



# Weekly Bulletin

Friday 3 February 2023



## **CLUB CLIPBOARD!**

**Sunday – 5 Feb – 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!



**Tuesday – 7 Feb - 10.00 am**

### **GARDEN GOSSIP - Dry Weather Gardening**



The first meeting for the year for GG will be Tuesday 7 February 10.00 am -12 noon. The topic to kick start discussion will be dry weather gardening. What do you do to prepare for possible drought conditions in the future? Is it worth having a water tank? How to help the soil? Do you mulch? Do you use ollas or some other irrigation system? Bring your tips and tricks for keeping our gardens happy during the hot days to share with the group.

We will also try to plan for future meetings and working bees (weeding, leaf raking and watering roster) and lock in a couple of excursions before the weather turns back to winter.

Regarding excursions, a nice easy start (and free of cost) is the Featherstone Gardens in Weston. The MV Southern Cross does a cruise tour that takes you to Government House Garden for a private garden tour. This tour costs but promises to be interesting.

Mandy had a lovely time over the break visiting a garden of one of the many members of the Urban Homesteading (Canberra and Surrounds) Facebook group - hopefully we can lure some of the members of that group to come and talk about their gardens or allow us to visit them. There is also a Facebook group dedicated to growing strawberries that we may be able prevail upon as well (Mandy's sister is a very keen strawberry grower as is Mandy!)

So bring your ideas and let's make our first 2023 meeting a fruitful one!

## **CLUB CLIPBOARD!**



### **Wednesday – 8 Feb - 10.00 am** **'TAKE 55' Movie/Coffee Group**

A group of us went to see *What's Love Got To Do With It*. on Wednesday. It was a lovely movie, very easy to follow with a great cast, beautiful scenery.

As there is no movie to see next week, we will meet at Vikings Tuggeranong at 10.00 am on 8 February. Come and join us for a chat and coffee! *Pam Hall*



### **Thursday – 9 Feb – 10.00 am** **THE AGE-FRIENDLY CITY PLAN**

Hannah Gissane from Community Services Directorate, ACT Government is providing 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.

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.



### **Thursday – 9 Feb - 10.00 am** **ANDROID GROUP**

The Android Group will meet for the first time this year on **Thursday 9 February at 10.00 am in the Waterview Lounge.**

This is a self-help group who own Android devices (not Apple products) who meet to discuss and help one another with use of these devices. None of us are experts and no questions are considered "stupid" so if you think this group is for you why not come along on the above date and check us out?



### **Thursday – 9 Feb – 7.30 pm** **TRIVIA WITH FRIENDS**

Our next trivia night is on Thursday. This is a regular event on the second Thursday of the month commencing at 7.30 pm when we join with members of the Probus Club of Tuggeranong.

The night is laidback and a lot of fun. We have five sets of 10 questions in each, covering a wide range of topics. The questions are always interesting and although there are no prizes, you will add to your 'font of knowledge'!

New competitors are always welcome. For the Zoom link, contact Anne at [ameade@pcug.org.au](mailto:ameade@pcug.org.au) so she can add your email to our mailing list. then join us next Thursday! You may surprise yourself as to just how much 'trivia' you actually know!!



## SHUTTERBUGS CAMERA GROUP

### 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. Steve's demonstration will be projected on to our big screen and if you would like a copy of his presentation, please make sure that you bring along a USB memory stick.

The session will commence at 10.00 am with 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 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.*



## TIMETABLE

**Sunday 5 Feb – Saturday 11 Feb**

\*GC Gumnut Cottage    \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 5 Feb	8.50 am	Discover Canberra WG
	<b>2.00 pm</b>	<b>Social Bingo - TSC</b>
Mon 6 Feb	9.30 am	Bolivia - GC
	9.30 am	Crafty Corner - GC
	9.30 am	Zumba - TSC
	10.30 am	Mov & Mem - TSC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Improvers Bridge - GC
Tues 7 Feb	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	<i>9.30 am</i>	<i>LL Cycling Group</i>
	10.00 am	Garden Gossip - GC
	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 8 Feb	<i>10.00 am</i>	<i>'Take 55' Movie Group</i>
	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 9 Feb	9.30 am	500 (cards)- GC
	<b>10.00 am</b>	<b>Age Friendly Plan Info Session - TSC</b>
	10.00 am	Android SIG - TSC
	<i>10.00 am</i>	<i>Tugg Chukkers</i>
	1.00 pm	Mah-jong – GC
	<i>1.15 pm</i>	<i>Lawn Bowls</i>
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga – TSC
	<i>7.30 pm</i>	<i>On-line Trivia</i>
Fri 10 Feb	<i>8.30 am</i>	<i>Cycling Group</i>
	9.15 am	Tai Chi – TSC
	<i>9.30 am</i>	<i>Pitch n Putt</i>
	11.45 am	Sit n Be Fit – TSC
	12.00 pm	Learning Circle – TSC
	2.00 pm	Carpet Bowls – TSC
	3.00 pm	Uke 55 - GC
Sat 11 Feb	<b>10.00 am</b>	<b>Photo Books – Shutterbug W/S - TSC</b>

## **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 a 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*



### **ACRYLIC ART WORKSHOP**

Our resident acrylic art instructor, Maria Polmeer, has prepared our next workshop.



