



# 'Tugg Talks' Weekly Bulletin Friday 12 April 2024



## CLUB CLIPBOARD!

### **SCHOOL HOLIDAY DATES**

### **Zumba & Movement 4 Memory**

*Finishes:* Mon 8 April

*Returns:* Mon 29 April

### **Heart & Soul Singers**

*Finishes:* Tues 9 April

*Returns:* Tues 23 April

### **10 Pin Bowling**

*Finishes:* Wed 10 April

*Returns:* Wed 1 May

### **Yoga & Seated Yoga** NOW CONTINUING THROUGH THE SCHOOL HOLIDAYS

### **Tai Chi**

**NOW BREAKING FOR THE SCHOOL HOLIDAYS**

*Finishes:* Fri 12 April

*Returns:* Fri 3 May

### **PLEASE NOTE:**

As the Tai Chi Instructor will be away for six weeks,  
there will NOT be a new intake  
of new members this term



# CLUB CLIPBOARD!

## TIMETABLE

Monday 15 April – Friday 19 April

\*GC Gumnut Cottage    \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
<b>Mon 15 Apr</b>	9.30 am	Bolivia - GC
	9.30 am	Crafty Corner - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Casual Bridge - GC
<b>Tues 16 Apr</b>	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	<b>**</b> 10.00 am	LL Cycling Group
	10.00 am	Pool – Beginners - GC
	1.00 pm	Mah-jong – GC
	1.00 pm	*Qigong
<b>Wed 17 Apr</b>	2.00 pm	*Meditation
	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
	10.00 am	Carpet Bowls – TSC
	1.00 pm	K-nit 'n' K-natter – GC
<b>Thurs 18 Apr</b>	9.30 am	500 Cards - GC
	10.00 am	Family History Gp - TSC
	10.00 am	Android SIG - TSC
	10.00 am	Pool – Social - GC
	1.00 pm	Mah-jong – GC
	1.30 pm	Reading Group - TSC
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga - TSC
	<b>Fri 19 Apr</b>	9.30 am
<b>**</b> 10.00 am	Cycling Group	
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	
<b>Sat 20 Apr</b>	1.30 pm	Games Afternoon - GC
<b>Sun 21 Apr</b>	9.20 am	Discover Canberra WG

\*Qigong & Meditation are held in 8 week sessions – for more information, contact Club office.

\*\*Please note change of time for Both Cycling groups due to the end of daylight saving.

## 'TAKE 55' MOVIE/COFFEE GROUP

### Wed – 17 April – 10.00 am

A small group met on Wednesday for coffee/lunch and we chatted happily.

We have decided to meet at

### ERINDALE VIKING CLUB

on Wednesday 17th at 10.00 am. Due to the school holidays, the movies at the moment are mainly for children so it is coffee and conversation!

So why not come and join us for a nice morning out.

### PLEASE NOTE CHANGE OF VENUE!

Pam Hall



## social media coffees

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Facebook



Twitter



LinkedIn



Pinterest



YouTube



Tumblr



Instagram



Snapchat



Myspace

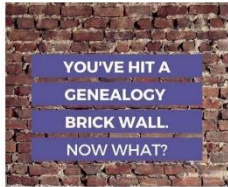
# CLUB CLIPBOARD!

## FAMILY HISTORY

Breaking down Brick-walls with  
**TROVE**

Thursday 18<sup>th</sup> April – 10am

All welcome



Investigate your  
family history



**TROVE**

Search many different areas:

Newspapers  
Government Gazettes  
Australian births, deaths and marriages  
Cemetery records  
eResources  
Microfilm available at Library

*Sometimes a simple keyword search can reveal a bombshell  
and it's **FREE***

## FAMILY HISTORY GROUP

**Thurs 18 April – 10.00 am**

**Topic: Breaking down  
Brick-walls with TROVE**

This month we are exploring the benefits of the NLA data base TROVE. TROVE was launched in December 2009 and has always been seen as a way to bring together collections of wonderful things. It is a single point of entry to a treasure trove of artefacts, curiosities, and stories from Australia's cultural, community and research institutions and there are more than 14 billion digital items on any topic.

