



Weekly Bulletin

Friday 24 March 2023



CREATIVE SENIORS DAY

FRIDAY
31 MARCH



Voucher giveaways on the day!

Four restaurant vouchers for two valued at \$50 each and 100 coffee vouchers are up for grabs, thanks to LDK Seniors' Living! LDK are generously providing lucky prizes for TAC to give-away at Creative Seniors Day so our seniors may experience the unique LDK environment; enjoy a cuppa at The Atrium Café or The Brook Café, or lunch at The Views Restaurant and a chance to visit and tour the beautiful Greenway Views Village.



Program at a Glance

Ticketed Activities			Drop in Activities	
9:00 - 10:00am	Tai Chi by the Lakeside	Sketching by the lake at TAC		
10:00 - 10:30am	Morning Tea in the Lodge		Weaving Circle Collaborative Art Activity Sketching by the lake	Stalls from: Tuggeranong Library, COTA and Tuggeranong 55 plus Club in the foyer
10:30 - 11:30am	Be Still: Still life painting in the Art Workshop	Fresh Funk 55+ modern movement in Dance Studio 1		
11:30am - 12:30pm	Be Still: Still life painting in the Art Workshop	Fresh Funk 55+ modern movement in Dance Studio 1		
12:30 - 1:00pm	Lunch in the Lodge			
1:00 - 2:00pm	CYSCO concert in the Theatre			
2:00 - 3:00pm	Be Still: Still life painting in the Art Workshop	Fresh Funk 55+ modern movement in Dance Studio 1		
3:00 - 3:30pm	Afternoon Tea in the Lodge			
3:30 - 5:00pm	Seniors Sing Along in the Theatre			
5:20 - 6:30pm	Artist talks and gallery opening starting in the foyer gallery			



TAC's Creative Seniors Day is a series of free art activities for senior residents of the Tuggeranong Valley. Focusing on inclusion, wellbeing, and social connectivity, participants are welcome to stay for the day or drop in for an hour! Drop-in art activities will be happening all day. Free tea and coffee and a pre-booked lunch will be served in the Lodge. There'll also be lunch and coffee voucher give-aways happening throughout the day!

Start the day with a relaxing session of Tai Chi or walk by the lake with Wiradjuri woman, Aunty Narelle Hutchings and see native plants in a new light. Book your spot in a morning (or afternoon) painting or dance class, then head to the theatre for a performance by the Canberra Symphony Youth Chamber Orchestra. Conclude the day, with an afternoon singing session, then celebrate with the artists at the official opening of three new exhibitions. **To book, call Tuggeranong Arts Centre on 6293 1443 or book online here: <https://www.trybooking.com/CGDVA>**

Drop-in Art Activities



Lake Walk and Native Plant Talk with Wiradjuri woman, Aunty Narelle Hutchings.

Discover medicinal and culinary qualities in our native flora as you take in the lake views and fresh morning air.

This drop-in activity will run from 9am-9:45am. No bookings required.



Lakeside Sketching

Relax in the fresh air, take in the view, and use available drawing materials to make observations in *Lakeside Sketching*. Focus on a tree, the lakes edge, or clouds in the sky. Whether it's smudgy, streaky, swirly, or scratchy, use your own marks to capture a memory.

Drop-in activities will run from 10am-5pm. No bookings required.



Collaborative Flower Making

Create a flower motif with left over fabric, yarns, and buttons and contribute to a group textile assemblage in the *Collaborative Flower Making* activity. With your help, we can make a garden for all to enjoy!

Drop-in activities will run from 10am-5pm. No bookings required.



Raffia Weaving Circle

Take part in a raffia weaving circle with Wiradjuri woman, Auntie Narelle Hutchings. Enjoy a cuppa, a yarn and make some new friends in the casual comfort of the Lodge. Drop-in to weave with Narelle, and her helpers, and learn coiling and make small items using raffia. **Drop-in activities will run from 10am-5pm. No bookings required.**

Ticketed Activities



Taoist Tai Chi® by the Lake

Start the day with a relaxing session of Tai Chi by Lake Tuggeranong. Taoist Tai Chi® is a form of moving meditation that has a deep effect on the brain, calming and clearing the mind. It involves a full range of motion with deep stretching and continuous turning of the spine. This whole-body approach has a profound effect on our physical health, increasing strength, flexibility, and resilience, whatever our condition.

Click here to book into a session of Tai Chi by the Lake from 9-10am.

