



'Tugg Talks' Weekly Bulletin Friday 26 April 2024



CLUB CLIPBOARD!



'BANKING SAFELY ONLINE' INFORMATION SESSION Courtesy of Bendigo Bank Thursday – 2 May – 10.00 am



Online banking is an integral part of what all banks offer, providing convenience and flexibility.

While the digital age provides many wonderful benefits, it's also essential to be aware of the potential risks and take necessary precautions to ensure the protection of your personal and financial information.

With this in mind, the Club has organised representatives from the local Bendigo Bank to present an information session for Club members providing tips, guidance, and suggestions on how to minimise risks when banking online.

The session is called **'BANKING SAFELY ONLINE'**. It will run for 30 minutes and includes information on :

- The benefits and importance of engaging with online services.
- Identifying and avoiding common online scams and fraud (such as phishing), and tips on protecting personal and financial data from identity theft.
- How to use banking features to help protect yourself from and/or respond to fraud and scam events.

Designed specifically for community groups, the session will be free and there will be plenty of time for any questions to be answered.

With lots of handy hints provided, members will gain valuable insights into the best practices for banking safely online. By being well informed, collectively we can build a more secure digital future for everyone.

Please register your intention to attend:

- the Club office
- phone 6293 4004
- email tugg55plusclub@gmail.com



LAST MINUTE REMINDER FOR OUR TRIVIA

Sun – 28 April – 2.00 pm

Only two days to go now for our next trivia quiz when Rhonda Jolley will be testing our knowledge on all things trivial. So, get your team members ready or just come along on the day and join a team with your fellow club members.

There will be eight rounds each of ten questions and a table quiz sheet your team can work on while the scores go up on the board. The prize cupboard is bursting with giveaways including chocolates for everyone and a couple of door prizes plus a few other goodies we will be giving away during the course of the quiz.

As an added bonus, there will be a great afternoon tea to refresh the brain (and maybe the waistline) during the halfway break. All this including a fun afternoon activity will only cost you our normal \$5.00 activity fee and there is no need to book. Don't forget that the public car park opposite the club is free on a Sunday.

On behalf of the trivia team, I hope you can join us this Sunday 28 April starting at 2.00 pm.

*Norm Swanwick
for the
Trivia Team*



TIMETABLE

Sunday 28 April – Sunday 5 May

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 28 Apr	2.00 pm	Sunday Trivia - TSC
Mon 29 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 30 Apr	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	10.00 am	LL Cycling Group
	10.00 am	Pool – Beginners - GC
	10.30 am	Heart n Soul - TSC
	1.00 pm	Mah-jong – GC
	1.00 pm	Qigong *
	2.00 pm	Meditation *
Wed 1 May	8.30 am	Intro to Bird Watching
	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
	10.00 am	Ten Pin Bowling
	10.00 am	Carpet Bowls – TSC
	1.00 pm	K-nit 'n' K-natter – GC
	1.30 am	Dance for Wellbeing
Thurs 2 May	9.30 am	500 Cards- GC
	10.00 am	Info Session - Banking Safely Online - TSC
	10.00 am	Social Pool - GC
	12.30 pm	Paint Misbehavin' - 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 3 May	9.30 am	Pitch n Putt
	9.15 am	Tai Chi - TSC
	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
Sun 5 May	9.20 am	Discover Canberra WG
	2.00 pm	Social Bingo - TSC

*8 WEEK SESSIONS – INFO WILL BE IN BULLETIN

CLUB CLIPBOARD!

INTRO TO BIRDWATCHING

Wed – 1 May - 8.30 am



Last month we went to Bluett's Block and saw three species of Robin and some had fleeting glimpses of a chestnut-rumped Heathwren, amongst other things. Who knows what surprises we'll see on our outing to Googong this month. We will follow the Montgomery Creek for about 1.5 kms, passing some ponds along the way. We will then take a different path back to our cars.

We will meet at the Sea Scouts Hall carpark on the eastern side of Lake Tuggeranong at 8:30am for carpooling.

Wear sturdy shoes and bring a hat, water, binoculars and sunscreen. Please let Lia know if you will be attending. Her email address: liabattisson@outlook.com.



