



# 'Tugg Talks' Weekly Bulletin

## Friday 5 April 2024



### TIMETABLE

Sunday 7 April – Friday 12 April

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity	
Sun 7 Apr	9.20 am	Discover Canberra WG	
	2.00 pm	Social Bingo - TSC	
Mon 8 Apr	9.30 am	Bolivia - GC	
	9.30 am	Crafty Corner - GC	
	9.30 am	Zumba - TSC	
	10.30 am	Mov 4 Mem - TSC	
	1.30 pm	Table Tennis - TSC	
	2.00 pm	Casual Bridge - GC	
Tues 9 Apr	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	
	1.00 pm	Mah-jong – GC	
Wed 10 Apr	9.30 am	Cribbage – GC	
	10.00 am	'Take 55' Movie Group	
	10.00 am	Ten Pin Bowling	
	10.00 am	Graphite's DG - TSC	
	10.00 am	Carpet Bowls – TSC	
	1.00 pm	K-nit 'n' K-natter – GC	
	Thurs 11 Apr	9.30 am	500 Cards - GC
		10.00 am	Tugg Chukkers
10.00 am		Android SIG - TSC	
10.30 am		'Birthday Bash' - TSC	
1.00 pm		Mah-jong – GC	
1.15 pm		Lawn Bowls	
3.30 pm		Social Bridge – GC	
3.45 pm		Yoga - TSC	
Fri 12 Apr	7.30 pm	On-line Trivia	
	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	
3.00 pm	Uke 55 Uke Gp - GC		

### CLUB CLIPBOARD!

#### SUNDAY SOCIAL BINGO

**Sunday – 7 Apr – 2.00 pm**

Social Sunday Bingo is on again this weekend at 2.00 pm. 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!



#### 'TAKE 55'

#### MOVIE/COFFEE GROUP

**Wed – 10 April – 10.00 am**

A very nice group met for coffee catch up/ lunch on Wednesday.

As there is still not a movie that we are interested in on Wednesday 10th, we will once again meet at Vikings Club Tuggeranong at 10.00 am for coffee/ lunch and great conversation. Why not come and join us for a nice morning out.

Pam Hall



# CLUB CLIPBOARD!



## **SWEET SIXTEEN** **'BIRTHDAY BASH' MORNING TEA**



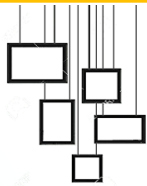
**Thursday**  
**11 April - 10.30 am**

The Club turns 'sweet sixteen' this year and to celebrate there will be a morning tea on the actual birthday date, Thursday 11 April from 10.30 am.

This free event will be suitably festive – party food, birthday cake, party poppers and more.

If you would like to help us celebrate this milestone – please register your attendance at the Club office by Monday 8 April.

And why not bring your party hat!



## **A WALK DOWN 'MEMORY LANE'**

To celebrate the sixteen years since the Club began, Norm Swanwick has been sifting through the Club archives posters. The result is a walk down Memory Lane exhibition of photos and posters from past years.

Presented in large black frames, they are a varied representation of past Club 'comings and goings'. The exhibition will be up for a while so next time you are at the Club, come and have a look!

### **ACTIVITIES – 'K-NIT N K-NATTER'**



WORLD WIDE KNIT IN PUBLIC DAY  
June 2015



'POP UP KNIT'  
June 2016



POPPIES  
Jan 2018



WORLD WIDE KNIT IN PUBLIC DAY– 'BEANIE COMPETITION' June 2017



'STUTTING THEIR STUFF'  
March 2018

# CLUB CLIPBOARD!

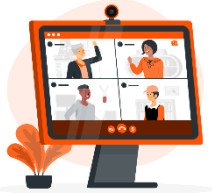
## **'TRIVIA WITH FRIENDS'**

**Thursday – 11 April – 7.30 pm**

If you are looking for another Trivia challenge, Tuggeranong Probus and 55 Plus Clubs have joined forces on 2<sup>nd</sup> Thursday of each month for an on-line trivia night via Zoom. The next session will be held on **Thursday 11 April at 7.30 pm.**

There are 5 sets of 10 questions in each round and they cover a wide range of interesting topics. Often challenging but always entertaining, there are sure to be questions you can easily answer!

You will need to download and install Zoom (it is free and easy to install). The link is sent on the night at about 6.00 pm and everyone starts to 'beam in' at 7.20 pm.



New competitors are always welcome. Contact Anne on [ameade@pcug.org.au](mailto:ameade@pcug.org.au) if you would like to join us! And a glass of vino definitely helps the brain engage!



## **UKE 55 - UKULELE GROUP**

**Friday – 12 April – 3.00 pm**

Did you know that while listening to music is great for your brain, playing it is even better as it also keeps you fit?

