



# 'Tugg Talks' Weekly Bulletin

## Friday 16 February 2024



### TIMETABLE

Saturday 17 Feb – Sunday 25 Feb

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
<b>Sat 17 Feb</b>	10.00 am	Qigong W/Shop - TSC
	1.30 pm	Games Afternoon GC
<b>Sun 18 Feb</b>	8.50 am	Discover Canberra WG
<b>Mon 19 Feb</b>	9.30 am	Bolivia - GC
	9.30 am	Crafty Corner - GC
	9.30 am	Zumba - TSC
	10.30 am	Mov 4 Mem - TSC
	1.30 pm	Table Tennis - TSC
<b>Tues 20 Feb</b>	2.00 pm	Casual Bridge - GC
	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
<b>Wed 21 Feb</b>	10.30 am	Heart n Soul - TSC
	1.00 pm	Mah-jong – GC
	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
	10.00 am	Ten Pin Bowling
	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
<b>Thurs 22 Feb</b>	9.30 am	500 Cards - GC
	10.00 am	Tugg Chukkers
	1.00 pm	Mah-jong – GC
	1.15 pm	Lawn Bowls
	3.30 pm	Social Bridge – GC
<b>Fri 23 Feb</b>	3.45 pm	Yoga - TSC
	9.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
	9.30 am	Pitch n Putt
	10.30 am	Seated Yoga - TSC
<b>Sun 25 Feb</b>	11.45 am	Sit n Be Fit – TSC
	12.00 pm	Learning Circle – TSC
	2.00 pm	Carpet Bowls - TSC
	2.00 pm	<b>Sunday Trivia - TSC</b>

### GAMES AFTERNOON



#### Saturday – 1.30 pm

Games Afternoon is on tomorrow, **Saturday, 17 February**, commencing at **1.30 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, 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

### AFTERNOON LAWN BOWLS RETURNS!



#### Thursday – 1.15 pm

Our free afternoon lawn bowls activity, courtesy of the Tuggeranong Vikings Bowls Club, returns this coming **Thursday, 23 February**.

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

## CLUB CLIPBOARD!



### 'TAKE 55' MOVIE/COFFEE GROUP

**Wednesday – 21 February – 10.00 am**

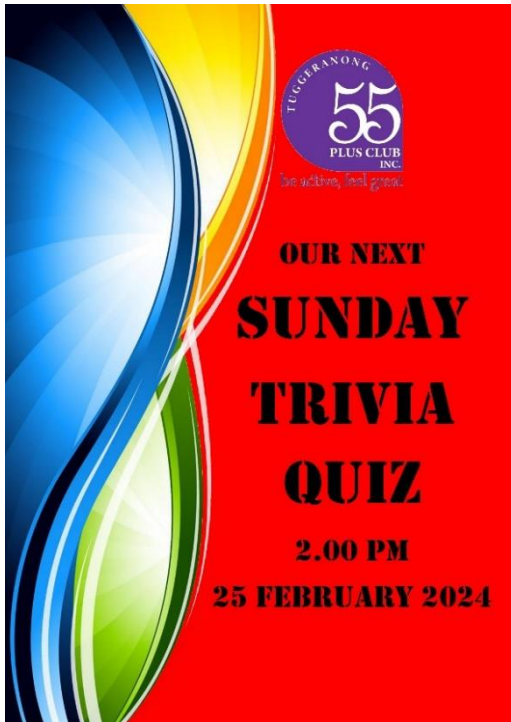
14 Club members joined together to see the movie 'Force of Nature' on Wednesday after coffee and conversation before the movie. We all enjoyed the movie; it certainly kept us thinking all the way through with great Australian scenery and all Australian actors we recognised.

This coming Wednesday 21st, we will meet for coffee at 10.00am before going to Limelight to see *The Holdovers* at 11.10 am. Why not come and join us for a lovely morning out – everyone is welcome!

Pam Hall



From acclaimed director Alexander Payne, *The Holdovers* follows a curmudgeonly instructor (Paul Giamatti) at a New England prep school who is forced to remain on campus during Christmas break to babysit the handful of students with nowhere to go. These very different shipwrecked people form an unlikely Christmas family sharing comic misadventures during two very snowy weeks in New England. The real journey is how they help one another understand that they are not beholden to their past—they can choose their own futures.



## **TRIVIA QUIZ COUNTDOWN CONTINUES**

**Sunday – 25 February**

Our next trivia quiz is now only one week away. Get your team together or just come along on the day and join a team with your fellow club members. Friends and family are always welcome to join us. Our quiz master for our February quiz will be club member Rob Pereson, ably assisted by our scorekeeper and judge, Club President, Phil.

