



Weekly Bulletin Friday 25 February 2022

CLUB CLIPBOARD

PRESIDENT'S UPDATE

COVID restrictions over past weeks have continued to change with the latest being the removal of mandatory mask wearing from 6.00pm today.

While wearing masks will no longer be required at the Centre as we do not come under any of the exceptions mentioned, the recommendation is to use discretion and wear masks where appropriate, i.e. in indoor settings where it is difficult to maintain appropriate physical distancing.

The removal of density numbers has had little effect on Club operations other than social events, as we fortunately, have not been challenged in that area. Limits set in exercise classes will remain however, as they also take into consideration the safe execution of the classes within the hall space.

While restrictions come and go, we all need to continue **COVID safe behaviours** in our everyday lives and routines which will help lower our personal risk as well as the risk to our community:

- **Be** up to date with your vaccinations
- **Wear** a mask if you so wish or when required
- **Check in** with CBR (until advised otherwise)
- **Maintain** hand hygiene at all times
- **Continue** to clean frequently touched surfaces
- **Keep** your distance from each other
- **Stay** at home if unwell
- **Get** tested if you have symptoms
- **Advise** the Club Office if testing positive for COVID after attending the Club.

It may be a new year, but the message remains the same, especially as our demographic is considered one of those at risk.

The new Management Committee will meet on 15 March and there will be a report of the meeting in the week's Bulletin.

If you have any concerns, I am at the Club often, so feel free to have a chat.

Phil Burns, President

CLUB CLIPBOARD



ACRYLIC ART WORKSHOP

**'Landscape in the Style of
Vincent van Gogh'**

SATURDAY - 5 MARCH - 10.00 am

Our resident acrylic art instructor,
Maria Polmeer, has prepared
our next workshop

Cost **\$55.00** includes canvas & paints

Bookings close

Monday - 28 February

Payment is required at the time of
booking

See the poster on Club
noticeboards for
further details.



Tuesday – 1 March – 10.00 am
STARTING A LITTLE
'GARDEN GOSSIP!'



Are you a keen gardener and like a good
chat about gardening but your family and
friends just yawn when you start?

Garden Gossip group starts this coming
Tuesday, 1 March at 10.00am in
Gumnut Cottage, where you can talk
gardening, share knowledge, meet fellow
gardening enthusiasts, learn something
new and maybe visit a few gardens,
garden shows and garden centres with
like-minded members.

Your ideas and suggestions are needed
to establish this group, so, why not come
along and enjoy a little **Garden Gossip!**

TIMETABLE

Monday 28 Feb - Sunday 6 Mar

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 28 Feb	9.30 am	Bolivia - GC
ON-LINE TODAY	9.30 am	Zumba - TSC
	10.30 am	Graphite DG - TSC
ON-LINE TODAY	10.30 am	M 4 M - TSC
	2.00 pm	Social Bridge - GC
	4.30 pm	Yoga - TSC
Tues 1 Mar	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W - TSC
	9.00 am	LL Cycling Group
	10.00 am	Garden Gossip - GC
	1.00 pm	Mah-jong - GC
	1.15 pm	Seated Yoga - TSC
Wed 2 Mar	7.30 am	Intro to Bird Watching
	9.45 am	'Take 55' Movie Group
	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls – TSC
	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
	2.45 pm	Line Dancing-Imp - TSC
Thurs 3 Mar	9.30 am	500 (cards)- GC
	10.00 am	Family History - TSC
	1.00 pm	Mah-jong - GC
	2.00 pm	Book Club - TSC
	3.30 pm	Improvers Bridge - GC
	3.45 pm	Yoga - TSC
Fri 4 Mar	9.00 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
Sat 5 Mar	10.00 am	Acrylic Art W/S - TSC
Sun 6 Mar	8.50 am	Walking Group
	2.45 pm	Uke 55 - TSC

WHAT'S ON THIS WEEK!



Wednesday – 2 March – 7.30 am **INTRO TO BIRDWATCHING**

Next Wednesday we will go to Bungendore and visit some of the birding spots in the region. We will start at the southern end of Lake George, via Lake Road and go to Bungendore Common where we will have morning tea.

Meet at 7:30 am in the carpark on the eastern side of Lake Tuggeranong. It is the first carpark which is on the righthand side of Mortimer Lewis Drive when you come in from the north (near the playground). Here we will carpool for the drive to Bungendore.

Please don't come along if you are unwell and wear masks whilst you are in the car. Negotiate with your driver about a contribution to the cost of fuel.

Bring morning tea, a pair of binoculars, sturdy walking shoes, bottle of water, hat and sunscreen.

Please contact Lia or Sandra if you intend to come along. Details for Lia: liabattisson@grapevine.com.au, and Sandra: shirmax2931@gmail.com.



Wednesday – 2 March - 9.45 am **'TAKE 55' - Movie/Coffee Group**

Once again, we had a lovely time chatting over coffee at Cherry Bean before going to see *Death on the Nile*. Although the scenery was spectacular, the film was confusing at times with the mobile camerawork providing too much movement – not really a movie I would recommend!

