



# Weekly Bulletin

Friday 10 February



## CLUB CLIPBOARD!



### **LAST MINUTE REMINDER**

#### **LEARN HOW TO CREATE GREAT PHOTOBOKS**

#### **THIS SATURDAY 11 FEBRUARY**

Our Saturday morning photography sessions start tomorrow morning 11 February when Steve Walmsley will be presenting a repeat of his popular session on compiling a Photobook. Maybe you have a collection of your favourite photos you would like to display in a professional-looking coffee table style 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 onto 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.*

# CLUB CLIPBOARD!



## Wednesday – 15 Feb - 10.00 am 'TAKE 55' Movie/Coffee Group

A lovely group met at Vikings Club on Wednesday with lots of good conversation and laughs.

Unfortunately, there is not a movie we want to see on Wednesday 15 February so we will meet again at 10.00 am at the Vikings Club Tuggeranong. Everyone is welcome to join us for nice coffee and good company!

*Pam Hall*

## CHANGE TO THE FAMILY TREE MAKER WORKSHOP GROUP & THE DNA WORKSHOP GROUP

From this month we are trialling combining these two groups into one group – **THE FAMILY HISTORY WORKSHOP GROUP.**

The aim is to broaden the scope of issues we discuss to family history generally. The discussion will depend on who is at the group so, if there is something you would like help with or to talk about, please come along.

The first meeting of the group will be on **16 February in Parkview Hall at 10.00 until 12.00 noon.** If you have a laptop/tablet containing your research, please bring it along.



*Liz Dean*

## TIMETABLE

Saturday 11 Feb – Sunday 19 Feb

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 11 Feb	<b>10.00 am</b>	<b>Photo Books – Shutterbug W/S - TSC</b>
Mon 13 Feb	9.30 am	Bolivia - GC
	9.30 am	Zumba - TSC
	10.00 am	iPad SIG - TSC
	10.30 am	Mov & Mem - TSC
	10.30 am	Graphites DG - GC
Tues 14 Feb	1.30 pm	Table Tennis - TSC
	2.00 pm	Improvers Bridge - GC
	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	9.30 am	LL Cycling Group
Wed 15 Feb	10.30 am	Heart & Soul -TSC
	1.00 pm	Mah-jong – GC
	1.15 pm	Seated Yoga – TSC
	9.30 am	Cribbage – GC
	10.00 am	Carpet Bowls – TSC
	10.00 am	'Take 55' Movie Group
	10.00 am	Ten Pin Bowling
	12.15 pm	Line Dancing-AB-TSC
	1.00 pm	K-nit 'n' K-natter – GC
	1.30 pm	Line Dancing-Beg -TSC
Thurs 16 Feb	2.45 pm	Line Dancing-Imp – TSC
	9.30 am	500 (cards)- GC
	10.00 am	FH Workshop Gp - TSC
	10.00 am	Social Pool - GC
	1.00 pm	Mah-jong – GC
	1.00 pm	Reading Group - TSC
	3.30 pm	Social Bridge – GC
Fri 17 Feb	3.45 pm	Yoga – TSC
	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
Sat 18 Feb	12.00 pm	Learning Circle – TSC
	2.00 pm	Carpet Bowls – TSC
	1.30 pm	Games Afternoon - GC
	Sun 19 Feb	<b>12.30 pm</b>

# CLUB CLIPBOARD!



## 'BOARD' GAME AFTERNOON



**SATURDAY 18 FEBRUARY** is Games Afternoon, commencing at **1.30 till 4.00 pm** or thereabouts!! Unlike the event on Sunday, this afternoon is sedentary in nature!

But, we never know what games will appear so 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.

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*



## **'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.**



**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).



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.



Our fourth activity is one of our longest standing activities **Carpet Bowls**. 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*

# ACTIVITY NEWS & DATES FOR YOUR DIARY!

## ACTIVITY LEADER

## CO-ORDINATOR



I'm new to the role of 'Activity Leader Coordinator so I had better introduce myself. I've been a Club member for over ten years and am the Activity Leader for the Family History Group and its spin-off, the Family History Workshop Group.

The Activity Leader Coordinator liaises between the Club Management and Activity Leaders. Examples include issues which need resolving and changes which affect Club activities.

I will be getting in touch with Activity Leaders over the next few weeks but in the meantime Club members and Activity Leaders are welcome to get in touch with me.

My email is [lizdean@ozemail.com.au](mailto:lizdean@ozemail.com.au).  
Alternatively contact the Club office and leave a message. *Liz Dean*



## 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

## Government House Gardens Cruise

At their first meeting of the year, the Garden Gossip group decided to spread their wings and take the MV Southern Cross Government House Garden Cruise on **THURSDAY 9 MARCH**. The cruise includes a private tour of the Government House gardens and Club members are welcome to join them.

In summary, the cruise/tour runs from 1.00-3.00 pm and costs \$24 concession (seniors) for the cruise with an additional (optional) \$30 for a High Tea.

### **There are two very important things to note:**

- The Southern Cross is required to collect the name *and date of birth* for all participants. This information is forwarded to the AFP at the Governor General's Residence!
- The tour part of the cruise consists of a 1-hour walking tour of the Government House gardens. There is no wheelchair access up into the grounds of Government House and the path the tour takes is quite uneven.

**If you would like to join them, you would need to make your own booking** - details with booking can be found [here](#). Happy cruising!





# **COMMUNITY BILLBOARD!**

Wayfarers Australia directed by Judith Clingan AM presents



Music theatre looking at ageing and the end of life, from the point of view of women. Four actors discuss these issues, with chatty dialogue interspersed with poems from contemporary and earlier writers. A string quartet, a piano, flute, clarinet, recorders and a choir of mostly women's voices, embellished with singing bowls and bells, offer moments of reflection; from time to time projections of artistic images further deepen the experience.

The Threshold will be performed three times:

Saturday 4th March 4.00 pm,

Saturday 4th March 8.00 pm

Sunday 5th March 11.00am

at the Australian Centre for Christianity and Culture, Barton, in Canberra.

## **Bookings**

**For more information:** Please contact [Judith Clingan](#)

*Judith (Judy) Clingan is a composer, writer, artist, educator and multi arts director/creator. Since early 2021 she has been interviewing many women aged 70 and older and asking them to write thoughts on a range of issues related to the ageing process, as well as our varying attitudes to the end of life. Their answers have helped her greatly in writing a script, entitled The Threshold, a subtle mix of humour, grief and transcendence.*

# **COMMUNITY BILLBOARD!**



Australian  
National  
University

## **PARTICIPANTS WANTED**

Predictors of safe driving in older adults

Scientists at the Australian National University (ANU) are conducting research examining the cognitive processes associated with safe driving in older adults, and you are invited to participate.

Participation involves completing computer-based visual and cognitive tasks for about 2 hours (including rest breaks).

The research will take place in the Psychology Building (Building #39) at the ANU. COVID-19 protocols will be in place for your safety.

As a token of appreciation for their time, participants will be provided with \$30.

In order to participate you need to:

- **Be 60 years of age or older**
- **Have normal or corrected-to-normal vision (glasses OK)**
- **Be free from any medical condition affecting your cognition**
- **Currently hold a valid driver's license and be actively driving**

To organise a time, please contact David on 0448 908 533 or [David.Denniston@anu.edu.au](mailto:David.Denniston@anu.edu.au)

The ethical aspects of this research have been approved by the ANU

