



Weekly Bulletin

Friday 4 February 2022

CLUB CLIPBOARD

TIMETABLE

Sunday 6 Feb - Friday 11 Feb

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 6 Feb	8.50 am	Walking Group - TSC
	2.45 pm	Uke 55 - TSC
Mon 7 Feb	9.30 am	Bolivia - GC
	9.30 am	Zumba - TSC
	10.00 am	Crafty Corner - TSC
	10.30 am	M 4 M - TSC
	2.00 pm	Social Bridge - GC
	4.30 pm	Yoga - TSC
Tues 8 Feb	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W - TSC
	9.00 am	LL Cycling Group
	1.00 pm	Mah-jong - GC
	1.15 pm	Seated Yoga - TSC
Wed 9 Feb	9.30 am	Cribbage - GC
	10.00 am	'Take 55' Coffee Group
	10.00 am	Carpet Bowls – TSC
	12.15 pm	Line Dancing-AB-TSC
	1.00 pm	K-nit 'n' K-natter - GC
Thurs 10 Feb	1.30 pm	Line Dancing-Beg -TSC
	2.45 pm	Line Dancing-Imp - TSC
	9.30 am	500 (cards)- GC
	10.00 pm	Android SIG - TSC
	1.15 pm	Lawn Bowls
Fri 11 Feb	3.30 pm	Improvers Bridge - GC
	3.45 pm	Yoga - TSC
	7.30 pm	Online Trivia
	9.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
	11.45 am	Sit n Be Fit - TSC
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls - TSC

Wednesday - 9 Feb - 10.00 am

'TAKE 55'

Movie/Coffee Group



We had a lovely group of 6 at our coffee meetup at Vikings Club this week. Great conversation and good coffee.

As there is no movie again next week, we will meet at Tuggeranong Vikings Club at 10.00 am. Everyone is welcome to join us!

Pam

Thursday - 10 Feb - 1.15 pm

LAWN BOWLS

Vikings Tuggeranong



Our free afternoon lawn bowls activity, courtesy of the Tuggeranong Vikings Bowls Club, makes a welcome return for 2022 this coming Thursday.

If you have not played lawn bowls before, why not come along and join us. Your fellow lawn bowls club members will be only too pleased to show you how.

There is plenty of free car parking available at the rear of the main club building. Please wear flat sole shoes, or if you like, just go bare foot and don't forget to wear a hat.

John Williamson

BINGO & TRIVIA UPDATE - For all our loyal Bingo & Trivia buffs, these weekend sessions will be back so keep an eye on future Bulletins for details!

FEBRUARY FOCUS!



UKE 55 – UKULELE GROUP

I'm pleased to announce we have some upcoming 55+ Ukes Group sessions planned ... yay!

These will be on the following dates and times...

SUNDAYS – 6 FEB / 20 FEB / 6 MAR AT 2:45pm - 4:15pm

I will send out song sheets for these as usual closer to the dates.

Please Note (for those who may not be aware already):

I will be conducting **Beginner Ukulele Lessons** prior to these sessions 1:30 pm - 2:30 pm.

These are for folk who have **registered as a student** for this series of Beginner Ukulele Lessons.

More info about the lessons, and how to signup if you are interested, may be found at ukesalive.com.

Future 55+ Club Ukulele Sessions?

We will look at the numbers who come along to determine if we will return to the fortnightly Friday afternoon meetups that we had pre-Covid.

Strappy Humming,

Garry, Ukemeister



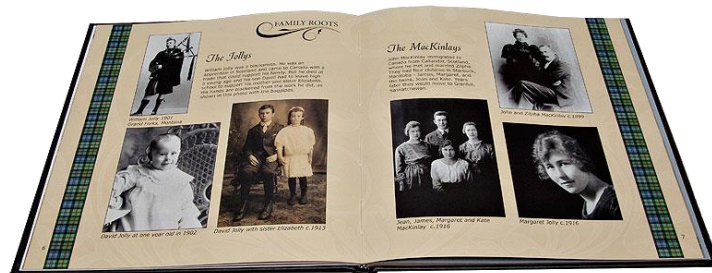
FEBRUARY FOCUS!