The prize cupboard is bursting with giveaways including chocolates for everyone, a couple of door prizes and a few other goodies to give away during the quiz. As an added bonus, there will be a great afternoon tea to refresh the brain (and maybe the waistline) during a halftime break.

All this including a fun afternoon activity will only cost you our normal \$5.00 activity fee. We start at 2.00 pm am and finish around 4.00 pm. There is no need to book and the public car park opposite the club is free on Sundays. If you have not previously been to one of our trivia quizzes or are one of our regular attendees, I hope you can join us for our first Sunday trivia quiz for the 2024 year on Sunday 25 February.

Norm Swanwick for Team Trivia

## DATES FOR YOUR DIARY!

# 'PAINT LIKE THE MASTERS'

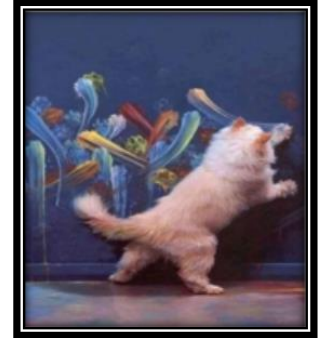
## ACRYLIC ART WORKSHOP No. 17

with Maria Polmeer

**Saturday 2 March 2024**

10.00 am - 1.30 pm

**Cost \$55.00**



**LIMITED NUMBERS SO BOOK EARLY**

**Registration and payment**

**by MONDAY 26 FEBRUARY 2024**

## CRUISING THE CLYDE

**Wednesday - March 13 - 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'!**



# CLUB CLIPBOARD!

## ONLINE BOOKING REMINDER CANCELLING IF UNABLE TO ATTEND

For all classes that are booked online both through EventBrite and Fun4Fitness, it is every important to **CANCEL YOUR BOOKING IF YOU ARE NO LONGER ABLE TO ATTEND.**

**Some of the classes now have WAITLISTS and if you do not cancel your booking, your fellow members are MISSING OUT because the class appears to be full.**

If you are unsure how to cancel your booking, instructions are below:

- **EventBrite:**

Go to your confirmation email (**always keep**) and to cancel take the following steps:

1. Click on 'Go to My Tickets'

2. Click on 'Cancel Order'

The image shows two screenshots from an EventBrite email. The left screenshot is titled "you've got tickets!" and features a smartphone icon with a green checkmark. Below the icon, it says "Keep your tickets handy" and has a red button labeled "Go to My Tickets" circled in red. The right screenshot is titled "Order for Yoga - Thursday" and shows event details: "Free order #8916767729 on Feb 13, 2024", "Event information: Thursday, March 14, 2024 from 3:45 PM to 5:00 PM (AEDT) Tuggeranong ACT". It also displays "RESERVATION ONLY - \$8 to be paid on arrival" and contact information for Janelle Burns (tugg55plusclub@gmail.com). A red circle highlights the "Cancel Order" button in the navigation menu.

3. Click on 'Yes, cancel this order' – you will then be sent an email which confirms the cancellation

The image shows a "Cancel Free Order" dialog box with a close button (X) in the top right corner. The main text asks, "Are you sure you want to cancel this order?". At the bottom, there are two buttons: "No, nevermind" and "Yes, cancel this order". The "Yes, cancel this order" button is circled in red.

- **Fun4fitness** (Zumba / Movement 4 Memory

If you need to cancel or reschedule one of these sessions, either **text 0409 032 076** or **email Susan: [fun4fitness.enquiries@gmail.com](mailto:fun4fitness.enquiries@gmail.com)**

**NOTE:** Please wait until you **get the Booking confirmation email.** If you book more than once for a session, I will be deleting the extra booking/s, so don't be alarmed if you get a cancellation email.

*Janelle – Office Team*



# ACTIVITIES UPDATE!



## A LITTLE 'GARDEN GOSSIP'



On Tuesday 6 February the Garden Gossipers were treated to an inspiring talk by vision impaired gardener extra-ordinaire, Natalie Kerr. Despite progressively losing her sight, Natalie has continued to be an avid gardener. Over time she has adapted her gardening to both deal with her declining vision, dodgy knee, and hard clay soils (and the doggy raids of her fruit trees). Her ideas included turning plastic 'half barrel' garden pots into wicking beds, in which she grows tomatoes. Once the plants are finished, she refreshes the potting soil with her own compost, some coir peat and more potting mix.



Natalie takes an organic approach to gardening and uses weed tea to help fertilise her plantings. Instead of undertaking crop rotation, she plants garlic in the areas summer vegetables grew, which she said fumigates the soil making it ready for future plantings. She grows bright coloured produce so she can see it, so her garden has colourful zucchini, beans and monster pumpkins that will be hard to miss.

