



'Tugg Talks' Weekly Bulletin Friday 23 February 2024



ADJUSTMENT TO CLUB FEES

Recently the Club Management Committee met to consider the Club's present financial situation and its ongoing capacity to cope with unexpected contingencies, such as cleaning up after the damage we sustained in the December 2023 storm. This year the Committee also considered the rising costs associated with running the Club on a day-to-day basis; everything from cleaning services and electricity to milk and biscuits now costs us more. Currently our monthly running expenses average around \$6,000. The instructor-run sessions have also been evaluated as they operated in some cases, at a much lower rate than comparable classes.

Therefore, with a view to ensuring that we continue to be able to provide the many activities and social interactions that we deliver for all our members each week, the Committee has decided that we need to introduce certain changes to our fee structures and that these need to be accompanied by some fee increases.

Membership changes

1. The current membership renewal cut-off date will move from 31 March to 30 September from 2025.
2. A pro rata membership fee of \$15.00 will apply during the period January 2025 to end of June 2025.
3. A revised membership renewal fee of \$30.00 will be due as from 1 July 2025.
4. The Club joining fee will remain at \$30.00.

The decision to move the membership renewal period to the first three months of a new financial year will not only provide a more accurate membership record for the October AGM, but it will also reduce the pressure on our volunteer office staff at the beginning of each year.

The increase in the membership renewal fee is the first increase to this fee since 2010.

Activity Fees – Volunteer Leader

Fees for our volunteer-led activities will remain at \$5. However, as from 1 April 2024, free activities will be discontinued. Members will still be able to purchase \$40 vouchers, which will entitle them to eight \$5 sessions.

Members do not need to surrender their current vouchers, but they will no longer be able to use the free component after 31 March.

Activity Fees – Paid Instructor

From 1 April 2024

1. Fees will Increase from **\$8.00 to \$10.00** for Zumba, Movement 4 Memory, Men's and Women's Exercise, Heart and Soul Singers, Qigong, Meditation, Yoga, Seated Yoga, Sit n Be Fit, Uke 55 and Lakeside Art Group
2. Fees will increase from **\$8.00 to \$15.00** for all Line Dancing Sessions.

All current \$80.00 vouchers will need to be either used or cashed in by 31 March 24.

Tuggeranong 55 Plus Club Inc. Management Committee

DATE FOR YOUR DIARY!



ACRYLIC ART WORKSHOP No. 17

with Maria Polmeer

Saturday 2 March 2024

10.00 am - 1.30 pm

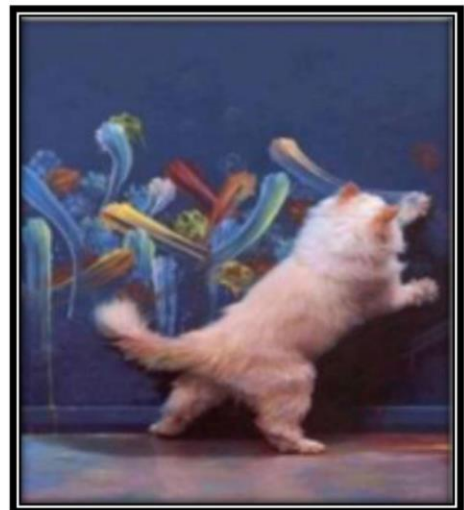
Cost \$55.00

Beginners & Continuing Beginners

Another in our series

**'PAINT LIKE THE
MASTERS'**

**IT WILL BE COLOURFUL
AND FUN**



LIMITED NUMBERS SO BOOK EARLY

Registration and payment

by MONDAY 26 FEBRUARY 2024

PLEASE BRING:

JAR FOR WATER

APRON OR OLD SHIRT TO PROTECT CLOTHING

PAD OF PAPER PALETTES OR CHINA DINNER PLATE

ALL PAINTING SUPPLIES (CANVAS, PAINTS, ETC.)

INCLUDED IN THE COST

DATE FOR YOUR DIARY!

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, on board 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.

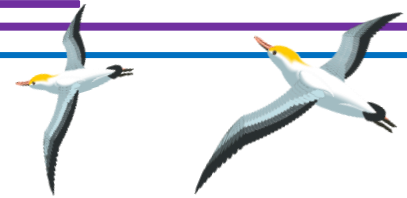
The three-hour cruise, to historic Nelligen and back, includes the famous fish and chips from the Boatshed, complimentary tea and coffee or you can purchase a drink from the licensed bar. This informative tour of the Clyde River is complimented by an interesting commentary from the boat captain on various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



Some interesting Clyde River History:

The river was named by Lieutenant Robert Johnson, who was engaged by Governor Macquarie in 1821 to go on a voyage of discovery down the south coast of NSW in the cutter *Snapper*. He named the Clyde River and Snapper Island bears the name of his ship.