SHUTTERBUGS CAMERA GROUP PRESENTS "HOW TO CREATE GREAT PHOTO BOOKS WITH A FAMILY HISTORY THEME"

The Shutterbug's camera group will be holding a special "How to Compile Great Photobooks" presentation on **THURSDAY 17 FEBRUARY AT 10.00 am** and finishing around 11.30 am.

Fellow Shutterbug's member, Steve Walmsley, will be showing us how to put together a photobook using family history as his theme. Interested members from the Club's family history group will be joining us and any members of the club who may be interested are also welcome to come along. Anyone who has looked at doing their family history will know how you can end up with stacks of photos and documents and a photobook can be an ideal way to bring them all together in a presentable format.



Don't worry if you are not interested in family history, as what Steve will be showing us can be adapted to any theme you like. whether it be your holiday photos, special occasions or favourite family shoots, just to name a few possibilities.

Steve will be using the popular Photobook Australia free software package 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 see how he goes about compiling a family history themed photobook and there will be plenty of time for questions.

Our usual \$5.00 activity fee will apply, and a morning cuppa will be available. We hope that you can join us for this informative session.

Norm Swanwick.



**"OUR ANCESTORS WERE HUNTER-GATHERERS, BUT
WE'VE EVOLVED INTO BROWSER-PURCHASERS."**

GETTING 'MOTIVATED' IN MARCH

Greatest Hits

*I garden in the nude.
It's a lot cheaper
than a scarecrow.*



GREEN TONGUES FOR GREEN THUMBS

Let's talk gardening!

Are you a keen gardener and like a good chat about gardening but your family and friends just yawn when you start?

We are starting a **GARDEN GOSSIP** group in 2022 where you can talk gardening, share knowledge, meet fellow gardening enthusiasts, learn something new and maybe visit a few gardens, garden shows and garden centres with like-minded members.

Your ideas and suggestions are needed to establish this group.

Our first meeting will be on

TUESDAY - 1 MARCH - 10.00 am - GUMNUT COTTAGE

to find out there is any interest in such a group, and what they would like to do.

Ideas so far include:

- having a meet up once a month
- Inviting a guest speaker to some of our meetings. There are a lot of great groups and individuals out there we can invite to talk about their clubs, indoor plants, balcony and outdoor gardens, garden skills, and the citizen driven regeneration and rewilding projects around Canberra.

Garden Clubs of Australia list 21 garden clubs around Canberra and Queanbeyan that we can tap into, including Cactus & Succulent Society, Canberra Geranium and Fuchsia Society, Canberra Organic Growers and other general garden clubs such as the Weston Creek Gardeners club.

- Swaps of seedlings, plants and garden items
- Visits to such places as *The Scented Rose Garden and Tea House* near Bywong, *The Featherstone Gardens* in Weston, and of course the *National Arboretum* and *National Botanic gardens* (Flora the Explora bus tours), a community garden or two and perhaps even further afield to Mt Annan Botanic gardens and Mt Tomah Botanic gardens.

While Covid19 may have clipped our wings a little,

we can still enjoy our gardens!

So, why not come along and enjoy a little **Garden Gossip!**



GETTING 'MOTIVATED' IN MARCH

TEN WEEK DRAWING WORKSHOP

Starting WEDNESDAY 2 MARCH – 10.00 am-12.00 noon

Wattle Room, GUMNUT COTTAGE

TUTOR: Catherine Alexander



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 usually precludes 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 ran successfully last year and I'm pretty sure the members are still all drawing and improving their skills. If you want any feedback about any aspect of the workshop, I can put you in touch with some of them for their candid comments!