'TAKE 55' MOVIE/COFFEE GROUP

Wed – 1 May – 10.00 am

There was a great get together for coffee before the movie last Wednesday, but there were mixed feelings about the movie, 'The Fall Guy'. Some people said it was better at the end and others said they loved it!

As there is not a movie for us next Wednesday 1 May, we will meet at 10.00am at the Tuggeranong Vikings Club for a coffee 'catchup'!

All are welcome to join us!

Pam Hall

ZEST: DANCING FOR WELLBEING

Wed – 1 May - 1.30 pm



Come and feed your body and spirit with music and movement, be physically and mentally inspired and stimulated, have fun, meet new friends and feel good! Classes involve seated and standing options throughout, and no previous dance experience is necessary.

Debora Di Centa, a highly experienced and dedicated dance artist who will guide you through a carefully planned program of physical activities.

Cost is \$10 per session with booking online through EventBrite link below:

<https://www.eventbrite.com.au/e/zest-dancing-for-wellbeing-tickets-882804089797>

Paint Misbehavin'

Art Group



Thurs – 2 May - 12.30 pm

Designed as a casual 'drop-in' opportunity to create, have fun and chat over coffee, this group is open to anyone who wishes to continue with their art projects in a friendly group environment. It will not be teacher directed but will provide a space where you can progress your passion through practice, sharing ideas and learning from each other.

These twice a monthly gatherings, will allow you to explore your artistic endeavors at your own pace, providing a dedicated time with like-minded people!

CLUB CLIPBOARD – MAGICAL MAY!



SUNDAY SOCIAL BINGO

Sunday – 5 May – 2.00 pm

Social Sunday Bingo is on again on Sunday 5 May at 2.00 pm and will have a 'Mothers Day' focus. 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! These beautiful Chrysanthemums came from a previous Bingo giveaway – the gift that can keep on giving!



May



Shyly the silver-hatted mushrooms make
Soft entrance through,
And undelivered lovers, half awake,
Hear noises in the dew

Yellow in all the earth and in the skies,
The world would seem
Faint as a widow mourning with soft eyes
And falling into dream.

Up the long hill I see the slow plough leave
Furrows of brown;
Dim is the day and beautiful: I grieve
To see the sun go down.

But there are suns a many for mine eyes
Day after day:
Delightful in grave greenery they rise,
Red oranges in May.

John Shaw Neilson

John Shaw Neilson (February 22, 1872 - May 12, 1942) was an Australian poet. He was born in Penola, South Australia of Scottish ancestry.

Slightly built, for most of his life he worked as a labourer; fruit-picking, clearing scrub, working in quarries, and, after 1928, working as a messenger with the Country Roads Board in Melbourne.

Largely untrained and only basically educated, Neilson became known as one of Australia's finest lyric poets, who wrote a great deal about the natural world, and the beauty in it.



COMMUNITY BILLBOARD



AN ENCHANTED GARDEN

Open Gardens Canberra have selected Club member's Leonie Lucey's Garden as part of this year's diverse range of interesting and beautiful gardens.

Entry fee is \$10, or free if a member of Open Gardens (\$30.00 annual fee for free entry to all open gardens for Spring and Autumn) - supported charity: [St Vincent de Paul](#)

For more information: www.opengardenscanberra.org.au

Morning and afternoon tea will be available and there will be plants for sale.



SATURDAY 4 MAY / SUNDAY 5 MAY

10.00am – 4.00pm

[AN ENCHANTED GARDEN](#)

4 Paull Place, Kambah

Adults and children alike will be enchanted by this delightful garden. The owner, a successful potter and mosaicist, as well as a skilled gardener, has created a garden with surprises and beauty at every turn. This no-lawn and waterwise garden, which has evolved over more than twenty years, combines both natives and exotics to pleasing effect.

- Demonstrations of basketry and string bag making on Saturday between 2pm and 4pm.
- Garden Notes will be available

Accessibility:

Narrow paths make this garden unsuitable for prams.

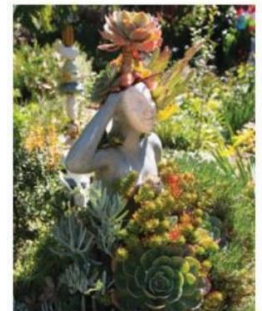
Good vistas of the garden, mosaics and sculptures are possible for wheelchair users approaching the garden through the garage.

