



# 'Tugg Talks' Weekly Bulletin Friday 15 March 2024



## CLUB CLIPBOARD!

### TIMETABLE

Monday 18 March – Friday 22 March

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 18 Mar	9.30 am	Bolivia - GC
	9.30 am	Crafty Corner - GC
	9.30 am	Zumba - TSC
	10.00 am	iPad SIG – TSC **
	10.30 am	Mov 4 Mem - TSC
	1.30 pm	Table Tennis - TSC
Tues 19 Mar	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
	10.30 am	Heart n Soul - TSC
Wed 20 Mar	1.00 pm	Mah-jong – GC
	9.00 am	'Take 55' Movie Group
	9.30 am	Cribbage – GC
	10.00 am	Ten Pin Bowling
	10.00 am	Carpet Bowls – TSC
	1.00 pm	K-nit 'n' K-natter – GC
Thurs 21 Mar	9.30 am	500 Cards- GC
	10.00 am	Family History - TSC
	10.00 am	Social Pool - GC
	1.00 pm	Mah-jong – GC
	1.00 pm	Reading Group - TSC
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga - TSC
	7.30 pm	On-Line Trivia
Fri 22 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

**\*\* iPad SIG on Monday 18 March this month  
due to Canberra Day holiday Monday**

### 'TAKE 55' MOVIE/ COFFEE GROUP



#### Wed – 20 March – 9.00 am

On Wednesday a lovely group of 13 met for coffee at Cherry Bean before going to Limelight to see *The Great Escaper*. It was a great movie with terrific performances by Michael Caine and Glenda Jackson.

On Wednesday 20 March, we will meet at Cherry Bean at 9 am for coffee before going to see **'The Nut Farm'** at 10.00 am at Limelight Theatre.

Everyone is welcome to join us!

Pam Hall



*The Nut Farm* follows San Francisco based crypto trader Brendan Brandon (Arj Barker) who loses everything when his investments collapse. An opportunity presents itself when his missing uncle (Roy Billing) gifts him the family's macadamia nut farm in the small Australian town of Cobweb.

Faced with an unexpected legal caveat and some evil New Zealander gas frackers, Brendan soon realises that a quick sale of the old farm might not be as easy as he'd hoped.

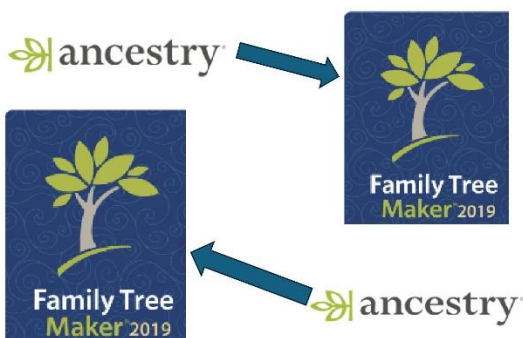
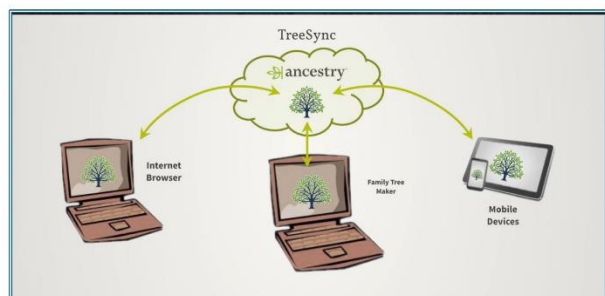
Filmed by director Scott Corfield as a homage to comedies of the 1980s; when comedy was a little out there and took a risk on looking at life a little differently. With a soundtrack of songs by Paul Kelly, Mental as Anything & Crowded House – what more could you ask for!



# CLUB CLIPBOARD!

## Family History Group

How to synchronize our Trees  
step by step instructions



**Thursday 21<sup>st</sup> March at 10am in the Hall**

Bring your laptop or tablet to share the tips  
Look forward to seeing you all there.

## FAMILY HISTORY GROUP

**Thurs – 21 Mar – 10.00 am**

**Topic – How to Synchronize  
our Trees**

**– step by step instructions**

Synchronization is a process that ensures the data on two or more devices is consistent and up to date. This month we are looking at how to 'sync' our family trees across all our devices, computer, laptop, tablet, phone. If our devices are synced, when we update records on one device, the record will be updated on all of them.

Bring along your device and share any tips that you have. Whether an experienced family historian, a beginner or just interested in family history, please feel welcome.

