



'Tugg Talks' Weekly Bulletin Friday 9 February 2024



CLUB CLIPBOARD!

SOUNDS OF SILENCE?

2nd Gumnut room gets acoustic treatment

After the clear success of the installation of acoustic ceiling panels in the largest room at Gumnut Cottage the club has now installed the same panels in the Grevillea room at Gumnut Cottage.

In lay terms, these panels reduce the amount of echo/reverberation in the room which means multiple conversations can be held and heard without anyone going deaf or leaving the room for a "bit of quiet". The dampening down of the sound bounce is particularly helpful for those with hearing impairments, whether using hearing aids or not.



Both sets of panels were installed following recommendations from an acoustic engineer engaged during a Covid lockdown.

Mandy Cox

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



DATES FOR YOUR DIARY!



QIGONG - YI JIN JING WORKSHOP

Saturday – 17 February

10.00 am – 1.00 pm



Presented by Tunde, from Tunde-World, **Yi Jin Jing** can help strengthen muscle and build energy within Twelve Limbering Exercises. It is simple to learn and suitable for people of all ages. It is recommended from young to senior, from beginners and advanced to understand better and further Chi, body meridians and meditation.

Yi Jin Jing (Tendon-Muscle Strengthening Exercises) is a health and fitness exercise handed down from Ancient China and is the most popular of all the classic Chinese Qigong meditation exercises.

The Yi Jin Jing is renowned for assisting in pain relief in the muscles, ligaments and tendons in the neck, shoulders and back. Regular practice promotes physical and mental well-being, prevents illness, strengthens the body, helps improve balance and coordination and prolongs life.

For more information Tundeworld

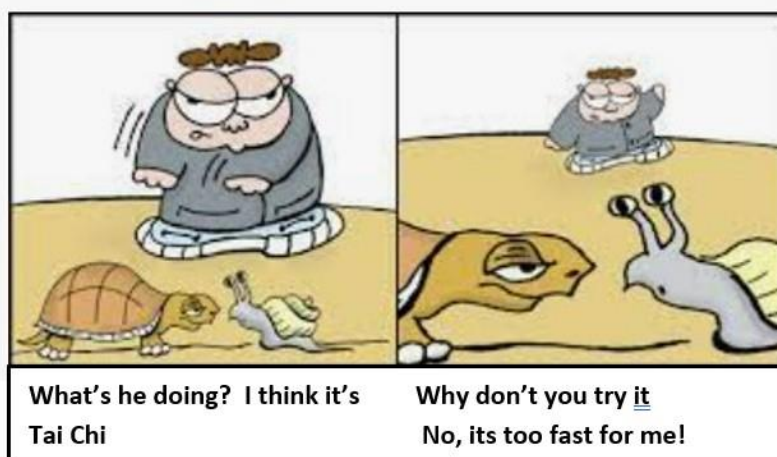
This class does not require any previous experience and can be done seated if required. The workshop is limited to 15 people, so be quick!

Cost - \$50.00

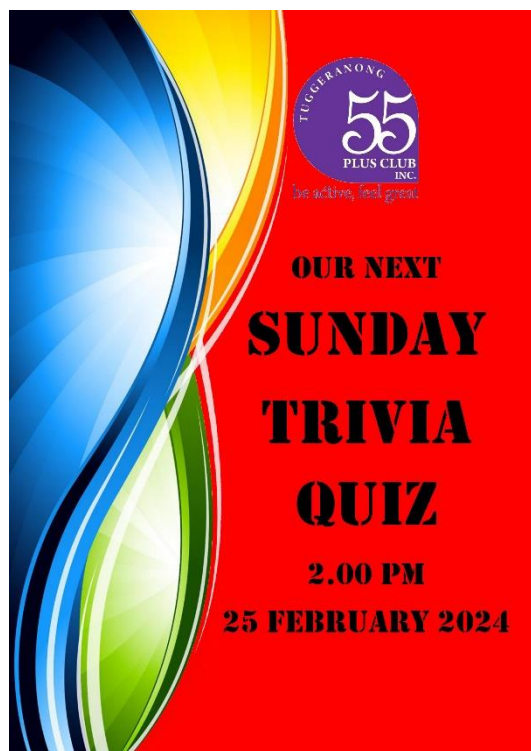
**Bookings with payment at Club office
by Wednesday 14 February**



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



DATES FOR YOUR DIARY!