The name Trove was suggested by a clever Library staff member. It brought to mind a treasure trove, as well as the French verb *trouve* meaning "to discover" and was immediately popular.

Why not come along and find out how a few simple keystrokes can reveal a mine of information about people, places and daily occurrences.

Bring along your device and share any tips that you have. Whether an experienced family historian, a beginner or just interested in family history, please feel welcome.

*Lyn Woodward*



**Shhhh!  
Be vevy,  
vevy quiet.  
I'm hunting  
forebears.**



## GAMES AFTERNOON



**Saturday – 20 April – 1.30 pm**

The next Games Afternoon will be held on Saturday 20 April at Gumnut Cottage. Starting at 1.30 pm, this relaxed afternoon is a chance to socialise with fellow members as well as exercising a few brain cells! And if you have a favourite game why not bring it along – it may be a game that others have not previously played and would enjoy learning!

There is a delicious afternoon with contributions always appreciated.

*Anne Meade*

# CLUB CLIPBOARD!

## SUNDAY TRIVIA QUIZ



**2.00 PM**  
**SUNDAY 28 APRIL**

## SUNDAY TRIVIA QUIZ

**TWO WEEKS TO GO!**

**Sunday – 28 April – 2.00 pm**

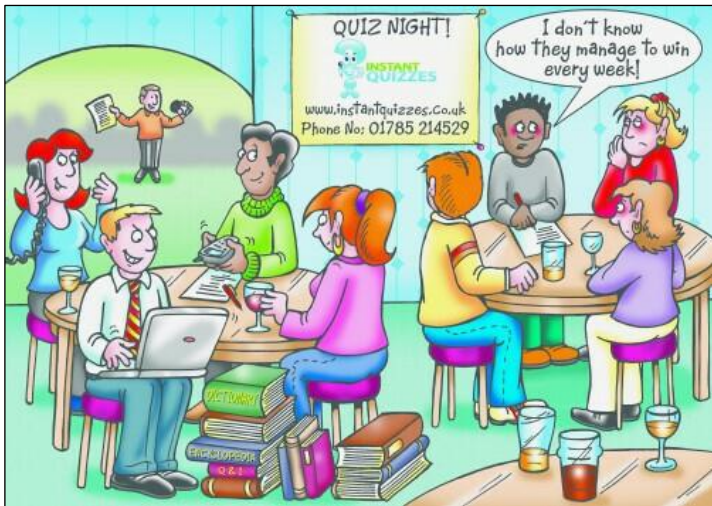
Rhonda Jolley will return as our quiz master for our next trivia quiz to be held on Sunday 28 April. Why not get a team together with your family or friends or just come along on the day and join a team with your fellow club members.

If you have not been to one of our trivia quizzes before, you will be most welcome to join us. We have eight rounds each of ten questions, a table quiz sheet for your team to work on between rounds while the scores go up on the board.

There will be chocolates for everyone, a couple of door prizes and some free activity vouchers to give away. If that is not enough, there will be a great afternoon tea to enjoy while we have a break to recharge the brain cells. All this for our normal \$5.00 activity fee.

So why not join us at 2.00 pm on Sunday 28 April and we normally finish around 4.00 pm. There is no need to book, just come along on the day and remember that the public car park opposite the club is free on a Sunday. On behalf of "Team Trivia" I hope you can join us for a fun afternoon's activity.

*Norm Swanwick.*



## AND TO GET YOU INTO THE 'ZONE'....

1. What is the national animal of Australia?
2. Which artist painted the ceiling of the Sistine Chapel in Rome?
3. Who invented the iconic Little Black Dress?
4. What city do The Beatles come from?
5. Which driver has won the most Formula 1 championships?

**Answers on last page!**





## **TUGG CHUKKERS ON TOUR!**

On Thursday afternoon 4 April, players from Tugg Chukkers, the club's pétanque group travelled to the Capital Pétanque piste at Weston Park, Yarralumla for a social game or two with the locals.

A great afternoon was had which has set us up to compete in a master's competition to be held on the piste on 19th May.