The materials list is small, as it's basically pencils and paper. *Catherine Alexander*

The Drawing Workshop starts from Wednesday 2 March and as stated, runs for ten weeks. The cost is a one-off fee of \$80.00 with payment required when booking your place. Numbers are limited and they fill up fast! Club Office is open 9.30 am – 2.30 pm weekdays. Phone: 6293 4004. Email: tuqa55plusclub@gmail.com

MEMBERSHIP RENEWALS

All memberships (except new members) are now due for renewal by

31 MARCH 2022.

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!

Lia Battisson, Treasurer



TALKING WATER TIGERS!

Everything You Need to Know About The Year of The Water Tiger

The Lunar New Year began on February 1st, 2022
with the Spring Festival welcoming the Year of the Tiger.
Several days of celebrations follow to mark the start of a fresh year.

What Is the Year of The Tiger in Chinese Astrology?

The Year of the Tiger is the third of 12 astrology signs in the Chinese Zodiac. The Lunar New Year marks the transition from one sign into another, which in this case is Ox into Tiger.

The Year of the Tiger occurs every 12 years, so if you're born in 1914, 1926, 1938, 1950 or 1962, then you're ruled by the powerful tiger.

In Chinese astrology, each sign is also ruled by an earthly and heavenly branch. This Lunar New Year, the 2022 Year of the Tiger will be a 'water tiger' governed by the element of wood.

What Does the Year of The Tiger Represent in The Chinese Zodiac?

Much like their namesakes, Tigers are independent, fearless, loyal and have high self-esteem. Tigers are strong in the face of adversity and never back down from a challenge, they're persistent and determined.

Their free nature and strong sense of justice is their biggest strength and weakness, as this can lead to them being rebellious and sometimes too self-confident.

Because this year is a water tiger, you can expect good fortune in relationships and family life. Tigers can expect to succeed in their career with hard work and determination.

What Will Bring Us Luck During The Year Of The Tiger?

The colours of green and blue will bring good luck and fortune for Tigers in 2022. Lucky numbers are 1, 3 and 7. Be sure to stay clear of the colour white and numbers 4 and 9 throughout the year.

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TALKING TRAVEL!

PROBUS CLUB OF TUGGERANONG SEPTEMBER TOUR – SOUTH AUSTRALIA

The Probus Club of Tuggeranong have organized a 12-day, 11-night tour of South Australia and have invited Club members to join them. They are looking for expressions of interest and the details of the tour are below.

If you are interested, please contact the Club Office –
email: tugg55plusclub@gmail.com phone: 6293 4004
If you would like further information, we have a detailed brochure in the office which you are welcome to look at.



Flinders Ranges – Arkaroola & Murray Princess Discovery with Tuggeranong Probus Club 12 Days / 11 Nights

Tour Highlights: Martindale Hall; Magpie & Stump Hotel; The Mad Bastard Winery Cellar Door; Bungaree Station; Australian Arid Lands Botanical Gardens; Wadlata Outback Centre; Pichi Richi Railway; Historic Outback Railway Township of Quorn; The Jeff Morgan Gallery Panoramas; Flinders Ranges Highlights; Wilpena Pound; Great Wall of China; Historic Copper Mining Township of Blinman; Arkaroola Ridge Top Tour; Leigh Creek Tour; Railway Township of Parachilna & Prairie Hotel; The Burg; Meldonfield Miniature Display; Historic Copper Mining Town of Burra; Gully Gardens; Seppeltsfield Wines Heritage Tour & Tastings; Lyndoch Lavender Farm; Barossa Chateau Art & Antique Gallery; Lunch Maggie Beers; 3 Night Murray Princess Discovery Cruise; The Cedars; German Village of Hahndorf; d'Arenberg Winery Cube plus much more.

Tour Departs: Thursday 8 September - Monday 19 September 2022.
Tour Cost: \$5098.00 per person Twin Share (Single Supplement \$1134.00)
Tour cost based on minimum 20 pax