SUNDAY TRIVIA QUIZ

RETURNS

Sunday – 25 February

Our Sunday trivia quiz is back for another year with our next quiz taking place on Sunday 25 February. Rob Peresan returns (ably assisted by our President Phil) to ask the questions to get our brains ticking over and hopefully coming up with the right answers. Anyone who was at our December quiz will remember that we had some technical issues when our laptop refused to cooperate. Well, the club has purchased a new laptop so we are all ready to go again without the repeat of a cantankerous laptop (fingers crossed).

For any members who are not familiar with our trivia quiz activity, we usually hold them on the last Sunday every two months starting at 2.00 pm and finishing around 4.00 pm. We have several guest quiz masters who take it in turn to host the quiz and pose the questions.

Everyone is welcome to form a team with friends or family or like most of our participants, just come along and join a team with their fellow Club members. Our normal activity fee of \$5.00 applies and there is no need to book, just come along on the day and join in the fun. There are a number of prizes to be won and there is a halfway break to rest the brain and enjoy afternoon tea.

So, if you have not previously been to one of our trivia quizzes or are one of our regular attendees, I hope that you can join us for our first Sunday trivia quiz for the year and it is only three weeks away.

Norm Swanwick for Team Trivia.

AND TO GET YOU INTO THE 'ZONE'.....



1. What is the term for someone who shoes horses?
2. Who is the fattest of Walt Disney's Seven Dwarfs?
3. Who went to sea in a beautiful pea-green boat?
4. What are the terms for a male and female wombat?
5. In which country was the wheelbarrow invented?
6. What is South Australia's state gemstone?

Answers somewhere in Bulletin...

DATES FOR YOUR DIARY!

CRUISING THE CLYDE

Wednesday – 13 March – 8.00 am

Christmas is long gone, the school holidays are over, and it is now the perfect time to 'Cruise the Clyde'!

Departing from the Innes Boat Shed, we will explore the Clyde River, and the amazing environment that surrounds it, in style, in the recently refurbished MV Escapade. The accessible vessel is calm and relaxing; beautiful interiors, polished brass fittings, comfortable dining tables and chairs open up to a covered top-deck with spectacular waterway views.

The three-hour cruise, to historic Nelligen and back, includes the famous fish and chips from the Boatshed, complimentary tea and coffee or you can purchase a drink from the licensed bar. This informative tour of the Clyde River is complimented by an interesting commentary from the boat Captain on various landmarks and history of the area.

There will be a short stopover at the sleepy town of Nelligen, where there will be time for an ice cream and a wander around local historical sites.

We will depart from the carpark near the Burns Club in Kett St Kambah at 8.00 am, travelling with Andrew from Horizon Coaches. There will be a stop at Braidwood for morning tea and aim to return to Canberra by around 5.00 pm.

Cost for the day trip including lunch is \$115.00 – bookings with payment by Wednesday 28 February.

So why not take a break, and enjoy fish and chips on the river, 'Cruising the Clyde'!



FURTHER AFIELD – ARE YOU INTERESTED?

It has been quite a while since we have organised a trip away that is more than one day – there are many options available, and we would like to hear from you if you are interested in going on a 'mini' break – one or two nights away.

Send us an email: tugg55plusclub@gmail.com, give us a call: 6293 4004 or come in for a chat at the Club office and let us know if you would like us to add a trip away to the Club calendar. We would need a minimum of 20 people to start the ball or bus rolling!

CLUB CLIPBOARD!

