



Weekly Bulletin

Friday 1 April 2022

TIMETABLE

Monday 4 April - Friday 8 Apr

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 3 Apr	8.50 am	Walking Group
	2.00 am	Social Bingo - TSC
Mon 4 April	9.30 am	Bolivia - GC
	9.30 am	Zumba - TSC
	10.00 am	Crafty Corner - GC
	10.30 am	M 4 M - TSC
	1.00 am	Table Tennis - TSC
	2.00 pm	Social Bridge - GC
	4.30 pm	Yoga - TSC
Tues 5 April	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 6 April	7.30 am	Intro to Bird Watching
	9.30 am	Cribbage - GC
	9.30 am	'Take 55' Movie Group
	10.00 am	Carpet Bowls – 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 7 April	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 8 Apr	9.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
	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

HOLIDAY TIMETABLE



Zumba Gold & Movement 4 Memory



The term finishes - **Mon 4 April**
and recommences - **Mon 2 May**



Yoga

Yoga classes finish - **Thurs 7 April**
and recommence - **Tues 26 April**

Ten Pin Bowling



Term finished - **Wed 30 March**
and recommences - **Wed 27 April**

Sunday – 3 April - 2.00 pm
SUNDAY SOCIAL BINGO



Bingo is returning on **this coming**
Sunday 3 April at 2.00 pm.

This game has proved popular with our members since it began in 2016; games prizes are in keeping with the flavour of the day. Bingo sheets and pens are available on entry.

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! And afternoon tea is provided!

John Williamson

WHAT'S ON THIS WEEK!



Tuesday – 5 April – 10.00 am GARDEN GOSSIP GROUP



The next meeting of the Garden Gossip group will be on Tuesday 5 April 10.00 am-12.00 pm in Gumnut Cottage.

The topic for April will be **Compost - however**, there will be plenty of time for members to "pick the groups' brains" for ideas and advice on gardening problems.

A guest speaker, **Gary Winter** will be joining the group during the first hour. Garry is a member of the **Kambah Community Garden**, and we are sure he will have lots of interesting tips and tales to share with the group.

The meeting will also feature a sharing table, further planning for the groups' first outing and progressing with ideas for improving Gumnut Cottage gardens including setting a date for a weeding bee (participation *not* obligatory).

Lastly, to get members into the mood for the next meeting here is a link to a great video from Gardening Australia about composting leaves (which will shortly be in abundant supply as our trees ready themselves for winter!). It's straightforward, simple, and very applicable to what we could do at the Cottage.

https://www.youtube.com/watch?v=z_D564R6dQU&ab_channel=GardeningAustralia

Wednesday – 6 April – 7.30 am INTRO TO BIRD WATCHING

Next Wednesday we will go to Bungendore and visit some 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.

We will be meeting 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 do not come along if you are unwell and we ask you to 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.

Lia: liabattisson@grapevine.com.au, or

Sandra: shirmax2931@gmail.com.



WHAT'S ON THIS WEEK!

Wednesday – 6 April – 9.30 am
'TAKE 55'
Movie/Coffee Group



We enjoyed a very pleasant morning together on Wednesday with coffee and conversation at Vikings with a few of us staying for lunch.

Next Wednesday 6th April, we are seeing "The Duke". There is a seniors' showing at 10.30 and we will meet at Cherry Bean for coffee beforehand at 9.30.

It is a nice outing, and all are welcome to join us!

Pam Hall



In 1961, Kempton Bunton, a 60-year old taxi driver, stole Goya's portrait of the Duke of Wellington from the National Gallery in London. It was the first (and remains the only) theft in the Gallery's history. Kempton sent ransom notes saying that he would return the painting on condition that

the government invested more in care for the elderly - he had long campaigned for pensioners to receive free television. What happened next became the stuff of legend. Only 50 years later did the full story emerge - Kempton had spun a web of lies. The only truth was that he was a good man, determined to change the world and save his marriage - how and why he used The Duke to achieve that is a wonderfully uplifting tale.

Thursday–7 April–10.00 am
FAMILY HISTORY -
ACT Heritage Library



This month we have are fortunate to have a guest speaker from ACT Heritage Library.

Located in Fyshwick, the ACT Heritage Library collects the documentary heritage of the Australian Capital Territory (Canberra) and region. ACT authors and publishers are encouraged to lodge a copy of their publications with the ACT Heritage Library for ongoing preservation and access. The collection includes books, journals, newspapers, archives and manuscripts of community organisations and individuals, oral histories, photographs, ephemera, maps, plans and reports.

