



Weekly Bulletin

Friday 31 March 2023



CLUB CLIPBOARD!

Sunday – 2 April – 2.00 pm SOCIAL SUNDAY BINGO!

Social Bingo is on again this coming weekend at 2.00 pm on Sunday. Your hosts are John Williamson and President Phil Burns who doubles as Bingo 'Caller' for the afternoon. This popular game is played widely across the country and is well known for its fun, laughter level and socialisation.

Bingo pens and pads are provided, there is always a delicious afternoon tea on offer and the prizes are in keeping with the flavour of the day.

Why not come along – you might even win a prize!



Tuesday – 4 April – 10.00 am GARDEN GOSSIP – **'Keeping a Cheerful Garden in Winter'**

Autumn is upon us, and soon we will all be dealing with dead and dying summer plants and leaves, leaves, leaves. However, rather than talk about what to do with the leaves (we all know what to do by now), let's talk about ways we can brighten up our gardens and ourselves in winter.

There are outdoor plants that flower in winter, such as Hellebores, cyclamens, camellias, and Iceland poppies and of course there are always garden ornaments too. Indoors we may have something flowering too - but what? Plus, many of us are probably already thinking ahead to next spring and summer and may be working in our gardens to rejuvenate garden beds or re-arrange our garden entirely!

So as always, there will be plenty to talk about at our meet up!

"Gardening is learning, learning, learning. That's the fun of them. You're always learning." Helen Mirren



Wednesday – 5 April - 8.30 am INTRO TO BIRDWATCHING

Holdens Creek Pond, Edgeworth Pde, Coombs. Note that this is the venue that was proposed for March, but because a Little Egret (which is a rare visitor) had been seen at Jerrabomberra Wetlands, we went there instead.

Meet at the carpark on Mortimer Lewis Cr (just down from the Drakeford Drive intersection with Taverner St) in Greenway at 8.30 am. We will carpool to the pond in Coombs. Over 100 species of birds have been seen at this pond, including White-fronted Chat (unusual) and Lewin's Rail (rare) this year. This will be quite an easy walk, mostly on paved tracks. Wear sturdy shoes, bring a hat, water, binoculars and sunscreen. Please let Lia know if you will be attending.

(liabattisson@grapevine.com.au)





CLUB CLIPBOARD!



WED – 4 April – 9.30 am **'TAKE 55' Movie/Coffee Group**

A lovely get together over coffee at Vikings Club on Wednesday.

Next week, 5th we will go to Limelight Cinema at 10.15 am to see "Air". We will meet at Cherry Bean at 9.30 am for coffee and conversation before going to Limelight. Why not come and join us for good company and the movie!

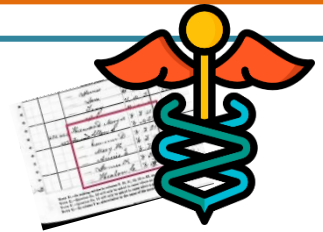
Everyone is welcome! *Pam Hall*



From award-winning director Ben Affleck, *AIR* reveals the unbelievable game-changing partnership between a then-rookie Michael Jordan and Nike's fledgling basketball division which revolutionized the world of sports and contemporary culture with the Air Jordan brand. This moving story follows the career-defining gamble of an unconventional team with everything on the line, the uncompromising vision of a mother who knows the worth of her son's immense talent, and the basketball phenom who would become the greatest of all time.

Thursday – 6 April – 10.00 am **FAMILY HISTORY GROUP**

Topic this month - *Is there a Doctor in the House?*



Does it add to our ancestors' life stories to investigate people who are not related to us?

Their names appear on census records, certificates, journals, and other documents.

Members of the medical profession are sometimes such people.

Whether you are an experienced family historian, a beginner or just interested, please feel welcome!

Liz Dean

A LITTLE EASTER TRIVA!

The Club is closing for the Easter Break but what do you know about this yearly event?

1. Easter always falls between which two dates?
2. Where is the most popular Easter parade held each year?
3. The first Easter eggs were dyed what colour?
4. In the 13th century, the church prohibited eating what during Holy Week?
5. The world record largest chocolate Easter egg was made in what city?

ANSWERS FURTHER ON!



CLUB CLIPBOARD!