Lieutenant Robert Johnson was the son of Lieutenant-Colonel George Johnson of the New South Wales Corps, who was famous as the soldier who arrested Governor Bligh in the events known as the Rum Rebellion. George Johnson was born in Annandale, County of Dumfries, Scotland, which is a southern area of Scotland not far from Glasgow, and his son Robert named the Clyde River at Batemans Bay after the Clyde River in Scotland on which Glasgow is located. The Clyde River in Scotland has similar features to the Clyde River in Batemans Bay, with islands located in its large mouth.



CLUB CLIPBOARD!

TIMETABLE

Sunday 25 Feb – Sunday 25 Feb

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 25 Feb	2.00 pm	Sunday Trivia - TSC
Mon 26 Feb	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
	2.00 pm	Casual Bridge - GC
Tues 27 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
	1.00 pm	Mah-jong – GC
Wed 28 Feb	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
Thurs 29 Feb	9.30 am	500 Cards- GC
	1.00 pm	Mah-jong – GC
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga - TSC
Fri 1 Mar	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
	12.00 pm	Learning Circle – TSC
	2.00 pm	Carpet Bowls - TSC
Sun 3 Mar	8.50 am	Discover Canberra WG
	2.00 pm	Social Bingo - TSC



LAST MINUTE REMINDER TRIVIA QUIZ

Sunday – 25 February

Only two days to go for our first trivia quiz for the year to be held this Sunday starting at 2.00 pm. Fellow club member Rob Peresan will be asking the questions to test our knowledge on all things trivial. To assist him, our judge and score keeper will be our Club President, Phil.

We have restocked the prize cabinet following the holiday break so everyone will have a chance to win a prize, enjoy a chocolate or two and if that's not enough there will be a half time break when you can enjoy a cuppa. Each winning team member will receive one of our coveted "Smartie Pants" certificates and more importantly, bragging rights for the next couple of months. We will have our usual eight rounds, each of ten questions, and there will be a table quiz sheet that team members can work on while the scores go up on the board. As a bonus, there will be a number of prize questions when a team member can win a free activity voucher for themselves.

So, get your team organised or just come along on the day and join a team with your fellow club members. There are always plenty of spare spots and everyone is welcome and there is no need to book. Our usual \$5.00 activity fee applies, and the public car park is free on a Sunday. On behalf of the trivia crew, I hope you are able to join us this 2.00 pm this Sunday 25 February.

Norm Swanwick.

CLUB CLIPBOARD!

'TAKE 55' MOVIE/ COFFEE GROUP



Wed - 28 Feb - 10.00 am

On Wednesday we went to see the movie, *The Holdover*. A complicated, sad movie. We all enjoyed it after we had been to Cherry Bean for coffee.

Once again on Wednesday 28th we will meet at Cherry Bean for coffee/lunch as we do not want to see any of movies on offer. Everyone is welcome to join us!

Pam Hall



SUNDAY SOCIAL BINGO

Sunday - 3 March - 2.00 pm

Social Sunday Bingo is on again next weekend at 2.00 pm. Your hosts are John Williamson and President Phil Burns who doubles as Bingo caller for the afternoon. This popular game is played widely across the country and is well known for its fun, laughter level and socialisation.

Bingo pens and pads are provided, there is always a delicious afternoon tea on offer and the prizes are in keeping with the flavour of the day.

Why not come along –
you might even win a prize!

PITCH N PUTT

'Off - site Activity'



Fri - 1 March - 9.30 am

The Club's Pitch n Putt group have been playing at the Canberra International Golf Centre, Narrabundah, since 27 July 2018.

Initially under the leadership of Norm Swanwick, the group met once a month, then it moved to 2nd and 4th Friday in March 2019. Barbara Dromgool took over the reins in late 2019 and this enthusiastic group now meets weekly.

Pitch n Putt is an internationally recognised sport, low impact and keeps you healthy, physically, mentally, and socially. Not to be confused with mini golf, Pitch n Putt 's origins are totally Irish, developed in Cork in the 1940's.

Requiring less investment and space, the game has spread worldwide and grown in popularity.

The group tees off' at 9.30 am and green fees are \$9.50 for 18 holes which takes around two hours to play.

Never hit a golf ball before? It's lots of fun and great exercise. You will need a pitcher and putter and a golf ball. If you don't have any clubs, we have some spares and we will be happy to share our clubs on the day.

Why not come along
and give it a go!



Radio Taiso - the Japanese morning gym and its benefits



WELLNESS TOOLBOX

If you looked in on the Heart and Soul Singers recently, you would be forgiven for thinking it was an exercise class not a singing rehearsal. Our lovely Director, Jane, has introduced a three-minute overall warmup before the group sings – it is fun and beneficial, has a long history and I thought it a worthy addition to our 'toolbox'! So, thank you Jane!

***Rajio taiso (or radio taiso)* is a workout session that has been broadcast on the airwaves for almost a century.**

The radio 'calisthenics' is a series of exercises derived directly from a radio program and designed to gently awaken the body and tone and relax the muscles. "*rajio*" means "radio" and "*taiso*" means "exercise". These Japanese gymnastics, accompanied by classical music (always the same), aims at maintaining good health while improving physical capacities and well-being. It is proven that regular exercise reduces cardiovascular risks and stress.

