



# 'Tugg Talks' Weekly Bulletin Friday 8 March 2024



## CLUB CLIPBOARD!



### MEMBERSHIP RENEWALS

As the weeks are passing quickly, this is a courteous reminder that all memberships (does not include members who have joined this year) are now due for renewal by cut-off date of

**31 March 2024**

The renewal fee remains at **\$15.00** for 2024 and renewal payments by 31 March 2024, will now carry your membership through until Sept 2025.

Club office hours are 9.30 am to 2.30 pm Monday to Friday or if you would prefer to use Internet Banking, the Club's Direct Credit details are:

**BSB 633 000      Acc No: 159575455**

***Please 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!

Please note that any member who has not renewed by **31 March**, will have to reapply for membership.

*Janelle Burns, Treasurer*



### PREPAID VOUCHERS REMINDER

As previously advised, from **1 April**, the following changes will take place:

#### **Volunteer Leader**

- Fees for our volunteer-led activities will remain at \$5. However, the free activity 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. They can still be used with the free component no longer applying after **31 March**.

#### **Paid Instructor**

- Fees will increase from **\$8.00 to \$10.00**
- \$80 vouchers will still be available but will now cover eight \$10 sessions

**ALL CURRENT \$80.00 VOUCHERS  
WILL NEED TO BE EITHER  
USED, REFUNDED OR REPLACED  
BY 31 MARCH.**

# CLUB CLIPBOARD!

## TIMETABLE

Monday 11 March – Friday 15 March

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 11 Mar		<b>PUBLIC HOLIDAY</b>
	9.30 am	Bolivia - GC
	1.30 pm	Table Tennis - TSC
Tues 12 Mar	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 13 Mar	<b>8.00 am</b>	<b>Cruising the Clyde</b>
	9.15 am	'Take 55' Movie Group
	9.30 am	Cribbage – GC
	10.00 am	Ten Pin Bowling
	10.00 am	Graphite DC - TSC
	10.00 am	Carpet Bowls – TSC
	1.00 pm	K-nit 'n' K-natter – GC
Thurs 14 Mar	9.30 am	500 Cards- GC
	10.00 am	Android SIG - TSC
	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 15 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
	1.30 pm	Games Afternoon - GC

## PUBLIC HOLIDAYS

While the Club Office closes for all listed public holidays, activities may be held on these days if the activity leader is happy to do so.

All attending members are encouraged to have an Emergency Contact Card with them.

## 'TAKE 55' MOVIE/ COFFEE GROUP

**Wed – 13 March – 9.15 am**

A large group met for coffee/lunch on Wednesday and we all had a lovely time as per usual.

On Wednesday, 13 March, we will meet at Cherry Bean at 9.15 for coffee before going to Limelight to see 'The Great Escaper' at 10.15. Everyone is welcome to join us.

Pam Hall



Starring the inimitable Sir Michael Caine and the late Glenda Jackson, 'The Great Escaper' follows the remarkable true story of a war veteran who makes a dash across the channel for the D-Day celebrations.

With impactable performances from Caine and Jackson, this classical narrative explores the horrors of war and reality of aging with wit and a very big heart.

## LINE DANCING UPDATE



As previously advised, Julie Hearne is no longer teaching Line dancing on behalf of the Club and is now conducting classes as part of the National Capital Boot scooter's program at the Tuggeranong Community Centre. More details are available on their [website](#).

Julie has been a bright and breezy presence every Wednesday and has introduced many Club members to the healthy and social activity of line dancing. Julie will be missed, and we hope that members will continue to enjoy her classes and the friendships that they have made through them.

# DATES FOR YOUR DIARY!

## **QIGONG / TAI CHI - 8 WEEK SESSION - \$80.00**

**Tuesdays starting 26 March – 14 May**

**1.00 pm – 2.00 pm**



This class does not require any previous experience and can be done seated if required.

The focus is on what you can do with the sessions helping to:

- \* Harmonize mind and body
- \* Improve balance and posture
- \* Increase your energy
- \* Reduce stress & tension

The training builds up with three general systems, the mixed Tai chi and Qigong movements focusing on group body problems; includes Knee Activation, Kidney/Internal Organs Activation and some block opening Qigong movements.

For information form and what to wear, please click on this [link](#).

## **MEDITATION – 8 WEEK SESSION - \$80.00**

**Tuesdays starting 26 March – 14 May**

**2.15 pm – 2.55 pm**



Meditation is an active training of the mind to increase awareness, and can benefit the body, mind and spirit.

Meditation helps to lower the heart rate and blood pressure by slowing down the breathing which lowers the amount of oxygen needed for the body. Our mental processes are also slowed down, muscles relax, and the body begins to function at a calmer and more natural level. This assists in relieving muscle pain, improving the function of the immune system and returning the entire body to its natural perfect balance.

The weekly sessions, cover guided healing and relaxation meditation for beginners. You will need to bring a yoga mat, pillow and blanket for the sessions. Please click on this [link](#) for more information.