We learned much: how the game is regarded by another club, and more about game rules than I'd care to say! *Andrew Rankine*



Members of Capital Pétanque behind with Tuggeranong club members seated L-R: Dorothy, Tim, Mike, Andrew, Kevin, Jane, Robyn and John

*Photo by Catherine Alexander*

## **PITCHING THEIR LUCK IN WAGGA!**

The Club's 'Pitch n Putterer's' have also been 'on tour', venturing across the border on Friday 14 March to have a game or two at Wagga's Par 3 and Driving Range. They enjoyed not only Wagga's hospitality but the glorious weather!



While in Wagga, the group took the opportunity to visit the local Strawberry Farm. The versatility of the little fruit provided a delicious detour!





# 2024 Great 'Dunny' Hunt



## WELLNESS TOOLBOX



The much-loved Great Dunny Hunt is back, calling all Australians to update the National Public Toilet Map website or app with new public toilet facility details they discover while out and about these school holidays.

With this year's hunt running from Friday 29 March to Sunday 16 June, (the start of World Continence Week), holiday goers can update public toilet details including adding photos of public restrooms or adding details of what amenities they have, as well as their access hours. Dunny hunters can upload their submissions to the National Public Toilet Map, which will make a huge difference to those living with incontinence.

With over 23,000 public restrooms now listed on the National Public Toilet Map thanks to the efforts of previous Dunny Hunts, those updating details on the map are encouraged to fill out a short survey on how they use the map to make sure the valuable resource continues to support all Australians. By completing the survey, respondents can go in the running to win one of three \$500 EFTPOS vouchers.

Visit [www.continence.org.au/great-dunny-hunt](http://www.continence.org.au/great-dunny-hunt) and [www.toiletmap.gov.au](http://www.toiletmap.gov.au) for more information and details of how to enter.

### **Why the 'Toilet Map' is important**

A recent survey of those living with incontinence discovered 49 per cent of respondents currently don't feel comfortable embarking on long trips without knowing where the first toilet stop will be. While knowing the proximity and accessibility of public toilets may not seem significant, for some Australians surveyed there was a reluctance to leave home or go about their daily activities and for many, incontinence was affecting their relationships with family or friends.

### **About the Continence Foundation of Australia**

The Continence Foundation of Australia is a not-for-profit organisation and the national peak body promoting bladder and bowel control health, incontinence prevention, management, education, awareness, information, and advocacy.

With representation in each state and territory, the Foundation provides information, support and resources for individuals, carers, and professionals [www.continence.org.au](http://www.continence.org.au)