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

Liz Dean



Friday 8 April - 3.00 pm – 4.30 pm
UKE 55 – UKULELE GROUP



The Club's Ukulele group, Uke 55 had a very enjoyable return last Friday, relocating at an earlier time of 3.00 pm to the Wattle Room in Gumnut Cottage.

The group rocked their way through the late afternoon much to the surprise of workers walking home along the path between the two buildings.

Garry Owen, Ukemeister extraordinaire, will lead the group again **next Friday, 8 April**. All music and words are projected onto the big screen so If you have not been for a while, why not dust off your uke and come along and join the fun!

TALKING TASTY!

GREEN TOMATOES

This week when one of our lovely members brought in a box of green tomatoes which she was freely giving away, my mind went straight back to the Whistle Stop Café in my one of my favourite movies 'Fried Green Tomatoes'. In this Café, Fried Green Tomatoes were a featured item on the menu. The version below is 'oven-baked' which is a much more user-friendly way to cook them. They are delicious on their own with a dipping sauce or as an accompaniment to chicken, steak, or pork!

BAKED FRIED GREEN TOMATOES

Ingredients



Tomatoes:

- 1 cup all-purpose (plain flour) flour
- 1 1/2 teaspoons fine sea salt
- 1 1/2 teaspoons Cajun or Creole seasoning
- 2 cups Panko breadcrumbs
- 1 cup buttermilk
- 3 large unripe (green) tomatoes, sliced into 1/4-inch-thick slices
- Non-stick cooking spray, for the tomatoes

Method

1. For the tomatoes: Preheat the oven to 190°C. Line two oven trays with baking paper.
2. In a large bowl whisk together flour, ½ tsp salt and ½ tsp Cajun seasoning. Put the breadcrumbs into a second bowl with the remaining 1 tsp salt and 1 tsp Cajun seasoning. Pour the buttermilk into a bowl.
3. Pat the tomato slices dry with a paper towel and then dip first in the flour mixture, shaking off any excess, then in the buttermilk, and then finally in the Panko, patting to coat completely. Place onto the lined trays, spaced about 1 inch apart. Spray the tops lightly with non-stick spray.
4. Bake for about 15 minutes, turn the tomatoes, spray the tops lightly with non-stick spray, rotate the trays and bake until golden brown, an additional 15 minutes.

Cajun-Spiced Aioli:

- 1 clove garlic, minced
- Fine sea salt
- 1 large egg yolk
- 2 teaspoons lemon juice
- 1 teaspoon Dijon mustard
- 1/3 cup extra-virgin olive oil
- 1/4 cup neutral oil, such as canola
- 1/2 teaspoon Cajun seasoning

Method

5. For the Cajun-spiced aioli: Sprinkle the minced garlic with salt and use the back of a knife to press it into a paste. Combine the oils in a container with a spout that will allow for easy controlled pouring. Whisk together the garlic, egg yolk, lemon juice and Dijon mustard in a stainless-steel bowl. Whisking constantly, slowly add the oil in a slow steady stream (see cook's note). Stir in the Cajun seasoning and add salt to taste.
6. Serve the tomatoes on a platter with a bowl of the Cajun-spiced aioli.