We have decided to see “**Belfast**” at 10.30 on Wednesday 2 March, once again meeting at Cherry Beans at 9.45 am to get together and have coffee before the movie.

As always, everyone is welcome.

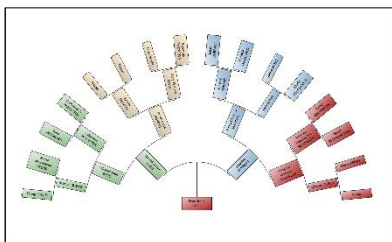
Pam Hall



*From lauded director Kenneth Branagh, and starring an acclaimed ensemble cast, **Belfast** is a personal and joyful story about the power of memory, set in the late 1960's Northern Ireland.*

The film is shot in stark black and white and features music by Belfast native Van Morrison, whose songs about loss and love provide a perfectly integrated soundtrack to a story about how childhood doesn't last forever.

Thursday – 3 March – 10.00 am **FAMILY HISTORY – Printing family trees and reports**



This chart is one of several styles than can be produced using the software program Family Tree Maker.

We can also print our family trees from our information in online websites such as Ancestry and FindMyPast. A printed copy is useful for many reasons and can help with the never-ending battle of organising your information.

The meeting will be in the Parkview Hall and new members are always welcome!

Liz Dean

DIARY DATES - MARCH!



SOCIAL SUNDAY BINGO RETURNING FOR 2022!

Now that masks are no longer required from late today,
we are easing back into Bingo!

Bingo is going to return on **Sunday 13 March at 2.00 pm**
and then will revert to **1st Sunday of each month from April.**

This game has proved popular with our members since it began in 2016; games prizes are in keeping with the flavour of the day, with a Special Prize for the last game thrown in for good measure. Bingo sheets and pens are available on entry and please let us know if you are coming – phone: 6293 4004 or email:

tugg55plusclub@gmail.com

So why not come along and discover why this game is so popular.
Not only a social get together but a brain workout at the same time!

John Williamson



HAPPY BIRTHDAY, CANBERRA!

We are celebrating Canberra Day on

MONDAY 14 MARCH

With a 'Capital' Sausage Sizzle;
sausages, salad, onions and bread.

There will be Celebratory Bottles of Bubbly on each table and no birthday would be complete without cake.

The Canberra Centenary Cake is being recreated for the occasion and there will be a delicious morsel for everyone with tea or coffee.

The Gumboots are coming out of the cupboard, there will be a quiz to test your local knowledge of our territory and the Happy Birthday Raffle will be drawn.

Norm Swanwick is our MC and he is sure to have a surprise or two for us.

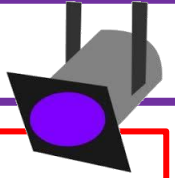
BYO drinks, paper plates will be provided
but if you would like to 'dine in style', please bring your own plates, etc.

We will be celebrating come rain, hail or shine, whether we have company, or it is just the members of the Social Committee!

Starting from 11.30am, the cost is \$10.00 (subsidised by the Raffle) and booking with payment by **Monday 7 March**. Club Office is open daily from 9.30 am-2.30 pm.



SPOTLIGHT ON!



KNIT 'N' KNATTER – WEDNESDAYS – 1pm – 3pm

We are an informal, friendly group meeting weekly to knit, crochet and chat.

During the last year our projects have included:

- providing Canberra Hospital with
 - 13 knee rugs
 - 38 single bed covers and
 - 57 teddies
- sending 20 outfits to the Fish and Chip baby charity in Africa which replaces newspapers previously used by new mums to wrap up their babies
- providing beanies and jumpers for young children in Sri Lanka and Pakistan
- involvement with the worldwide Wrap with Low charity and
- distributing beanies and gloves locally.

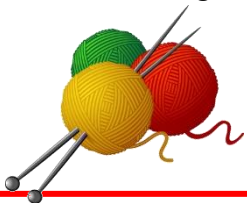


Some of our ladies do their own projects, some do the group projects, and some do both.

We can provide you with yarn, you can use your own or mix the two.

Some ladies produce a complete item, e.g. a rug, but others do squares or strips, hand them in and they are then sewn together.

So, there are various options available and no formal requirements. Advanced knitting and crocheting skills are not necessary and if you can't do either, we can teach you.



You are welcome to come along any Wednesday to see how we spend our afternoon!

Bronwen Williamson

MEMBERSHIP RENEWALS

All memberships (except new members from Jan 2022) are now due for renewal by

31 MARCH 2022.

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!

Jenny Barclay, Treasurer

TALKING TRAVEL!

