



Weekly Bulletin

Friday 17 March 2023



CLUB CLIPBOARD!



MEMBERSHIP RENEWAL

COUNTDOWN

All memberships renewals (except members who joined this year) are now due by **CUT-OFF DATE** of **31 March 2023**.

The renewal fee remains at **\$15.00**, and time is running out 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!

Janelle Burns, Treasurer

EMERGENCY CONTACT CARDS

Inspired by the AFP Next of Kin cards, the Club has now produced its own version – Emergency Contact Card.

They are available in the foyer and Club office in the main building. We ask that all members complete and carry one of these cards when they are attending activities held under the Club's banner including the 'outside' ones.

A big thank you to Shirley Sholte who has been responsible providing the Next of Kin Cards.



MY NAME: _____
DOB: _____ BLOOD GRP _____
IN CASE OF EMERGENCY CONTACT
NAME: _____
PHONE: _____

CLUB CLIPBOARD!

TIMETABLE

Saturday 18 March – Sunday 26 March

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 18 Mar	1.30 pm	Games Afternoon & Social Pool - GC
Sun 19 Mar	9.20 am	Discover Canberra WG
Mon 20 Mar	9.30 am	Bolivia - 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 Mar	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 22Mar	9.30 am	Cribbage – GC
	9.30 am	'Take 55' Movie Group
	10.00 am	Carpet Bowls – TSC
	10.00 am	Graphites DG - 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 23 Mar	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 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
	3.00 pm	Uke 55 - GC
Sun 26 Mar	2.00 pm	Sunday Fun Trivia

SATURDAY – 18 MAR – 1.30 pm



GAMES AFTERNOON

The monthly Games Afternoon is on again this Saturday 18 March at Gumnut Cottage commencing at 1.30 till 4.00 pm.

For board game enthusiasts and those who are looking for a fun afternoon, it is a chance to learn a new game while socialising with fellow members.

Afternoon tea is part of the socialising, and any contributions of food are always welcome.



SOCIAL POOL!

Social Pool has moved from 1st & 3rd Thursday mornings to the same afternoon each month (3rd Saturday) as the Games Afternoon starting this coming Saturday, **18th March.**

John Williamson and Norm Swanwick will be only too happy to explain the game and give you some tips on how to get those balls into the pockets, as long as it's not the white ball.

So why not come along and have a go. It's a great social game and a great way to get to know your fellow club members in a friendly atmosphere!



FRIDAY 'FOOD FOR THOUGHT'

"People often say that motivation doesn't last. Well, neither does bathing. That's why we recommend it daily!" - Zig Ziglar

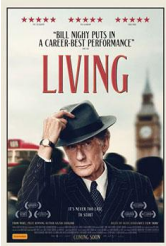
CLUB CLIPBOARD!



WED – 22 MAR– 9.30 am **'TAKE 55' Movie/Coffee Group**

This week, we enjoyed coffee at Cherry Bean before going to Limelight to see “Champions”. An inspirational movie, and despite with its ‘ups and down’ and predictable ending, it was very enjoyable.

On 22 March we will meet at Cherry Bean at 9.30 before going to Limelight to see “Living” at 10.15. Everyone is welcome!
Pam Hall



***LIVING** is the story of an ordinary man, reduced by years of oppressive office routine to a shadow existence, who at the eleventh hour makes a supreme effort to turn his dull life into something wonderful. A little movie about big topics, it is an English-language adaptation of Akira Kurosawa's 1952 film **Ikiru**, this time set in 1950s London still recovering from the war; it stars the great Bill Nighy who delivers a quiet, note-perfect performance.*

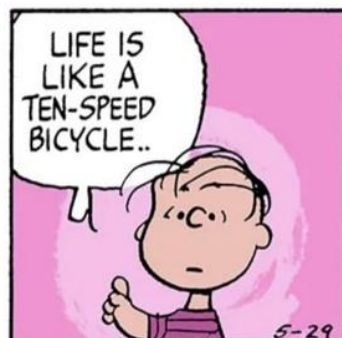
Fridays – Noon – 2.00 pm **LEARNING CIRCLE**



The Learning Circle was originally set up to give people a safe place to voice their opinions on issues which interest them and operated for many years at Communities@Work before moving to 55 Plus Club. A list of topics is drawn up every 2 months and members research as much or as little as they wish.

A Learning Circle aims to provide a comfortable venue for people to socialize and interact. A safe and relaxed environment where people can feel free to express their opinions and views, discussions which develop and encourage communication, free thought, expression and respect for the opinion of others and opportunities to form friendships and social contacts.

Members bring their lunch, as they meet from 12.00 - 2.00, every Friday – new members are always welcome.
Phil Burns



DATE FOR YOUR DIARY!