Cook's Note

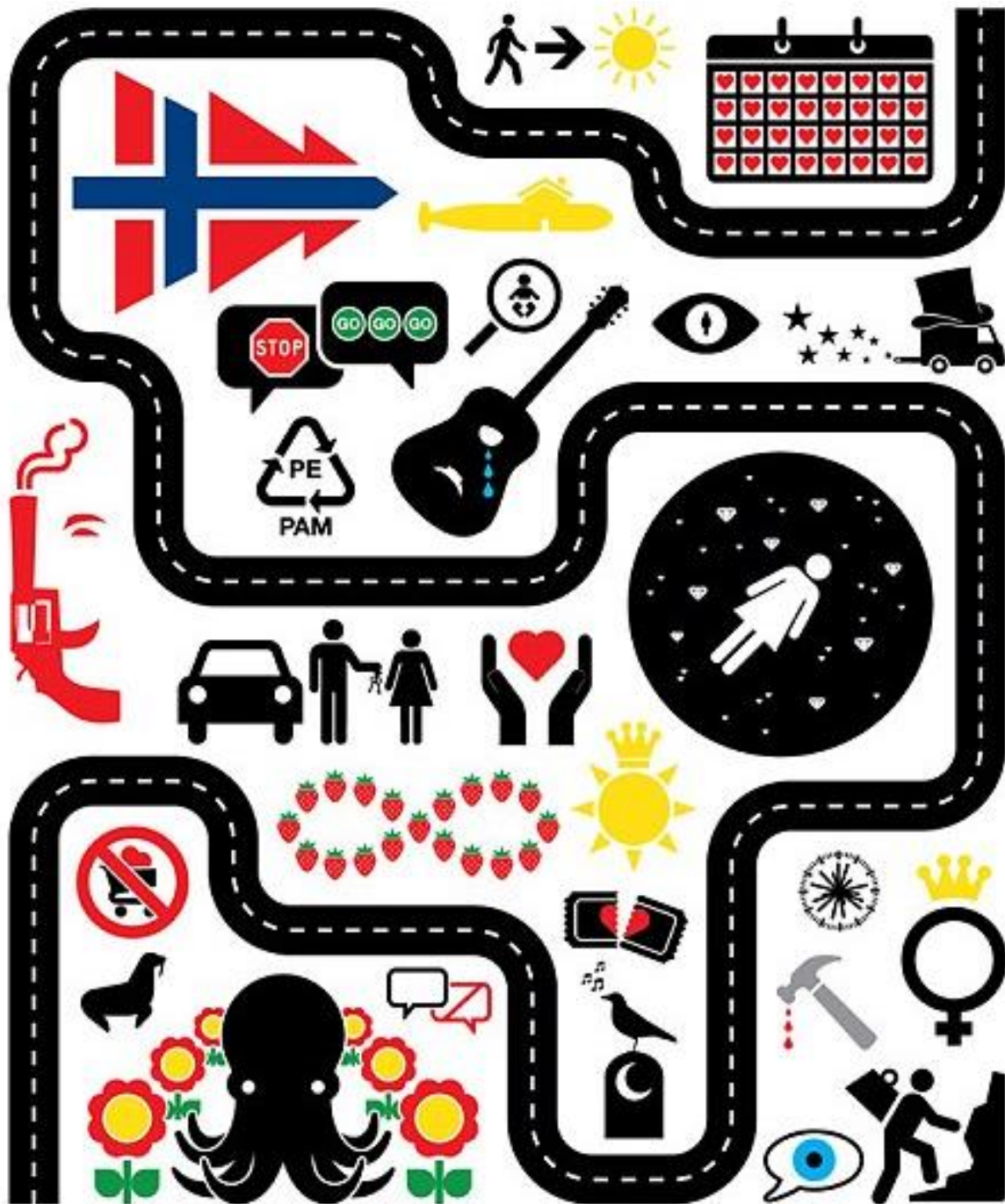
If the mixture is too thick, slowly add water, 1 tablespoon at a time until the mixture is about the consistency of mayonnaise.



TALKING TEASERS!

NAME THAT TUNE Beatles Pictogram Quiz

Each picture represents a song title – can you name them all?
(NB: they are not all hits)



RIDDLE ME THIS - ANSWERS



- | | | | | |
|-------------|------------|-----------|--------------|--------------|
| 1. Keyboard | 2. Clock | 3. Rock | 4. Towel | 5. Key |
| 6. Grass | 7. Egg | 8. Sponge | 9. Battery | 10. Umbrella |
| 11. Needle | 12. Candle | 13. Soap | 14. Envelope | 15. Stamp |
| 16. Ice | 17. Paper | 18. Nose | 19. Coin | |

COMMUNITY BILLBOARD!



Australian Government



The Australian government has just released a new online site designed to match up your energy usage with the best plan. The site asks you simple questions about your current bills and energy usage and compares the plans offered by a range of different energy companies. The service caters for both electricity and gas supply, and is operated by the Australian Energy Regulator, ensuring up-to-date, accurate and independent advice.

For more information click on this link: [Energy Made Easy](#)

An inspiring podcast or two...

Voices on Ageing: Social Connections



COTA South Australia have launched a great series of podcasts called 'Voices On Ageing'. Covering topics like memory loss, retirement, and the importance of social connection, this excellent podcast series shows that the issues older Canberrans care about and advocate for don't stop at our territory borders.

You can listen to the episodes here:

[Voices On Ageing Podcast • COTA SA](#)

COTA ACT's Aged Care Navigation Service

Need advice on getting help at home? Thinking about residential aged care options? Like some information on getting around Canberra without a licence?



The Aged Care Navigation Service may be able to help. COTA ACT is part of a national program to assist older Australians in accessing advice, information, resources and referrals about options and decisions in older life.

We are offering free one-on-one appointments with our experienced Navigators and can help you to register with My Aged Care, find a home care provider, change providers, understand the aged care system, or help to transition into retirement or residential aged care living.

Book a free Navigation appointment for yourself or a family member by calling COTA ACT on 6282 3777.