TIMETABLE

Sunday 2 April – Friday 7 April

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 2 Apr	8.50 am	Discover Canberra WG
	2.00 pm	Social Bingo - TSC
Mon 3 Apr	9.30 am	Bolivia - GC
	9.30 am	Zumba - TSC
	9.30 am	Crafty Corner - GC
	10.30 am	Mov 4 Mem - TSC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Improvers Bridge - GC
Tues 4 Apr	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	9.30 am	LL Cycling Group
	10.00 am	Garden Gossip - GC
	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 5 Apr	8.30 am	Intro To Birdwatching
	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 6 Apr	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	Social Bridge – GC
	3.45 pm	Yoga – TSC
Fri 7 Apr		GOOD FRIDAY

TIMETABLE

Mon 10 April – Sunday 15 April

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 10 Apr		EASTER MONDAY
Tues 11 Apr	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
	1.00 pm	Mah-jong – GC
Wed 12 Apr	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
	10.00 am	Graphites DG - TSC
	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 13 Apr	9.30 am	500 Cards- GC
	10.00 am	Android SIG - TSC
	10.00 am	Tugg Chukkers (Pétanque)
	1.00 pm	Mah-jong – GC
	1.15 am	Lawn Bowls
	3.30 pm	Social Bridge – GC
	7.30 pm	Online Trivia
Fri 14 Apr	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
Sat 15 Apr	1.30 pm	Games Afternoon - GC
	1.30 pm	Social Pool - GC
Sun 16 Apr	9.20 am	Discover Canberra WG

**SCHOOL
HOLIDAY
DATES**



**Zumba &
Movement 4 Memory**
Finishes Mon 3 April
Returns Mon 1 May

**Heart & Soul
Singers**
Finishes Tues 4 April
Returns Tues 2 May



**Seated
Yoga**
Finishes Tues 4 April
Returns Tues 2 May

**10 Pin
Bowling**
Finishes Wed 29 Mar
Returns Wed 26 April

**Yoga
Thursday**
Finishes Thurs 6 April
Returns Thurs 27 April



CLUB CLIPBOARD!



TRIVIA WITH FRIENDS

Thursday – 13 April – 7.30 pm

Have the Trivia questions whet your appetite? Are you already a Trivia tragic? Why not join fellow members and Tuggeranong Probus members for trivia on-line? This is held on the second Thursday of each month, commencing at 7.30 pm. 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 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!!



Saturday – 15 April – 1.30 pm

GAMES AFTERNOON



The monthly Games Afternoon is on again on Saturday 15 April at Gumnut Cottage commencing at 1.30 till about 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. There are also dice, word, and card games – a great variety. Afternoon tea is part of the socialising, and any contributions of food are always welcome. *Anne*

SOCIAL POOL!

Social Pool is moving from 1st & 3rd Thursday mornings to the same afternoon each month (3rd Saturday) as the Games Afternoon and will be on again on Saturday 15 April.

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.

EASTER WORD SCRAMBLE!

Saeert / lacthoeco / yalodhi / prail / arbetecionl

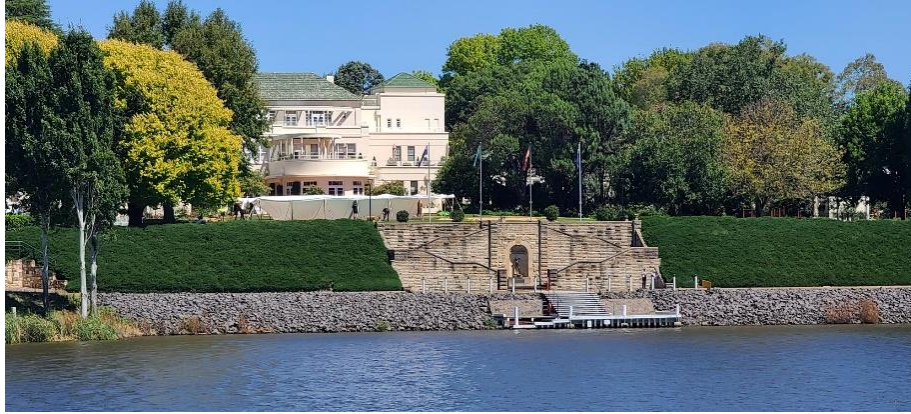
ANSWERS FURTHER ON



ACTIVITY IN ACTION!

FIRST GARDEN GOSSIP EXCURSION – A BLOOMING SUCCESS!