### **About incontinence**

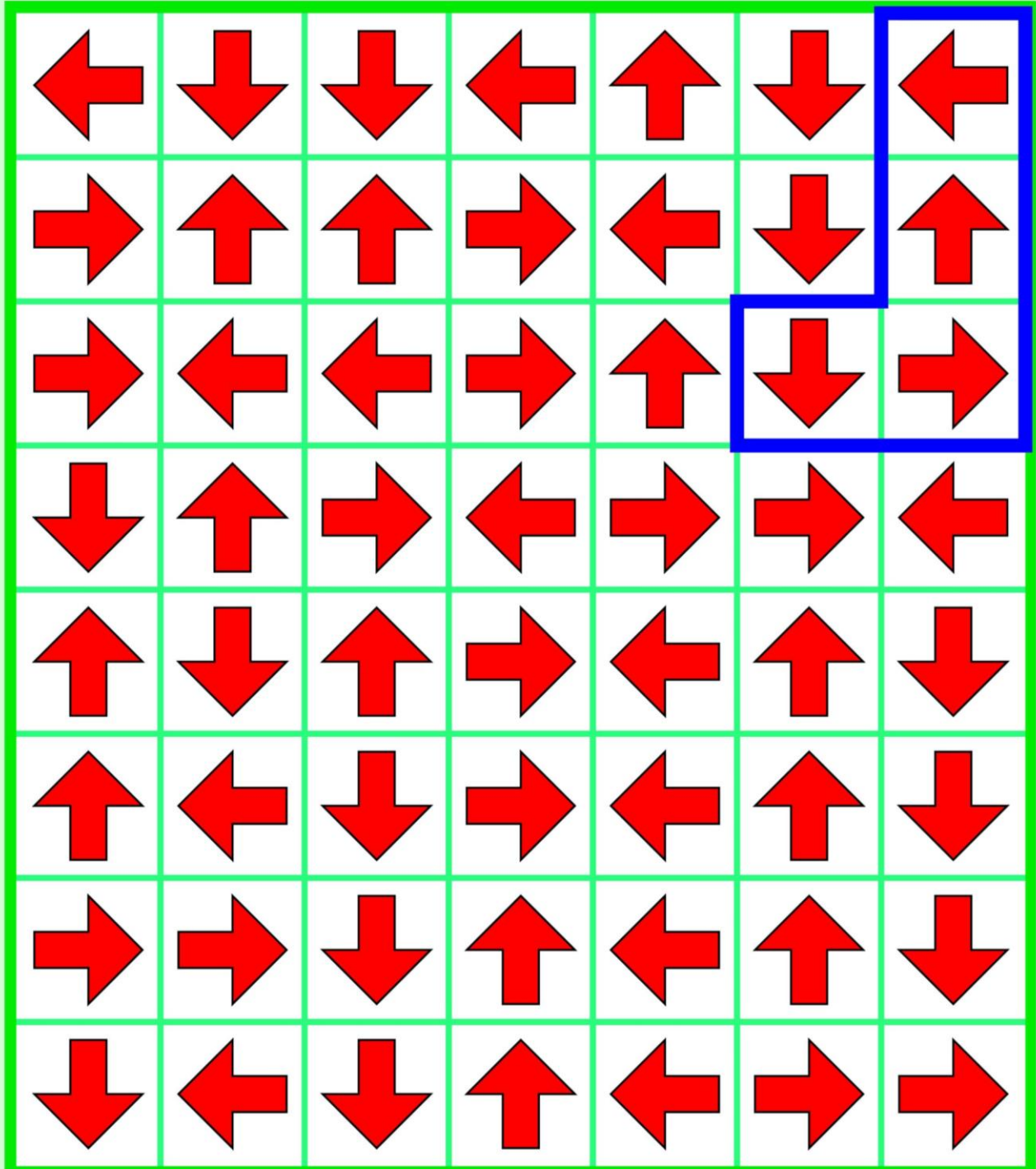
Over five million Australians are affected by incontinence with the majority of people able to be treated, better managed or even cured.

For assistance, ask your GP, call the National Continence Helpline FREE 1800 33 00 66 or visit [continence.org.au](http://continence.org.au)

# TALKING TRICKY!

## Four Arrows

Draw lines around four arrows so that each section has arrows in four different directions.



**SOLUTION NEXT WEEK!**

## **AND TO GET YOU INTO THE 'ZONE'....**

### **Answers**

1. Red Kangaroo
2. Michelangelo
3. Coco Chanel
4. Liverpool
5. Michael Schumacher

# **COMMUNITY NOTICEBOARD**

## **Information for Retirees and Seniors**



There are three 2024 **Bean Retiree and Seniors Forums**, hosted by David Smith MP, across the electorate of Bean in Canberra's south.

The forums are for retirees, those contemplating retirement and seniors to provide information about government supports, aged care, community services and other community networks.

David will be joined by a number of local service providers at the forums, including Services Australia.

All attendees will also receive a copy of the *Bean Seniors Guide* – a 70-page guide that brings together current information from a range of agencies and services and may assist you in connecting with support, local services and community groups in retirement.

It includes information about:

- Government benefits, support, and payments
- Health, Medicare and aged care
- Wills and legal affairs, scams, safety and online safety

The booklet also provides contacts for community support services, activities and other useful numbers and website links.

### **To register for a forum:**

**WODEN** – Friday 26 April – 1.00pm – 3.00 pm

- Woden Seniors Centre, 12 Corinna Street, Woden  
[Register For Woden](#)

**TUGGERANONG** – Tuesday – 30 April – 12.30 pm – 2.30 pm

- Tuggeranong Community Centre, 245 Cowlshaw Street, Greenway  
[Register For Tuggeranong](#)

If you cannot attend, but would like a copy of the latest **Bean Seniors Guide**, click on this [link](#) for more information.