**Both eight week sessions are capped at 15 people.**

**Please book with payment at the Club office.**



*Tunde Takacs, from Tundeworld will be conducting these classes. She is an international qualified instructor of Health Qigong and Yang style Tai Chi, a natural healing therapist and meditation teacher.*

# **DATES FOR YOUR DIARY!**



## **Beginner Ukulele Lessons**

**The Next Series of Beginner Uke Lessons is scheduled to commence 8 April!**

Ukemeister Garry Owen is conducting another five-week series of **Beginner Ukulele Lessons**, commencing 8 April and concluding 12 May.

No prior skills or abilities required - we start "from scratch".

**These sessions are not only for "local folk", but also for "remote students", such as our YouTube subscribers!**

Core teaching is via ONLINE teaching videos augmented with ZOOM sessions/workshops as required. These Zoom sessions have been shown to be very effective and work quite well.

**Note: These are timed to lead into the regular Club Meetup sessions, should you wish to remain and join-in.**

- 12 April - 1:45 PM - Tuggeranong Seniors Centre
- 14 April - 11:00 am - Eastlake Football Club
- 26 April- 1:45 PM - Tuggeranong Seniors Centre
- 28 April - 11:00 am - Eastlake Football Club
- 10 May - 1:45 PM - Tuggeranong Seniors Centre
- 12 May - 11:00 am - Eastlake Football Club

**Note** - the above groups of sessions are essentially identical - just gives you two attendance options

**NOTE: For any folk in Batemans Bay or Braidwood area, we will schedule these suitable to your needs.**

So, if local OR remote, these lessons and sessions will be quite sufficient to get you up and playing in no time (well, 5 weeks :)

The sessions are easy paced, designed to have FUN whilst learning.

**[Click for more Info and "Sign Up"](#)**

## TALKING TRIVIA!

### **Pooh Bear 'back home'**

This little item seemed timely as some Club members will soon be 'passing by'!

Travellers to the coast recently may have noticed a conspicuous absence. The new sign for Pooh Bear's Corner on Clyde Mountain was reinstalled over the weekend after being damaged by what appeared to be shotgun bullets, shortly after Christmas.

The Narooma Men's Shed have again worked their magic repairing the pockmarked metal backing and Pooh Bear's face, especially to his nose.

The new sign had only been replaced in late September last year, following a weeks-long makeover commissioned by the Eurobodalla Shire Council.



Volunteers from the Men's Shed painstakingly took the original sign apart and restored each component, while local artist Rose Gauslaa added a Disney-style Winnie-The-Pooh digging a paw into a pot of 'Huney' on one side and a painting of his forest home on the other.



The little highlight on the Kings Highway is good for morale, always giving a smile to children or people of any age that go past.

# **COMMUNITY NOTICES**

## **Kangaroo Island & Murray Princess**

### ***“Hot August Night” Music Cruise!***

*With Trade Travel*



**TRADE TRAVEL**  
Effortless Journeys, Endless Memories

**8 Days / 7 Nights (Inclusive 3 Night Cruise) - Fully Hosted**

**Tour Departs: Monday 19 August - Monday 26 August, 2024.**



#### **Tour Highlights:**

Murray Mouth & Coorong Cruise; Victor Harbor National Trust Museum; Granite Island Horse Drawn Tram; Kangaroo Island - Clifford's Honey Farm, Raptor Domain, Emu Ridge Eucalyptus Oil Distillery, Kangaroo Island Brewery, Seal Bay Conservation Park, Hanson Bay Wildlife Sanctuary, Flinders Chase National Park - Admirals Arch, Remarkable Rocks; Murray Princess 3 Night Music Cruise; German Village of Hahndorf; Mount Lofty Lookout plus more.

#### **Tour Price Includes:**

- Trade Travel Tour Host
- Return economy flights from Homeport to Adelaide
- Quality coach travel
- 7 Nights quality accommodation - Inclusive of **3 Nights Murray Princess Music Cruise**
- Breakfast, lunch & dinner as per itinerary (19 meals)
- All touring, cruises and entrance fees as per itinerary

**Ex Brisbane Tour Cost: \$4698.00 per person Twin Share (Single Supplement \$1095.00)**

**Ex Sydney Tour Cost: \$4598.00 per person Twin Share (Single Supplement \$1095.00)**

**Ex Melbourne Tour Cost: \$4548.00 per person Twin Share (Single Supplement \$1095.00)**

**A minimum of 20 passengers is required for this tour to proceed.**

*The tour prices valid for travel in 2024. Please note that the itinerary is subject to change without notice.*

**Deposit:** A deposit of **\$500.00** per person is due on booking to secure your place on this tour, along with completed & signed booking form! **Don't miss out, cabins are limited!**

**Final Payment:** Due no later than **Friday 5 May, 2024.**

**For information, bookings & travel insurance contact:**

**Trade Travel 1800 034 439**

**Email:** [bookings@tradetravel.com](mailto:bookings@tradetravel.com)

For more information: [Trade Travel](https://www.tradetravel.com)