Broadcast by NHK, the national broadcasting group, this Japanese program proposes a series of 13 exercises, intended for the general public. The radio gymnastics is broadcasted live on the radio, starting at 6:30 am. However, one can also follow the workout on TV or internet at different times of the day.

The Japanese health routine

For three minutes, participants move in perfect unison to the rhythm of the piano and under the instructions of the coach. "*Stretch your arms up*", "*bend your legs*" The session consists of 13 easy-to-perform exercises. Arms, shoulders, legs, hips, back, pelvis; each part of the body and joints are mobilized by rotating, stretching, and softening movements or small jumps. radio taiso strengthens the muscles of the trunk, reduces back pain, improves blood circulation and cardio. It is also a way to fight fatigue and feel more energetic while helping the body get up to face the day.

Anyone can practice radio taiso, whatever the age or physical condition of the person. The exercises are easy to perform and can be done anywhere simply using the body weight. Even people with reduced mobility can perform the movements while sitting.



A practice that is nearly 100 years old!

It was an American insurance company that had the idea of introducing this radio sports routine in the 1920s. The aim was to preserve the health of employees and at the same time improve the company's image. This concept was imported to Japan a few years later and in 1928, following the enthronement of Emperor Hirohito, the NHK group broadcast its first taiso radio program, "National Health Exercise". The idea was to unify the people by gathering them around a common activity, keeping the population in shape, especially Japanese soldiers.

After the Second World War, rajio taiso, considered too militaristic, was stopped by the occupation powers. NHK radio was able to reintroduce its program in a more playful form in 1951 thanks to the support of the Ministry of Education and the Ministry of Health.

Almost a century later, this radio gym is still very popular in Japan. Ingrained in Japanese culture, nearly 27 million Japanese people practice radio taiso at least twice a week. Whether at home, in the office, on a construction site or in a park, this activity has become part of their daily routine. If you wish to try these Japanese gymnastics, you can follow a session at home.

<https://www.youtube.com/watch?v=l6ZRH9Mraqw>

<https://www.youtube.com/watch?v=Rp6ovnoSILo>

The positive effects are felt immediately and intensify with regular practice.

Why not take 3 minutes to feel fit all day!



COMMUNITY NOTICES

"Carnaval" Market Day

Friday 23rd February
4pm to 7pm – Blundell BBQ Area + Oval CarPark

The Residence Services Team at LDK are hosting another Outdoor Market Day on Friday 23rd February. This 'Carnaval' Market will include Brazilian Samba dancers from Kokoloco Dance Studio, 15+ market stalls, food trucks and a pop-up bar. It will be a Twilight event and is being held from 4.00 pm – 7.00 pm.

The market stalls will be offering various handmade and boutique goods for sale ranging from handmade clothing, jewellery, cards to gourmet pickles and sweets.

The market stalls and food trucks who will be serving food from 4.30 pm, will be spread out across the outdoor oval carpark adjacent to the dog park (entry via Blundell BBQ area). There will also be a 'pop-up' bar, hosted by the Hospitality team.

Everyone is invited to come together and enjoy!

Viva Brazil!



The **Carnival in Rio de Janeiro** (Portuguese: *Carnaval do Rio de Janeiro*) considered the biggest carnival in the world, was first held in 1723. Now attracting two million people per day on the streets, one of the highlights of Rio's Carnival is its elaborate parades, staged by major samba schools. The samba schools work year-round to prepare for their Carnival parade entry, and the immense Sambodromo (samba stadium) facility was built specifically to showcase the parades.

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.

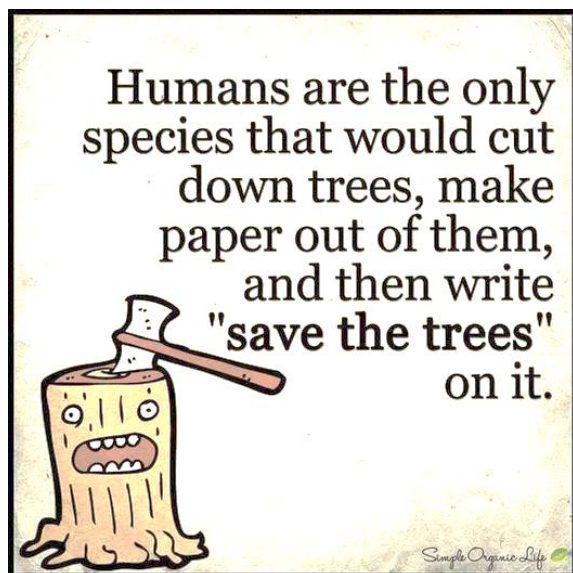
Join the Band of the Royal Military College Duntroon for a big band show playing all of your favourite tunes – from the classics to some modern favourites.

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!



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