*Lyn Woodward*



## TRIVIA WITH FRIENDS

**Thursday – 21 March – 7.30 pm**

Are you a Trivia tragic? Why not join fellow members and Tuggeranong Probus members for trivia on-line? This is normally held on the second Thursday of each month, commencing at 7.30 pm but this month it is on the third Thursday!

It is a different format to that of 'Quiz Master' Norm, but nonetheless interesting and fun. We have 5 sets of 10 questions in each, covering a wide range of topics. There are sure to be questions you can easily answer!

To join, you will need to download Zoom.com on your computer, iPad or tablet. Between 6.00-6.30 pm on the night Anne sends the link you require to join the session.

If you would like more information, email Anne [ameade@pcug.org.au](mailto:ameade@pcug.org.au) by Wednesday so she can add you to the list to receive the link.

Teams or individuals are welcome, and a glass of wine helps the brain cells. Why not gather the family together or invite a friend or two to join you – the more the merrier!!

## **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.

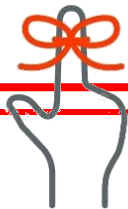
The weekly sessions, cover guided healing and relaxation meditation for beginners. You will need to bring a yoga mat, pillow and blanket for the sessions. Please click on this [link](#) for more information.

**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.*



**DON'T FORGET.....**

## **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

**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.**



## 4 Ingredient Fruit Cakes

### 'Tea' Cake

*An easy 4 Ingredient Fruit Cake, using tea to soak the dried fruit, fat free, dairy free and egg free!*

#### **Ingredients**

- 1 Cup Strong Black Tea, Hot, 250 mls
- 1 Cup Sultanas, 130 grams
- 1/2 Cup Sugar, 120 grams
- 2 Cups Self Raising Flour, 270 grams



#### **Instructions**

In a small bowl add the dried fruit, sugar and boiling cup of tea and allow to soak for at least two hours until cold, or even over night

Preheat the Oven to 180 C

In a medium bowl add the self-raising flour, pour in the dried fruit mixture, stirring with a large wooden spoon as this is a very thick mixture

Spoon this into the prepared loaf tin and spread evenly.

Bake for 30 minutes and check with a knife, it should come out clean with no batter. Cook for a further 5 minutes at a time until done

Allow to cool for 20 minutes in the tin, then turn out onto a wire rack to completely cool. Enjoy!

### 'Orange' Cake

*Super moist – use cranberry, apple or pomegranate juice instead of orange juice*

#### **Ingredients**

- 1 kg dried mixed fruit
- 2 cups pure fresh orange juice
- 2 cups self-raising flour
- 1 teaspoon ground cinnamon



#### **Instructions**

Place fruit into a large glass or ceramic mixing bowl. Pour over the orange juice and stir to combine. Cover with plastic wrap and place into the fridge to soak overnight. Preheat oven to 150°C (130°C fan forced). Remove fruit from fridge and add the flour and cinnamon, mixing until well combined. Spoon into prepared 20cm round cake pan and smooth the surface.

Bake for 1 hr 30 min until cooked when tested with a skewer. Remove and cool completely in the pan. Spread with apricot jam, top with toasted almonds and dust with icing sugar if desired.

## CHANGE

They call us "The Elderly"

We were born in the 40-50-60's.

We grew up in the 50-60-70's.

We studied in the 60-70-80's.

We were dating in the 70-80-90's.

We got married and discovered the world in the 70-80-90's.

We venture into the 80-90's.

We stabilize in the 2000's.

We got wiser in the 2010's.

And we are going firmly through and beyond 2020.

Turns out we've lived through EIGHT different decades...

TWO different centuries...

TWO different millennia...

We have gone from the telephone with an operator for long-distance calls to video calls to anywhere in the world.

We have gone from slides to YouTube, from vinyl records to online music, from handwritten letters to email and Whats App.

From live matches on the radio, to black and white TV, colour TV and then to 3D HD TV.

We went to the Video store and now we watch Netflix.

We got to know the first computers, punch cards, floppy disks and now we have gigabytes and megabytes on our smartphones.

We wore shorts throughout our childhood and then long trousers, Oxfords, flares, shell suits & blue jeans.

We dodged infantile paralysis, meningitis, polio, tuberculosis, swine flu and now COVID-19.

We rode skates, tricycles, bicycles, mopeds, petrol or diesel cars and now we drive hybrids or electric.

Yes, we've been through a lot but what a great life we've had!

They could describe us as "exennials," people who were born in that world of the fifties, who had an analog childhood and a digital adulthood.

We've kind of "Seen-It-All"!

Our generation has literally lived through and witnessed more than any other in every dimension of life.

It is our generation that has literally adapted to "CHANGE."

A big round of applause to all the members of a very special generation,

which will be **UNIQUE!**