Public toilet in park cnr Drakeford & O'Halloran.

Parking:

Please Park on McKillop (or other nearby) Street.

Drop off and pick up only outside of house.



TSC -101 Cowlshaw Street, Greenway
Phone: 02 6293 4004

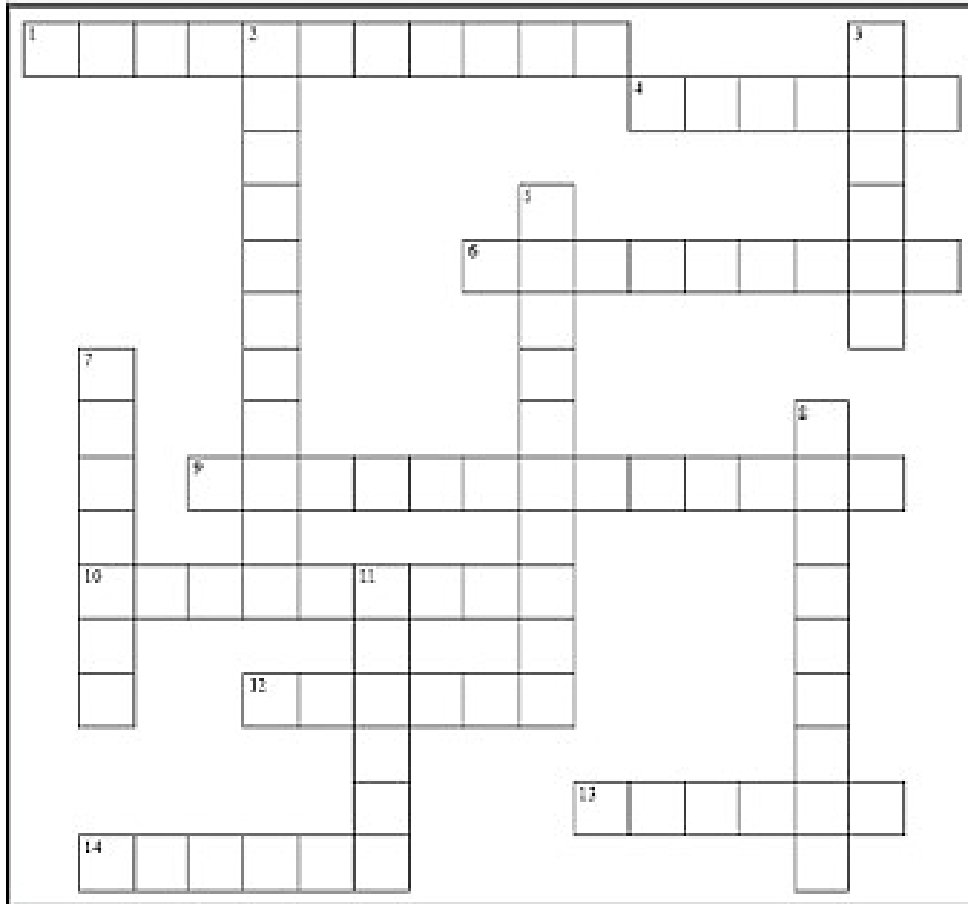


GC - 97 Cowlshaw Street, Greenway
Email: tugg55plusclub@gmail.com

Website: 55plusclub.org.au

TALKING TRICKY!

Gallipoli Slang



Across

1. Nail used to hold up a soldier's trousers (5, 6)
4. An Australian.
6. Water polluted by a dead body in a hole in the ground left by an exploding shell (5, 4).
9. Shovelling (5, 8).
10. Tinned meat (5, 4).
12. A sausage.
13. An Anzac soldier.
14. A mate.

Down

2. Hand-grenade (7, 4).
3. Real.
5. A hard biscuit eaten in place of bread (5, 5).
7. Clothes.
8. A boring and poor quality meal made with what was available, for example, a bucket of water with a piece of bacon in it (5, 4).
11. Very, very.

SOLUTION IN NEXT WEEK'S BULLETIN