Her mention of weed tea led to a group discussion on how to deal with mosquitos and other insects that can breed in the tea if it is not adequately covered. The solution is apparently coffee grounds!

I (Mandy) have a problem with rats beating me to my tomatoes. I asked Natalie if she had this problem which she did, using net bags to protect the fruit. She said she found the rats eat through the bags and to save her tomatoes she picks them at first blush and ripens them indoors and says they taste just as good.

After Natalie's talk, the GG'ers then enjoyed an informal morning tea of eggless chocolate zucchini cake and nectarine and blue berry muffins, along with lots of garden chat.



Our group is always looking for new ideas and guest speakers. If any 55 Plus Club member has a passion about something 'gardenish' or has a friend who has a particular garden/plant passion we'd love to hear from you! We can promise our speakers a warm welcome and a good morning tea.

*Mandy Cox*



"It's Getting late. We Should set up camp here and start again in the morning."

# ACTIVITIES UPDATE!

## TUGG CHUKKERS 'PISTE' DE RESISTANCE



On Thursday 8 February, 13 Tugg Chukkers gathered on the piste near the Club to enjoy another fine morning of pétanque.

Much fun was had with some close games and debate on either 'crashing' or 'crashing through' and at times both strategies seemed to be in play simultaneously. Jack, being a first timer, blitzed the field; others are plotting revenge. Cake was home-made rhubarb and coconut.



*Tugg Chukkers is played every second and fourth Thursday morning between 10 am and 12 noon at the piste near the Club. All are welcome and attendance is free although it is the responsibility of participants to have appropriate levels of fitness and mobility for the chosen activity. They should be aware that they participate at their own risk.*

*Players are on hand to help new players acquire the skills and understand the rules of the game and the club has some boules (balls) available to use.*

Tugg Chukkers have been invited by Capital Pétanque (aka the 'big smoke') to play in a social tournament in May and we plan to field a team. Watch this space!

*Andrew Rankine  
Tugg Chukkers coordinator*





# **COMMUNITY NOTICES**



## **GARDEN WORKSHOP**

Learn how to garden and grow your own food on a budget



**communities  
atWORK**

Community  
Development  
Program



Supported by  
**ACT**  
Government  
An ACT Government  
funded initiative



Saturday 24  
February 2024



9.30am - 12.30pm



Gumnut Cottage,  
101 Cowlshaw Street,  
Greenway, ACT, 2900

## **GARDEN WORKSHOP**

**SATURDAY 24 FEBRUARY – 9.30 am – 12.30 pm**

**Gumnut Cottage, 97 Cowlshaw Street, Greenway**

Partnering with the Canberra Environment Centre and Simply Optimistic, Communities at Work are excited to deliver a workshop on gardening on a budget.

This workshop provides an overview of the basic science and skills needed to get your "food factory" growing on a next-to-nothing budget.

*After the Workshop you will be able to:*

- Identify key features of a plant's biology and life cycle.
- Perform key gardening skills, including seed raising, cuttings, transplanting seedlings, liquid fertiliser, preparing soil, and garden layout/design.
- Work collaboratively to sketch a home food garden and draft a 6-month task schedule.

*Participants are advised to:*

- Bring your own gardening gloves (however, gloves and garden trowels will be available for use on the day).
- Wear a long sleeve shirt and covered shoes.

This **free** workshop is offered as part of the Growing Healthy Communities Project funded under the ACT Health, Healthy Canberra Grants program.

*To book your place, click on the link below:*

<https://events.humanitix.com/shoestring-gardening-workshop>

# **COMMUNITY NOTICES**

## **Chief Minister's Concert 2024**

**FREE EVENT**

**Wednesday 6th  
March 2024**

Albert Hall  
100 Commonwealth Ave,  
Yarralumla ACT 2601



You're invited to the 2024 Chief Minister's Concert featuring the Band of the Royal Military College Duntroon.

Join the Band of the Royal Military College Duntroon for a big band show playing all of your favourite tunes – from the classics to some modern favourites.

The event is a fundraising opportunity for COTA ACT. Gold coin donation on entry is encouraged.

Event registration is available now: [click this link](#) to book for the morning session at 10:30 am or the afternoon session at 1:00 pm.

Bringing together the beauty of autumn, music, and community spirit, this event is not to be missed.

Save the date and join us for an uplifting day at the Chief Minister's Concert!



*Word of the day:*

**HURKLE-DURKLE**

*A 200 year-old Scottish term  
meaning to lounge in bed long after  
it's time to get up.*

*Happiness is*

**HURKLE-DURKLE.**



TSC -101 Cowlshaw Street, Greenway

GC - 97 Cowlshaw Street, Greenway

Phone: 02 6293 4004

Email: [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com)

Website: [55plusclub.org.au](http://55plusclub.org.au)