SUNDAY FUN TRIVIA QUIZ COUNTDOWN



ONE WEEK TO GO – 26 MARCH

I read an interesting article recently about the benefits of playing trivia and quiz games. Unfortunately, every year we grow a little bit older, and we realize that our mind is not as sharp and fast as it used to be (certainly the case with myself). If we don't train our brain, it gets harder for us to remember, concentrate, and learn new skills and information. The so-called experts tell us that one way we can slow down this process and exercise our brain is via the use of quiz questions. It is also a great way of expanding our general knowledge on a wide variety of subjects. A couple of the other benefits mentioned in the article and especially applicable to our club's trivia activity include creating healthy discussion and debate among team members, a great way to make new friends and most importantly it is great fun. Friendly competitiveness can enhance our mood, increase our ego, and make us feel good in general (especially when we get the answers right).

However, if all that is not enough to entice you to come along, there will be chocolates for everyone, a great afternoon tea and the chance to win a prize or two. Our overall team winners will each receive one of our coveted "Winners Certificates" and most importantly, bragging rights for a few weeks. I try and make the afternoon as entertaining as possible by adding to the mix, a couple of movie trailers, TV video grabs, some picture questions and a couple of quiz tunes to get the feet tapping. All this for just our normal \$5.00 activity fee.

You can form a team with your family or friends or just come along and join a team with your fellow club members. Don't forget that the public car park is free on a Sunday so there is no need to worry about parking. So why not join us at 2.00 pm on Sunday 26 March for a fun and friendly afternoon activity? We usual go for about two hours. Bookings are not necessary just come along on the day. I hope you can join us – *Norm Swanwick*.



ACTIVITY ACTION!

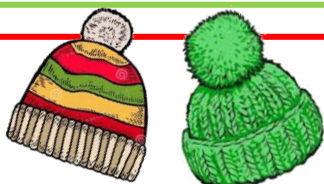
SOME GARDEN 'GOSSIP'!

On Tues 7 March Garden Gossip members met to try their hand at propagating native plants. They are hoping to propagate and raise a range of native and other plants for a plant sale as part of a bigger open day during the 2023 Tuggeranong festival later in the year.



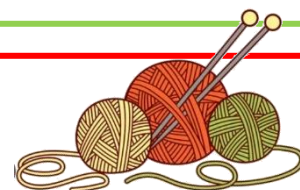
After the meeting Mandy planted 15 donated agapanthus plants along the path to gumnut. These are part of the groups attempt to improve the surrounds of Gumnut.

If you feel handy with a spade, there are still some plants waiting to be planted or taken home!



KNIT-N-KNATTER KNEWS!

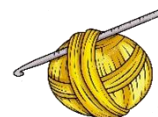
Beanies! Beanies! Beanies!



This year we're off to a busy start. Besides fish and chip sets, squares and rugs, we are knitting and crocheting newborn baby beanies for the Hospital. We've also been asked to knit beanies for the Bold Bandannas - a Relay for Life team who fundraise to support Cancer Council ACT. They run a charity stall at Belconnen Fresh Food Markets (on next 15 April). We supplied 55 beanies, children's jumpers, baby rugs, fingerless gloves and other items for their recent stall. Another request has been for beanies for children aged 6 to 12. This was from Roundabout who supply children's clothing packs to various charities and help other vulnerable people.

Apart from beanies, we are still clickety clacking away with our needles making squares for rugs. If you would like to join in by knitting garter stitch squares (10"x10", 25.5cmx25.5cm) in 8 ply yarn, or beanies, we would appreciate any contributions. If you'd like to join us, we are an informal, inclusive group, always ready to welcome new members to our Wednesday meetings. (1pm – 3pm at Gumnut Cottage)

Donations of yarn are always appreciated, and we are also looking for very large plastic bags or empty packaging (eg from doonas).



Tink and Bronwen

TALKING TEASERS!

Zig Zag Word Puzzle Solution

G E N E R A L

A L M A N A C

A C Q U I R E

R E S E R V E

V E R A N D A

D A Y T I M E

M E R C U R Y

REBUS FOR YOU!

Can you solve these visual word puzzles?
Let your mind explore and you are sure to find the answers. Good luck!

1.

FACE

2.

EGG EGG
HAM

3.

BUR

4.

THUMBS THUMBS
THUMBS THUMBS
THUMBS THUMBS...

5.

TEEF
FEET
TEEF

6.

FAMILY
SHEEP

7.

poFISHnd

8.

ISSUE ISSUE ISSUE
ISSUE ISSUE ISSUE
ISSUE ISSUE ISSUE
ISSUE

9.

TIME
a b d e
f g h i j
k l m n o
p q r s t
u v w x y
z

10.

DAYSALLWORK

Solution in next week's Bulletin

Three Good Friends Went for A Swim

Three good friends went for a swim.
The one who was fat wished she was thin.
The one who was curvy wished she was clever.
The one who was clever wished she swam better.
The really great swimmer wished she was witty.
The one who was witty wished she was pretty.
All three friends thought the other two were just fine.
If only they could let their own bright light shine.
So throw on your swimsuit if you're fat or you're thin.
Enjoy fun and friendship love the skin that you're in!



Poem & watercolour by artist Rachel Toll