



Weekly Bulletin

Friday 17 February 2023



WHAT IS ON THIS WEEKEND!



'BOARD' GAMES 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



LAST MINUTE REMINDER

'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.**

There will be four chances to try something new on the day:

1. You can try your hand at **Pool on the Club's new table**. John will be available to show you how to play the game and explain the rules.
2. **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 will be subject to the weather).
3. 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.
4. 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 cost you only our normal \$5.00 activity fee. There is no need to book, just come along on the day, grab a snag, and enjoy the afternoon.



Norm Swanwick

CLUB CLIPBOARD!



Monday – 20 Feb – 9.30 am CRAFTY CORNER

Crafty Corner meets on the 1st and 3rd Monday of each month between 9.30 am and 1.30 pm at Gumnut Cottage.

Crafty Corner is a group for people who want a place to meet and share their crafting, enjoy a cuppa, good conversation and meet like-minded people.

Meetings have an informal format where you can drop in anytime and stay as long as you want.

So, if you're an experienced crafter or want to learn a new skill come along, bring your current project, UFOs, or materials to start a new project, whether its card-making, quilting, scrapbooking, appliqué, embroidery, rubber stamping, jewellery-making or any other craft activity.

We hope to see you there!

Lois Good



Wednesday – 22 Feb - 10.00 am 'TAKE 55' Movie/Coffee Group

A small group had a lovely time chatting over coffee at Vikings Club last Wednesday.

Next Wednesday 22 February we will meet at Vikings Club at Tuggeranong for coffee at 10.00 am because there is not a movie suitable for us.

Everyone is welcome to join us for coffee and good company!

Pam Hall

TIMETABLE

Saturday 18 Feb – Sunday 19 Feb

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 18 Feb	1.30 pm	Games Afternoon - GC
Sun 19 Feb	8.50 am	Discover Canberra WG
Sun 19 Feb	12.30 pm	Come n Try Sunday Games & Barbecue – GC & TSC
Mon 20 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 21 Feb	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	9.30 am	LL Cycling Group
	10.00 am	Pool – Beginners - GC
	10.30 am	Heart & Soul -TSC
	1.00 pm	Mah-jong – GC
	1.15 pm	Seated Yoga – TSC
Wed 22 Feb	9.30 am	Cribbage – GC
	10.00 am	Carpet Bowls – TSC
	10.00 am	'Take 55' Movie Group
	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 23 Feb	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
	3.45 pm	Yoga – TSC
Fri 24 Feb	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
	12.00 pm	Learning Circle – TSC
	2.00 pm	Carpet Bowls – TSC
	3.00 am	Uke 55 - GC



ACTIVITY NEWS & DATE FOR YOUR DIARY!

Thursdays – 3.45 pm – 5.00 pm
YOGA

As the numbers of attendees has increased for this class and for the comfort and safety of everyone, we have decided to revert to a booking system through EventBrite from **Thursday 2 March.**

The link to book a spot in the class is below.

<https://www.eventbrite.com.au/e/yoga-thursday-tickets-548116811137>

The cost of each class is \$8.00, paid on arrival.

With all online class bookings, we ask you please not to book more than 1 or 2 weeks in advance.



Fridays – 9.15 am – 10.15 am
TAI CHI (Yang Style)

The Tai Chi class is now full and if you are interested in joining the group, please register your details with the Club office and you will be put on the waiting list.

The class takes new members ONLY at the start of each school term.

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



AGE FRIENDLY CITY PLAN INFORMATION SESSION

On Thursday 9 February, Sarah Conway from Community Services Directorate presented an overview of the Age Friendly City Plan to date.

Club members were not shy in coming forward to highlight while the overall idea of the Plan is a good one, it is lacking in the 'grass roots' area. Lack of toilets in playgrounds and popular walking areas, the short comings of the recently revised bus timetable and of course, our constant companion, the inadequate amount of available parking were well articulated by many of the members present.

Sarah was gracious and listened to the comments, taking notes and giving assurance that she would pass them on. She has sent through the following information to share with you:

Age-Friendly City Plan 2020-2024

[Here](#) is a link to further information in relation to the Age-Friendly City Plan. The Monitoring and Evaluation section of this page (toward the bottom of the page) includes copies of annual progress reports to date. As mentioned, the Minister is due to make the next annual program report on the Plan in May 2023. We will be sure to share detail on this when available. We will also send through details regarding the next governance workshop (planned for September 2023) when we have further detail.

Age Friendly Suburbs Program

The [Age Friendly Suburbs Program](#) aims to deliver pathways and pathway related infrastructure to provide improved access for older Canberrans, as well as other pathway users who may have more specific mobility needs. The Program also aims to create opportunities for a healthier and more active lifestyle among older residents and those with mobility needs. Information regarding current work under this program is available via the [Your Say Conversations](#) platform.



Transport

During discussion regarding transport needs, I referenced the Flexible Bus Service run by Transport Canberra. Further information on the service can be found [here](#). Communities at Work also operates transport services, including some which have specific eligibility requirements. Further information regarding their range of transport services can be found [here](#).

We have asked Sarah to keep us informed of future developments and to send us any information which could be of interest and assistance to Club members, so watch this space!

SATURDAY MORNING PHOTOGRAPHY – GREAT RESPONSE FOR OUR FIRST SESSION ON PHOTOBOOKS!