On 9 March, eight members of the Garden Gossip group, plus a ring-in, took a short cruise to visit the gardens at Government House.



Our adventure started with a cruise from the Southern Cross lakeside club to Government House, during which time we enjoyed the views around the lake and a simple afternoon tea.

We arrived in style at the very spot many dignitaries, including her Late Majesty, had set foot. We were greeted by garden staff and some volunteers and taken on an escorted walk around the garden.

Although one of the show areas of the garden was closed while the old stepping stone pathways were made more foot friendly, (an excuse for another visit!) we still saw plenty, including garden ornaments and memorials, cheerful beds of Japanese windflowers, a honeybee hive in an old gum tree, ancient pine trees, a grove of very large and old citrus trees and eye pleasing vistas.

Surprisingly we saw none of the famed kangaroos that share their home with the GG and staff.

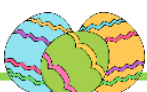
We left hoping to come back again in spring to see the gardens in their full colourful glory.



Photos courtesy of Cathy Neal

1. March 22 & April 25 2. New York 3. Red 4. Eggs 5. Tosca, Italy

EASTER TRIVIA ANSWERS!





Giant Omelette Festival

A brotherhood is behind this 15,000-egg tradition.

Every Easter, the Brotherhood of the Giant Omelette gathers, as they have for decades, in Bessières, France, to crack more than 15,000 eggs, cook a giant omelette, and distribute portions to thousands of observers who flock to the festivities.

According to a foundational story, Napoleon Bonaparte, while visiting the area, enjoyed his eggs so much that he asked that a giant omelette be prepared for his troops. So now, each Easter, the cooks don chef's whites and *toques*. Wielding enormous wooden spoons that look more like oars, they stir the eggs in a massive pan over an open fire in the town square. The multi-day festival invariably includes dancing, music, or parades, but the omelette-making is the main event

The organization, which is also known as the *Knights of the Giant Omelette*, take their mission seriously: "to prepare and serve, free of charge and full of joy, a giant omelette." The first event, in the '70s, used a few thousand eggs. It's not only grown in egg count but leapt borders: Local chapters cook giant omelettes in six other cities, from neighbouring Fréjus, France, to Pigüé, Argentina.