A JAUNT THROUGH JUGIONG.....22/2/22

A cool morning to board the bus at the Burns Club....35 enthusiastic 55ers to venture forth. Our bus driver Anthony well and truly on time and off we went at precisely 8.29 am. Thankfully no road works, traffic accidents or holdups to delay the journey and we arrived in Yass at precisely 9.29. A pleasant wander and cuppa in the park in Yass then off to Jugiong. It seemed like such a quick trip down the highway with magnificent scenery to view.

As we entered Jugiong the bus was held by a notorious Jugiong Bushranger – Brian!

Brian is a resident of Jugiong and an artist. I will be visiting his gallery “The Quirky Crow” <https://www.quirkycrow.net/> on my next visit to this town.

Brian was full of information about the local area and gave us a running commentary of the surrounding sites while Anthony drove the bus up and down some rather steep hills. The scenery was, to say the least spectacular.



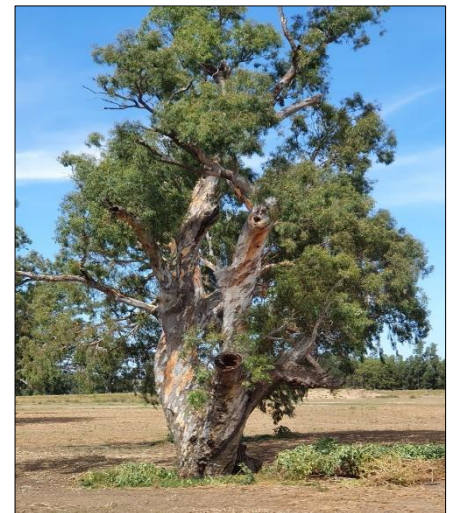
The mighty Murrumbidgee with some Lucerne paddocks. This is looking south.

We stopped in the Lions Park in the centre of town. There is a free camping ground which is apparently very well patronised (well, it is free!).

A sculpture by Keith Simpson of a Policeman who lost his life, being killed by a Bushranger.

The tour continued around the western side of the town, and we were lucky enough to see a Wedge Tailed Eagle take flight.

River Red Gum



We then pulled in to the “Sir George”. It didn’t appear like there were any locals around the town when we arrived.....that’s probably because they were all in the Sir George!!!. It has an interesting history which is available online. The hotel has recently been refurbished with a rather trendy appeal.

TALKING TRAVEL

A JAUNT THROUGH JUGIONG.....22/2/22 (continued)



The “beer garden” was quaint and we were seated in a separate section where there was sufficient (just) seating for all of us. Lunch was served all be it a little late, however it was delicious. On the small side for some but overall, quite satisfying. A wander to the bakery to purchase some rather delicious sourdough bread, before climbing aboard once more. I had a lovely day and found the whole experience relaxing. I was surprised at how fast the day went which is probably a great indicator. I definitely will be making a trip down the highway again in the not-too-distant future. I just love this rather random sculpture!!!...

Jill Pietzker – Travel Committee member



A DAY AT THE COAST MOGO & BATEMANS BAY TUESDAY – 3 MAY



A combined tour with the Probus Club of Tuggeranong & the Tuggeranong 55 Plus Club

It is time to desert the city lights for a breath of sea air!

Travelling by coach with Andrew Gillan, from Horizon Coach Charter, we depart at the respectable hour of 8.00 am, from the Town Centre Vikings Club (parking available at the rear of the Club). We stop at the charming Braidwood Park for morning tea, before beginning our costal visit in the small heritage village of Mogo. This little patch of paradise has been battered and bruised over the past two years but is slowly recovering. Now is your chance to support and explore the unique variety that the village offers. Lunch is at your leisure but not included in the cost. You are free to bring your own picnic lunch, or why not enjoy some delicious local fare i.e. at *Grumpy and Sweethearts*.

Then onto the great volunteer-run Bateman’s Bay Museum on the edge of the CBD. Set in the 1905 former courthouse, this museum not only offers exhibits and artefacts on the region’s history but also houses The Book Emporium, home to a wide range of quality pre-loved literature. The day is not too long and after our coastal ‘cruise around’, we will arrive back in Tuggeranong by 5.00 pm.

The cost for the day is \$45.00 (does not included lunch) and booking with payment is required by 28 March. Please note, to protect all of us, double vaccinations with boosters are required.

Travel Committee

KNOW YOUR LOCAL NEIGHBOURHOOD!

2 CHAIRS – in conversation continued!

In October 2021, I included an item in the Bulletin about the following:

Two concrete chairs, appearing deep in conversation, have been casually placed under the large tree on grassed area on the corner of Manifold and Hutchinson Crescent, Kambah. One is progressively being covered with mosaic pieces with the other waiting in anticipation!



Now, four months later, these unique additions to our urban landscape after finished. One of our members kindly sent me the below photos and I was delighted to read that they have been artistically created by one of her family members.

What a wonderful gift for us all to enjoy!



RAFFLE
HAPPY BIRTHDAY
CANBERRA!
Over \$50 worth of local products from the region to help you celebrate Canberra's Birthday!
TICKETS
1 for \$2.00 / 3 for \$5.00
Available from the Club Office