**SATURDAY 4 MARCH 2023 - 10.00 am till 1.30 pm**

The subject is:

#### ***The Dramatic Silhouette***

**I wonder just what that means?**

Cost \$55.00 includes canvas, brushes, and paints

Numbers are limited so book early at the office by **24 February 2023**

Payment is required at the time of booking

See the poster on Club noticeboards for further details





## **CLUB BILLBOARD!**

### **DOG SITTER – UPDATE!**

Some information from one of our lovely members:

*I use Pawshake for my cat and they do dog sitting/walking, etc. too.*

*It's very affordable compared to cattery/kennel and gives pets the luxury of being in their own home while their owners galivant about. My cat person is lovely and really caring.*

<https://www.pawshake.com.au/>

*You can search for people in your area - and find the perfect match.*

Pawshake connects pet parents with affordable local pet carers. Pet sitters are a great alternative to local dog kennels or pet hotels. Each pet sitter caters exactly to your pet's needs so you can be sure that your pet is getting all the love and attention they need while you are away.



### **MEMBERSHIP RENEWALS**



All memberships renewals are now due 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*

## **COMMUNITY BILLBOARD!**



*One of resident works 'Neptune the Mystic', inspired by the music of Gustav Holst (The Planets)*

### **Age no barrier to art at Canberra Retirement Village**

With a dollop of paint, the pressing of fingers, and the swirling of colours, memories are brought to life at the Calvary Haydon Aged Care and Retirement Community. The residents relive moments of joy from simply being in the garden, to grand parties and musical performances, while also creating new memories with their neighbours.

A collection of 23 colourful abstract artworks created in these sessions is on show in *Creatively Ageing* at Belconnen Arts Centre until 5 February.

Betty Szuromi, a diversional therapist, has been overseeing the arts program for two years. Art therapy can have powerful benefits; everyone with very different abilities can still think and act creatively, have fun and enhance their skills and self-awareness.

*Creatively Ageing* is the first public exhibition to be created by the residents. The facility has its own art gallery where pieces are regularly rotated. Ms Szuromi says the residents are always thrilled to take their visitors there and show them what they created. She has been working with the team at Belconnen Arts Centre for the past 12 months to get the exhibition up and running, with residents creating art specifically for it.

The idea for the public exhibition was to not only show the residents what they could create, but to show the whole community, and challenge people to think beyond well-worn stereotypes of ageing, to see that it doesn't have to be a barrier to creativity.

"You have to look at what people can do, not what they can't."

***Creatively Ageing***  
**is on at the**  
**Belco Arts Centre**  
**in Belconnen**  
**until 5 February 2023**



## **COMMUNITY BILLBOARD!**



GOKHALE METHOD®

### **FREE PAIN WORKSHOP**

Saturday 18th February, 10.30-11.30am  
Weston Creek, ACT

This free workshop is designed to help people suffering with back pain and/or sciatica to transform their posture and regain a pain-free lifestyle. Participants usually notice improvements within the first week of practicing these simple techniques.

**\*Limited to 6 people only\***

Register at: [gokhalemethod.com/tegan\\_kahn](http://gokhalemethod.com/tegan_kahn)

0438 489 648 | [tegan.kahn@gokhalemethod.com](mailto:tegan.kahn@gokhalemethod.com)



**GOKHALE METHOD®**

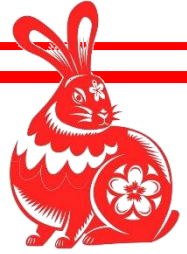
Primal Posture™ for a Pain-Free Life

The Gokhale Method uses healthy posture and movement to help you restore your structural integrity and regain a pain-free life. It addresses the root cause of most muscle and joint pain, because you have a right to a pain-free back, neck, hips, knees, feet.

You will learn to sit, sleep, stand, walk, and bend in ways that protect and strengthen you instead of wear and tear you.

In relearning these everyday actions, you will reposition and reshape your shoulders, arms, neck, torso, pelvis, hips, legs, and feet the way they were designed to be. You will develop a high level of confidence in and sense of control over your well-being. Once you have learned the basic principles, you integrate them into all positions and movements. Your everyday activities will once again become therapeutic.





## CELEBRATING THE YEAR OF THE RABBIT!

### EGG TARTS

Egg tarts are a popular Lunar New Year dessert which can be enjoyed with a cup of herbal or milk tea. And I enjoyed them on Wednesday when our lovely Office Volunteer, Margaret, brought them in to share – yum!!

#### Ingredients

- 1/3 cup (75g) caster sugar
- 2/3 cup (160ml) hot water
- 2 Eggs
- 1/3 cup (80ml) milk
- 2 x 150g pkts Tart Shells



#### Method

1. Preheat oven to 220°C. Place sugar and hot water in a heatproof bowl and stir until sugar dissolves. Whisk the egg and milk in a medium heatproof bowl. Add the sugar mixture and whisk until well combined. Strain through a fine sieve into a jug. Discard the solids.
2. Place the tart shells on a large baking tray. Pour the egg mixture evenly among the tart shells. Bake for 10-15 mins or until the edges are slightly caramelised. Reduce oven to 180°C. Bake for a further 10-15 mins or until the filling is just set. Set aside to cool slightly. Serve warm or at room temperature.

## BESPOKE SOLUTION

Centre letters are IN

CLINC     FRINGE  
JOINER    MAINLY  
SWINGS   WHINNY