Easter / Chocolate / holiday / April / celebration

EASTER WORD SCRAMBLE ANSWERS





Mindful Colouring

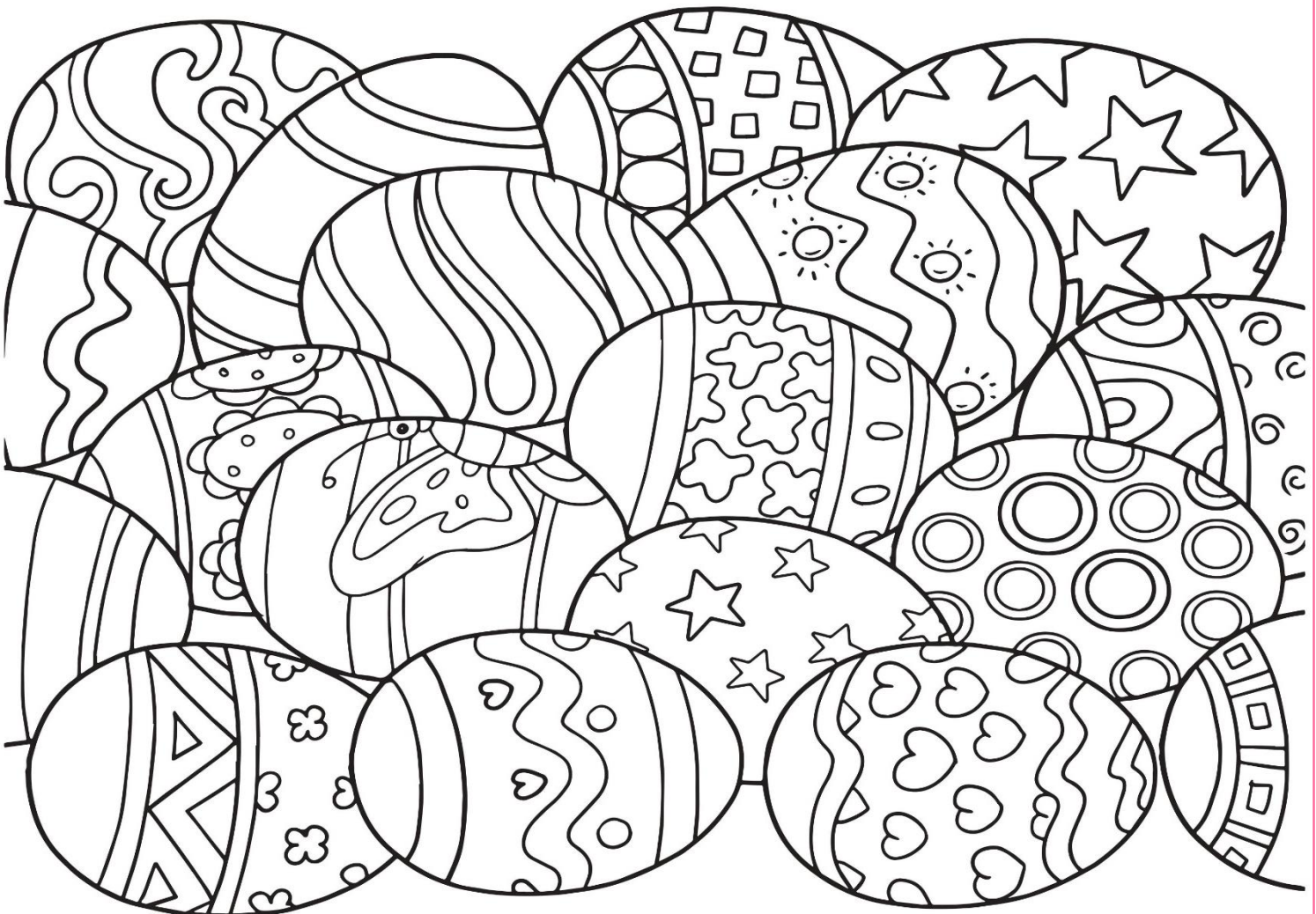
Colouring isn't just for children anymore. Within the past few years, the market for adult colouring books has grown tremendously and we can all greatly benefit from colouring therapy.

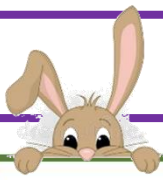
Colouring therapy has its roots in chromotherapy, the science of using colours to promote mental and physical healing. If you've ever felt relaxed after staring at the blue ocean or energized after sitting in the sun, you've experienced the benefits of colour therapy.

The simple activity of colouring provides many additional advantages.

- it provides similar benefits to meditation. It relaxes the mind, focuses our attention on the present moment, providing an escape from everyday life.
- it can strengthen motor skills; increase eye and hand coordination and improve dexterity, grip control, and focus.

But above all, it can tap into our creativity and take us back to our childhood – a pleasurable activity that is simple, distracting and fun!





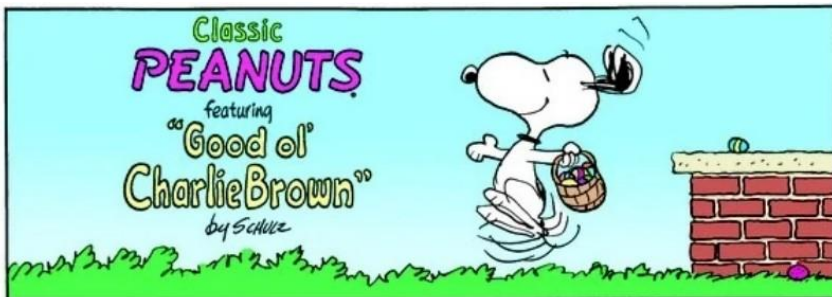
TALKING TEASERS!

Word Maker Solution

R	U	E
A	T	P
E	D	R

26 SMART, 29 TERRIFIC, 32+ BRILLIANT!

Adept	Aperture	Dart	Darter	Date	Depart	Departure
Depute	Deter	Drat	Duet	Eater	Erupt	Erupted
Part	Parted	Pate	Peat	Pert	Peter	Prate
Prated	Predate	Rapt	Rapture	Rate	Rated	Repeat
Repute	Reputed	Retard	<u>Retread</u>	Tape	Taped	Taper
Tapered	Tare	Tarp	Tarred	Taupe	Tear	Teed
Trade	Trader	Trap	Tread	Tree	Treed	True
Truer	Update					



Happy Easter!