<https://www.trybooking.com/CGDVA>



Be Still - Still life Painting Class

Ever wanted to pick up a paint brush or dust off the paints that have been sitting in the cupboard for years? TAC's *Making Time* teacher and artist Lily Platts will facilitate three 1-hour painting classes. No experience is needed, as you'll be guided step by step through basic acrylic techniques! No matter your skill level, you'll surprise yourself on what you can achieve.

Click here to book into a painting class at 10:30am, 11:30am or 2pm.

<https://www.trybooking.com/CGDVA>



Canberra Symphony Youth Chamber Orchestra Concert

Enjoy listening to the wonderful sound of strings in a lunchtime concert by the *Canberra Symphony Youth Chamber Orchestra*, performing a varied program of solo and ensemble repertoire. CSYCO is a performance enrichment program for young, advanced string players. It is a unique opportunity for young musicians to rehearse and perform alongside CSO Concertmaster Kirsten Williams. **Click here to book for this performance in the TAC theatre from 1-2:00pm.**

<https://www.trybooking.com/CGDVA>



Seniors Sing-along with Leisa Keen

Join Leisa Keen have fun singing all your favourite popular songs in an informal sing-along in the TAC theatre. All singing levels are welcome. Due to the all-sing nature of the songs, this session is very friendly to those who get nervous singing in front of others.

Join us and we'll prove that you too can sing without fear. **Click here to book for a sing-along in the TAC theatre from 3:30-5:00pm.** <https://www.trybooking.com/CGDVA>



Fresh Funk 55+

Find your groove in this modern movement class, offering fun, funky fitness, suitable for beginners as well as those with dance experience. Morning and afternoon classes will be offered. Book now and take the chance to sample TAC's popular and long-

standing dance program. **Click here to book for a Fresh Funk movement class at 10:30am, 11:30am or 2pm.** <https://www.trybooking.com/CGDVA>

Exhibition Openings and Artist talks



Mark Dober:

On the Banks of the Murrumbidgee

Join Mark Dober in the Foyer Gallery at 5.20pm for an Artist talk and the official opening of *On the Banks of the Murrumbidgee* at 6pm. Mark's large-scale watercolour works on paper were made en plein air on the banks of the Murrumbidgee in the region around Wagga Wagga, and at Tuggeranong.

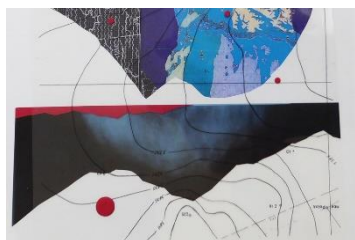


Nicci Haynes:

Incidental TV

Contemporary artist Nicci Haynes presents a new iteration of her peephole camera series. *Incidental TV* consists of many screens arranged casually in the space. Each screen displays a short experimental film or animation. Generally created without following the narrative conventions of 'film', mostly without a story or plot. Join Nicci for the official opening at 6pm.

Exhibition Openings and Artist talks



Peter McLean and John Pratt: Traverse

While maps conventionally deliver an empirical and analytic portrayal of the landscape, an established visual language of shape, colour and text also provides a felt archive of emotional and psychological presence. This series of cartographic works playfully explore this experiential subtext in prints, collages, installations, and mixed media. Join Peter McLean and John Pratt in Gallery 1 for an artist talk at 5:40pm and the official opening of Traverse at 6pm.

Click here to book for the openings and artist talks.



Pre-order Lunch

Bookings close Monday 27 March

A pre-ordered lunch box with a sandwich, bottle of water, and a piece of fruit is available for those who want to have lunch on the day. Lunch boxes will have a banana or an apple and either a chicken or roast beef sandwich. A vegetarian sandwich option is available. Lunch is \$15pp and will be available in the Lodge, between 12:30pm and 1pm. Tea and coffee will also be available. Bookings close on Monday 27 March. Click [here](#) to order your lunch.



Tea & Coffee Stations

Enjoy tea and coffee throughout the day. Stations will be set up in the lodge upstairs and outside by the lake.

Bookings and more information

Full program details and booking links are available on the Tuggeranong Arts Centre website at: <https://www.tuggeranongarts.com/events/creative-seniors-day/>

Phone: You can phone the Arts Centre on 6293 1443 to book.

Email: You can also email us at info@tuggeranongarts.com if you have any questions

Tuggeranong Arts Centre is located by the lake at **137 Reed Street, Greenway**

Sponsors and Partners

Tuggeranong Arts Centre's Creative Seniors Day has been supported by The ACT Government Community Services Grant program. The day is also supported by Tuggeranong business and community groups.