We had a good attendance at our recent Saturday Morning Photography session when over twenty-four members came along to listen to Steve Walmsley give another one of his excellent presentations. This was the first session in our current series of Saturday morning photography presentations.

On this occasion, Steve showed us how we can go about putting together a professional-looking photo book of our favourite photos. After an introductory PowerPoint presentation of what would be covered, we then went online using one of the many free software services that are available. Over the next two hours, we went about compiling our photobook, designing the front cover, and adding photos, text, backgrounds, and masks. Once happy with the layout it was then a matter of sending it off to the service provider and then after a week or two, our printed photobook arrives on our doorstep. There was plenty of time for questions and most members brought along a memory stick to grab a copy of Steve's presentation. Many thanks to Steve for his excellent and informative presentation which was very much appreciated by all those who attended!

Our next session in this series will be held on **25 February** when we will look at '**Smartphone Photography**'. Steve will show us some of the many functions available on our smartphones which we can use to help improve our phone photography. This will be very much a practical session so don't forget to have your smartphones with you.

Our final session will be held on **11 March** which we have called the '**Digital Darkroom**' when Steve will cover how to move, store, enhance and share your 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.

Finally, these sessions are being held under the banner of our Shutterbug's Camera Group activity. Our Shutterbugs meetings are currently in recess, but we are hoping to get them back again on the club's calendar of events hopefully in the near future.

Norm Swanwick.



CONVERSATION CAFÉ!

For those who are new to the Club, its motto is 'Be Active, Feel Great' and since the Club began in 2007, the activities program has endeavoured to provide a variety of 'active' activities both for body and brain!

Here are two groups who are keeping that motto alive and well while exercising their sense of humour!



Having some fun with feather fans, Monday's Movement 4 Memory ladies are being a little 'burlesque'!

**Movement 4 Memory
Mondays 10.30 am**

Instructor: Susan Innes

Booking online – links available from front office

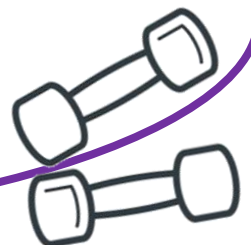


Lying down during the Men's Exercise class is not an option and here they are flexing their muscles and looking mighty fit!

Men's Exercise Class Tuesdays 8.00 am

Instructor: Duncan Craig

Booking online - links available from front office



COMMUNITY BILLBOARD!



LOUISE CURHAM: KAMBAH

An investigation of place and community

Showing until 4 March, 2023

TUGGERANONG ARTS CENTRE

Artist Louise Curham's exhibition *Kambah* draws on her professional practice as an archivist, her creative art practice and community responses to the question 'what do you know about Kambah that you think is important to share with others?'

Focusing on what is valuable to people who live in Kambah and the diversity of those calling this place home, this exhibition is the result of extensive research, conversations with many Kambah residents, collaborations with artists and academics, and community entries into an online digital map.

Alongside the digital map, is the Bennet family home movie (usually only viewable via the National Film and Sound Archive) and a series of photographs made using pinhole photography and cyanotypes. Louise's photographic works began as a family project during lockdown and create very literal portraits of Kambah.

The *Kambah* exhibition, however, forms part of a much bigger and multi-layered project. Her goal is to build a digital community map, which will eventually be developed into a paper map representing the Kambah communities view of the place they call home.

Visitors to the exhibition can add to the digital map or share a story, a cup of tea or make a cyanotype with Louise. She will share unique stories about Kambah in a series of Saturday gallery events and local site visits. By drawing attention to stories of what it's like to live in Kambah now and what it was like in the early days, Louise hopes the local community, and Canberrans more broadly, will come to treasure it more. As Kambah celebrates its 50th birthday next year, community responses to the digital map will help identify ways the community can celebrate together.

There are a series of other exhibition-related events happening on Saturdays during the exhibition. Details about a kitchen table discussion with Geoff Pryor on 18 February, a Bring-a-Plate Southside Artists meetup event on the 25 February, and Louise's closing event on 4 March are available on the [Tuggeranong Arts Centre website here](#).

Louise acknowledges support for her project from an artACT

Homefront grant, and in her role as lecturer at Charles Sturt University.



California Spaghetti Salad

Crunchy and bursting with flavour!

This is one of those versatile, “use-it-up” recipes that you can always depend on when you need to clear out the fridge. If you don’t have all of these particular vegetables on hand, you can really switch it up as needed and still end up with a great result. Have some yellow squash? Throw it in. A little green onion? That’ll do nicely. No cucumber? Swap in some celery. It all works!



INGREDIENTS

- 500gms spaghetti, cooked and drained
- 1½ cups cherry tomatoes, halved
- 1 cucumber, diced
- 2 zucchinis, diced
- 1 green capsicum, diced
- 1 red capsicum, diced
- 1 red onion, diced
- 1 can sliced black olives, drained

DRESSING

- 1 bottle Italian dressing
- ½ cup parmesan cheese, grated
- 1 tablespoon sesame seeds
- 1 teaspoon paprika
- ½ teaspoon garlic powder

METHOD

1. Cook spaghetti according to directions on package and drain and rinse in cold water.
2. In a large bowl, combine zucchini, tomatoes, cucumber, capsicums, onion, and black olives.
3. In a small bowl, whisk together all Dressing ingredients
4. Add cooked spaghetti to vegetables and olives, then add dressing and toss together thoroughly. Cover and set in refrigerator to chill for at least 3 hours. Serve chilled and enjoy!