TIMETABLE

Monday 12 Feb – Sunday 18 Feb

*GC Gumnut Cottage *TSC Tugg Seniors Centre

| Day / Date | Time | Activity |
|---------------------|----------|-------------------------|
| Mon 12 Feb | 9.30 am | Bolivia - GC |
| | 9.30 am | Crafty Corner - GC |
| | 9.30 am | Zumba - TSC |
| | 10.00 am | iPad SIG - TSC |
| | 10.30 am | Mov 4 Mem - TSC |
| | 1.30 pm | Table Tennis - TSC |
| | 2.00 pm | Casual Bridge - GC |
| Tues 13 Feb | 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 |
| | 10.30 am | Heart n Soul - TSC |
| Wed 14 Feb | 1.00 pm | Mah-jong – GC |
| | 9.15 am | 'Take 55' Movie Group |
| | 9.30 am | Cribbage – GC |
| | 10.00 am | Ten Pin Bowling |
| | 10.00 am | Carpet Bowls – TSC |
| | 10.00 am | Graphites DG - 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 15 Feb | 9.30 am | 500 Cards- GC |
| | 10.00 am | Family History Gp - TSC |
| | 10.00 am | Pool Social - GC |
| | 1.00 pm | Mah-jong – GC |
| | 1.30 pm | Reading Group - TSC |
| | 3.30 pm | Social Bridge – GC |
| | 3.45 pm | Yoga - TSC |
| Fri 16 Feb | 9.00 am | Cycling Group |
| | 9.15 am | Tai Chi - TSC |
| | 9.30 am | Pitch n Putt |
| | 10.30 am | Seated Yoga - TSC |
| | 11.45 am | Sit n Be Fit – TSC |
| Sat 17 Feb | 12.00 pm | Learning Circle – TSC |
| | 2.00 pm | Carpet Bowls - TSC |
| | 10.00 am | Qigong W/Shop - TSC |
| Sun 18 Feb | 1.30 pm | Games Afternoon |
| | 8.50 am | Discover Canberra WG |



iPad SIG



Mon – 12 Feb – 10.00 am

Come along and join a dedicated group of iPad users. We meet monthly to share experiences and apps.

We have practical demonstrations and time for problem solving and exchange of ideas and views on all things iPad

No need to book, simply come along on the second Monday of the month.

Anne Meade

'TAKE 55' MOVIE/ COFFEE GROUP



Wed – 14 Feb – 10.00 am

On Wednesday 15 members had coffee and conversation before heading to Limelight to see **"One Life"**. We all enjoyed the movie; a very moving and emotional journey as a few people got children out of Prague before the Nazi arrival.

On Wednesday 14 February, we will meet at Cherry Bean at 9.15 before going to Limelight Cinema to see **"Force of Nature: The Dry 2"** at 10.00 am.

All are welcome to come and join us.

Pam Hall



Force of Nature: The Dry 2 is the sequel to the 2021 Australian box office hit 'The Dry', with Eric Bana reprising his character, Aaron Falk. The arid, dry plains of central Australia have been replaced by the dense, wet rainforest of the

Dandenong Ranges as the backdrop for plenty of mystery and rain!

CLUB CLIPBOARD!

FAMILY HISTORY GROUP

Thursday – 15 February – 10.00 am

Topic – Comparing Family History Websites



On 15 February we will include a session featuring Family History websites – comparing Ancestry and MyHeritage – two big sites offering memberships, and perhaps others.

Building your family's story takes time and the Family History Group will now focus on practical application rather than presentation only. There will be a monthly topic but problem solving will be an integral part of the monthly sessions. Information will still be projected on the screen but will become more interactive. Attendees will be encouraged to share any 'brick walls' or problems they are encountering, but also any discoveries or what has worked for them during their family history journey. You can also bring your device along for research and to record any useful information.

This new format will 'feel it's way' and Lyn will take the lead for the first few months.

Your queries, questions and input will help formulate the program in coming months – the topics are endless.

Whether you are an experienced family historian, a beginner or just interested please feel welcome.

GAMES AFTERNOON

Saturday – 1.30 pm

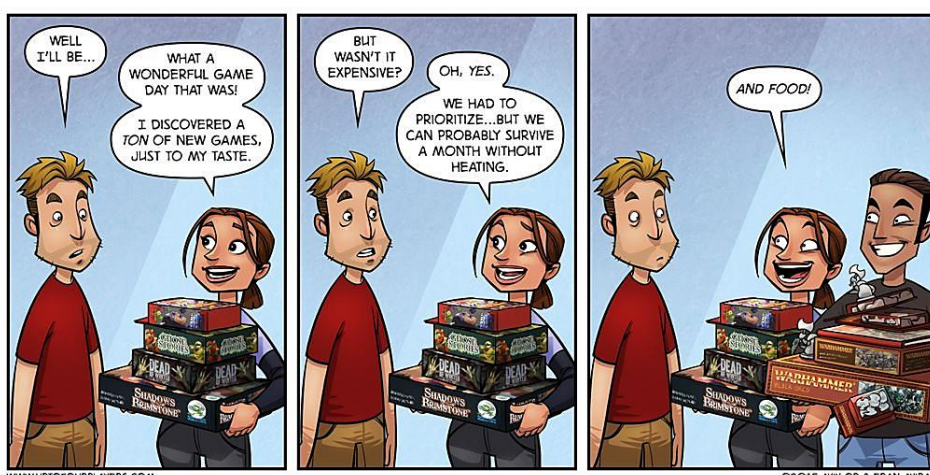


Games Afternoon is on next Saturday, 17 February, commencing at **1.30 pm** till **4.00 pm** or thereabouts!!