The ukulele (uke) is an easy instrument to get to grips with. It is small and so kinder on arthritic hands and to play it you don't need to be able to read music. You also do not need your own ukulele to start with, as the Club has a couple of "come and try" ukuleles.

Each fortnight on a Friday afternoon at 3.00 pm, a fun group meet to strum and sing along with Ukemeister Gary Owen at Gumnut Cottage. The songs are many and varied and are projected onto a screen which makes it easy to play along, as the chords are also explained and shown on the screen.

So why not come along one Friday and see why ukulele playing is popular all round the world as a fun social activity?





# Colouring Mandalas



# WELLNESS TOOLBOX

In the trend of colouring as a form of relaxation, one of the most popular types of patterns to colour is the mandala. Mandalas are usually circular geometric patterns. Some people find the drawing and colouring of a mandala as a form of meditation. As they focus on colouring in the patterns of the form they relax, their mind grows quiet, and they may enter into a spiritual space.



## What exactly is a mandala?

A *mandala* is a spiritual symbol in Buddhism and Hinduism. It's a symbolic representation of the universe with an inner and outer world. The word *mandala* comes from Sanskrit, an ancient Indian language. Literally, mandala means circle. The circle is seen as a magical form, without beginning and end, just as the universe is believed to have no end.

The Sanskrit word *mandala* indicates everything that is round or circular. In tantric traditions, it often refers to a sacred space, which can be round or square or any other form. Deities are invited to enter this space by uttering powerful words (*mantras*).

The prototype of the mandala is a square with four gates containing a circle with a central point. Often the mandala is also in an outer circle. This basic form can be found in many ancient mandalas, but there are many more variants. The mandala can also be filled with all kinds of patterns: geometric figures, Buddhist saints, flowers, you name it.

The mandala is used as an object to focus your attention on while meditating. Because of the symmetrical shape, your attention is directed to the centre. People in the Western world often used a freer form of the mandala, which is more reflective of the inner self and the unconscious self. Regardless of what mandala you use, colouring it can be very meditative and relaxing.

## Why colouring mandalas is for everyone



You don't have to be Buddhist to colour mandalas. It's an activity everyone can enjoy and colouring a mandala can help:

- **Children:** unwind and fully enjoy their creativity. They don't have to worry about choosing the right colour green for the trees or what colour blue the sky should be. The mandala can have all the colours of the rainbow or just their favourite colour.
- **Adults:** release negative thoughts and emotions. By focusing only on the pattern and colours of mandala, your mind may become wonderfully empty. You come to rest for a little while.
- **Seniors:** increase focus, helping to keep your memory in shape. Remaining focused on the beautiful creative symmetrical patterns activities the brain, improves cognitive abilities and concentration.

Colouring mandalas can unlock your inner child; you'll have fun with what you're doing, such as selecting colours, and begin to fill in the open areas of the mandala with more abandon. So, grab those pencils and get colouring on your first masterpiece!

