your hand at **Pool on our new table.** John will be available to show you how to play the game and explain the rules.



Or, maybe you would like to try a game or two of **Table Tennis.** Perhaps you have never played before or maybe you are a bit rusty, don't worry as members of our table tennis group will be there to give you a few tips and ease you into the game.



Pétanque is our newest outdoor activity. If you are wondering what it's all about (like me) then members of the Tugg Chuckers Pétanque group will be only too happy to explain the game (this activity is subject to the weather).



Our fourth activity is one of our longest standing activities **Indoor Carpet Bowls** and the bowls team will have the mat set up for you to have a go at getting a bowl closest to the kitty.

All this (including the sausage sizzle) will only cost you our normal \$5.00 activity fee. There is no need to book, just come along on the day. Whether you are a beginner or experienced player, come along, grab a snag and enjoy the afternoon.

Norm Swanwick

PLAYING GAMES....



CLUB CLIPBOARD!

SUMMER GARDENS REFRESH!

With our glorious display of Floriade bulbs and plants now a faded memory, six members got down on their knees to tidy up the front garden beds on Friday 20 January.

Old spent plants were removed, while the pansies that were still flowering were moved into a central display and the garden mulched. Other permanent plantings were given a bit of a haircut and general tidy-up.

The plan for future displays is to have permanent plants around the edges of the bed with a space in the centre used for spring annuals.

Thank you to Jill Pietzker, Julie Stearn, Lynne, U.N. Bhati and Mandy Cox for their efforts to make our outside area a place to enjoy!



Hard at work – enthusiastic gardeners tidying up the front garden beds at TSC

Photo courtesy of Mandy Cox



CLUB BILLBOARD!

THE AGE-FRIENDLY CITY PLAN (AFCP)

Thursday – 9 February – 10.00 am



This presentation was moved from November last year to February and on Thursday 9 February, Hannah Gissane from Community Services Directorate, ACT Government will provide an overview of the plan for Club members.

It will be an interactive PowerPoint presentation with audience participation and will last about 30 minutes. There will also be information about the role of the Ministerial Advisory Council on Ageing (MACA) and how you can become involved.

The [Age-Friendly Plan](#) is designed to work towards better support, connections and initiatives for older Canberrans across the areas of transport, infrastructure, health, justice and human rights.

As the focus of this plan is older Canberrans, this is an opportunity to find out about the plan and its aims and to add your practical input as seniors who live and move about our city.

Handouts of resources such as the AFCP, AFCP notebooks, the OPALS Legal Aid Senior's Diary, Seniors Card directory etc. will be available on the day.

***IF YOU WOULD LIKE TO ATTEND,
PLEASE BOOK YOUR PLACE AT THE CLUB OFFICE.***

DOG SITTER – DO YOU KNOW ONE?

There has been inquiry regarding dog sitting – do you look after dogs when people go away, or can you recommend someone who does!

Please let the Club Office know and we will pass it on!



MEMBERSHIP RENEWALS

All memberships are now due for renewal by cut-off date of **31 March 2023**.



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

BESPOKE

Write the listed pairs of letters into the circles so that each diagonal line running through the grid's centre produces a six-letter word. The key is to work out which of the pairs of letters should be placed in the central circle in order to make six words.

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