This afternoon is a relaxed one and members are encouraged to bring along their favourite games; we never know what games will appear! So, why not come along and perhaps try a new game, or an old game. Games should be for 3 or more people, and those +which can be completed within an hour or less are best.

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!



YOGA FOR SENIORS

Thursdays at 3.45 pm

SEATED CHAIR YOGA

Fridays at 10.30 am

Welcome to New Teacher – Valerie Albrecht

Hatha Yoga is a holistic practice for bringing together and harmonizing all the aspects of ourselves – physical, emotional, mental and spiritual. In Sanskrit, the ancient language of Buddhism, the word Yoga means union.

Yoga poses exercise all our body systems. As well, they bring us awareness of our breath, our breathing, and our life-force energy.

Research into the benefits of Yoga show that it assists physical strength and flexibility, pain management, balance challenges, conditions of the heart and blood pressure, and concerns in the skeletomuscular, glandular, circulatory, lymphatic, and nervous systems whilst boosting energy, mental and emotional calm.

Sessions begin with a 'warm up', then move into poses and sequences, concluding with breathing routines and focussed relaxation. Classes are tailored for participants' abilities, conditions and pace.



Valerie Albrecht has been teaching yoga passionately for 25 years in both public and private sectors, in NSW hospitals, in remedial, orthopaedic, oncology and maternity clinics; in workplace settings, and in well-being clinics in Australia, India, Portugal and the United States.

She has brought her first career Speech Pathology knowledge of the body to her yoga teaching and is a published author of many books urging the 'working together' of Western, Eastern and First Peoples health philosophies and practices.

Valerie invites you to the health, vitality, calm and beauty of Yoga.

Booking links for Yoga and Seated Yoga are available from Club office.



AND TO GET YOU INTO THE 'ZONE'.....

1. A farrier
2. Happy
3. The owl and the pussycat
4. Males are jacks, females are jills
5. China
6. Opal

COMMUNITY NOTICES

Open Day at Canberra City Farm

**18 February
10:00 am to 1:00 pm
FREE**



The Canberra City Farm Open Day is on again. Attractions include:

- Tours of the Farm, half hour tours showing the working of the farm and a longer tour including the history of the site and the farm.
- Seedlings suitable for autumn planting including broccoli, cauliflower, kale, kohlrabi, coriander and spinach, as well as produce grown at the farm including, garlic, tomatoes, cucumber, rhubarb, fruit and zucchini will be available for purchase.
- The very popular free Fruit Tree Netting swap run by ACT Wildlife will be happening again. Bring along your unsafe garden netting and swap old, large-mesh nets for wildlife-friendly nets, which have been purchased with funds from the ACT Government.
- A CCF information stall enabling visitors to become members, as well as information stalls from a range of like-minded organisation such as SEE-Change, Seed Savers, Global Warming, Southern Harvest and Jerrabomberra Wetlands.
- Various workshops will occur during the day.
 - If you would like to learn about keeping worm farms at home, Cid Riley of Global Warming will be doing a tour, talk and Q&A session from 11.00 am.
 - Peter James will run a short workshop on growing Myoga or Japanese ginger. It grows very well in Canberra but is rarely available in shops.
 - For those interested in very energy efficient buildings, Brian Combridge will be presenting a talk on the construction of our energy efficient building which requires very little heating in winter or cooling in summer.
 - Our sister organisation SEE-Change will be present a workshop on leaf towers/Roving Regeneration.
- Refreshments available on the day including savoury and sweet treats made primarily from the farm's produce; coffee from the Coffee Plunge & Co coffee van; and a range of wonderful ice-creams from Chameleon Ice-Creamery.

Registration: please register [here](#)

TSC -101 Cowlshaw Street, Greenway
Phone: 02 6293 4004



Website: 55plusclub.org.au

GC - 97 Cowlshaw Street, Greenway
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