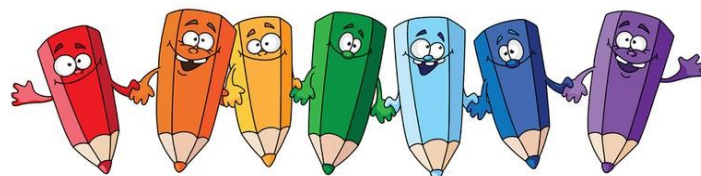
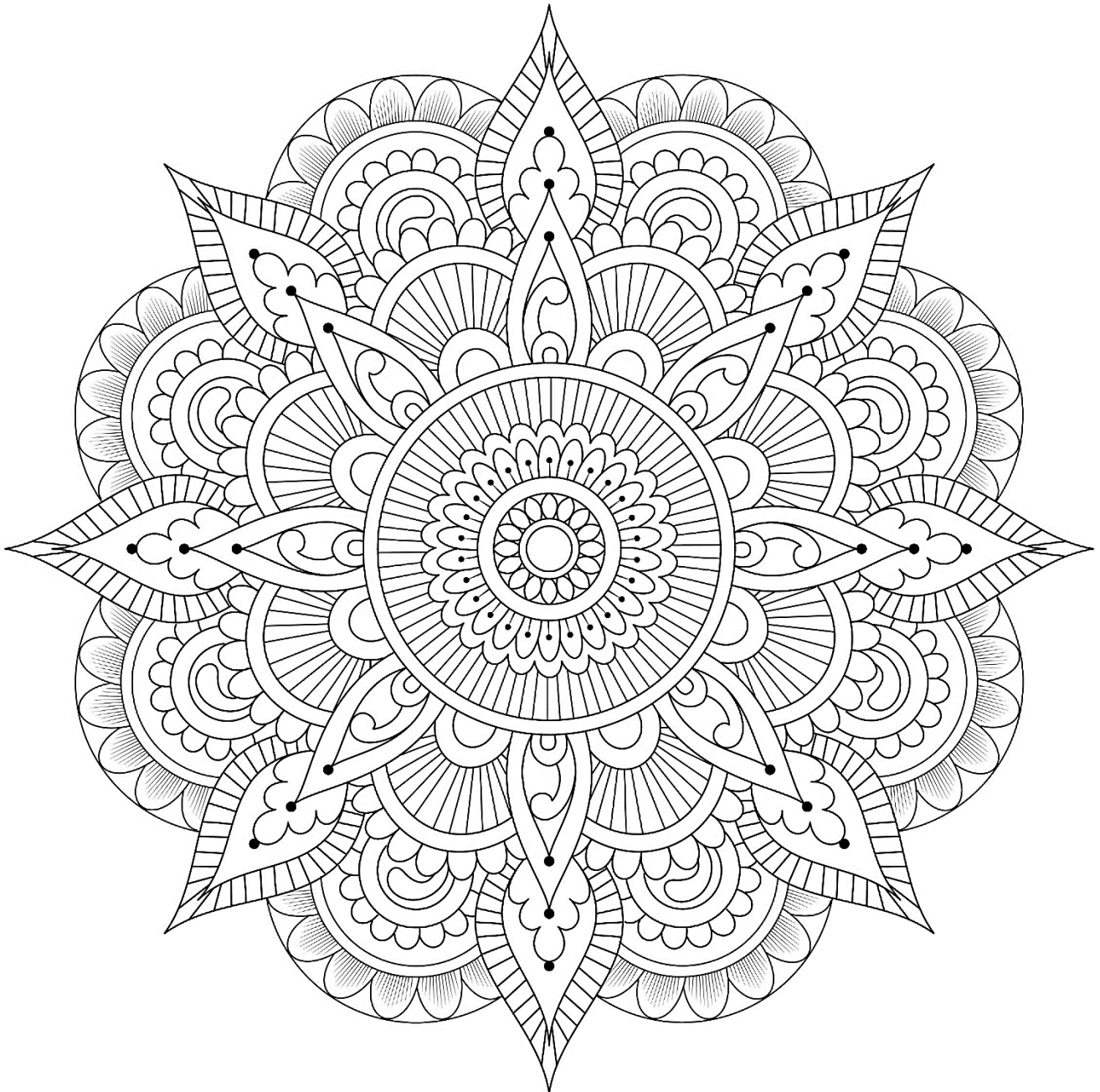


# Colouring Mandalas



# WELLNESS TOOLBOX

Whether you're a beginner or an experienced colourist, there are endless opportunities to explore your creativity and connect with your inner self. 'Dream a Little Dream' and see where your colouring journey takes you!



## TALKING TRIVIA!

### **Yass cafe and gallery Tootsie takes out an international award as 'a work of art'**



For Cayla Pothan, who is also the Deputy Mayor of Yass, the dream of providing something a little different when she opened Tootsie café and gallery almost nine years ago, especially in an historic, traditional country town like Yass, has paid off – in spades.

This week Tootsie was awarded a trophy as Best Unique Dining Venue in NSW from the British company, LUXLife. Announcing Tootsie's win, LUXLife described the Yass Cafe itself as "a work of art".



The has since arrived and now takes pride of place in an ever-expanding trophy cabinet in the café. Tootsie also won an award last year for Most Vibrant Cafe in the Southern Highlands.

Since the day it opened in the art-nouveau-style former garage at the top of the town's main street, Tootsie has offered something a little unusual to locals and visitors passing through.

With a motto of Connect, Inspire, Grow, Tootsie is not only a café, art gallery, and a meeting place for people of all ages, it is a studio for new, emerging, and established artists.



## **E A S T E R Q U I Z**

### **ANSWERS**

1 THE WHITE RABBIT

2 EASTER PARADE

3 BACH

4 WILLIE WONKA

5 SUPERSTAR

6 RABBIT

7 THE EASTER BUNNY

8 THE LIFE OF BRIAN

9 DOLLY PARTON

10 RAISINS

11 BASKET

12 CHILE

13 BUCK

14 GERMANY

15 FIFTH AVENUE

16 THE WHITE HOUSE

17 MARDI GRAS (FAT TUESDAY)

18 A BILBY IS AN AUSTRALIAN BANDICOOT WITH RABBIT-LIKE EARS

19 A POCKET WATCH

20 NEW YORK