



# 'Tugg Talks' Weekly Bulletin Friday 3 May 2024



## CLUB CLIPBOARD!



### 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 'Mother's 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!



### GARDEN GOSSIP

**Tuesday - 7 May – 10.00 am**



Autumn is more than just raking fallen leaves and turning them into valuable compost. There are lots of things you can do in the garden, including giving the garden a good tidy up and perhaps planting some winter vegetables, propagating semi hardwood native plants or popping in a few flowers to cheer you up over winter and spring.

A quick trawl over the internet shows there is an extensive list of things to do in May – so it's time to get those garden gloves out and enjoy the sunshine when you can. Or even better, find a nice spot in the garden to enjoy a cuppa and simply enjoy your little plot of heaven.

To kick start discussion for our 7 May meeting, a list of ideas compiled from a number of useful websites specific to Canberra and the local area will be handed out.

We will also discuss our plant table contribution to Southfest in November. It may seem a long way off, but as we all know time simply flies by and plants/seedlings take time to prepare.

If you can't make the meeting here are some useful websites to consult:

<https://hsoc.org.au/what-to-do-in-the-garden-in-may/>

<https://cogs.asn.au/autumn-planting-guide/>

<https://www.jimsmowing.com.au/2022/02/autumn-gardening-tips-2022/>



# CLUB CLIPBOARD!



## 'TAKE 55' MOVIE/COFFEE GROUP Wed – 8 May – 10.00 am

We had a great group meet-up for coffee/lunch on Wednesday.

We were not impressed with the movie selection for Wednesday 8 May, so we will meet again for coffee/lunch catchup at the Vikings Club Tuggeranong at 10.00 am.

Everyone is welcome to join us!

*Pam Hall*



## ZEST: DANCING FOR WELLBEING Wed – 8 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-dance-for-wellbeing-tickets-882822394547>

## TIMETABLE

Sunday 5 May – Friday 10 May

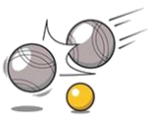
\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 5 May	9.20 am	Discover Canberra WG
	2.00 pm	Social Bingo - TSC
Mon 6 May	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
Tues 7 May	2.00 pm	Casual Bridge - GC
	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	10.00 am	Garden Gossip - GC
	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 8 May	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
	10.00 am	Ten Pin Bowling
	10.00 am	Graphites DG - TSC
	10.00 am	Carpet Bowls – TSC
	1.00 pm	K-nit 'n' K-natter – GC
Thurs 9 May	1.30 am	Dance for Wellbeing
	9.30 am	500 Cards- GC
	10.00 am	Tugg Chukkers
	10.00 am	Android SIG - TSC
	1.00 pm	Mah-jong – GC
	1.15 pm	Lawn Bowls
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga - TSC
	7.30 pm	Online Trivia
Fri 10 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
3.00 pm	Uke 55 Uke Gp - GC	

\*8 WEEK SESSIONS – INFO WILL BE IN BULLETIN

## CLUB CLIPBOARD!

### **TUGG CHUKKERS - PETANQUE GROUP**



**Thurs - 9 May - 10.00am**

Anzac Day dawned bright and beautiful in Tuggeranong, where the 55 Club Tugg Chukkers convened a petanque game in honour of all our fallen comrades in the French field of battle during the World Wars.

Quiet reflection was the order of the day during our 'between games' morning tea, with of course delicious Anzac biscuits! As the Club was closed for the day, there was a small but enthusiastic turnout who enjoyed team games and, as a challenge, singles where all played against each other with a lot of mirth and some silliness which is evidenced in the photo.



The next petanque session will be held on Thursday 9th May at 10.00 am at our usual playing piste area on the lake at the service men and women's memorial nearby the club premises. New players are always welcome and will receive expert introductions by enthusiastic Club Chukkers! We always have some spare boules (balls) for anyone interested in giving this game a go, and with this ideal autumn weather now underway, what better time to try it out!

*Justin Flynn*

*(stand in for the absent Andrew!)*

### **Zoom Trivia WITH FRIENDS**

**Thurs - 9 May - 7.30 pm**

Our on-line trivia nights are becoming popular; joining forces with Tuggeranong Probus members, they are held on the 2nd Thursday of the month commencing at 7.30 pm.

Our next session will be held on **Thursday 9 May**. 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. There are no prizes, just the satisfaction or realising how much general knowledge you have, or in my case haven't!!

New competitors are always welcome so why not contact me at [annemeade46@bigpond.com](mailto:annemeade46@bigpond.com) and join us this month?

*Anne Meade*

### **UKE 55 - UKULELE GROUP**



**Friday - 10 May - 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?

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?

# A K-NATTY K-NITTING STORY!



**WORLD PENGUIN DAY** was celebrated on 25 April. This day aims to raise awareness about these flightless birds, to preserve their species and habitat, so that future generations are able to see these remarkable animals.

## **AUSTRALIA'S OLDEST MAN KNITS TINY SWEATERS FOR INJURED PENGUINS**

At 110-years-old, Alfred "Alfie" Date who passed away in 2016, was recognized not only as Australia's oldest man but also for putting his amazingly sharp mind and nimble hands to good use.

A knitter since 1932, Alfie used his knitting skills in his later life, spending his free time knitting little sweaters for injured penguins from his room at a retirement home in NSW.



## **PHILLIP ISLAND'S PENGUIN FOUNDATION**

When Phillip Island's Penguin Foundation began asking expert knitters for help in March 2013, after an oil spill, Alfie was one of the many worldwide competent knitters picked to construct sweaters for penguins to protect them from oil. The sweaters are not a fashion statement, even though they look adorable on the small penguins. The sweaters prevent oil getting on the penguins' coats, as this will cause their feathers to stick together, allowing water to enter into their inner down layers. They grow freezing and distressed due to this, and their coat becomes so heavy that it prevents the penguins from hunting.



The call out was very successful and when there was an excess of knitted sweaters, Alfie continued his knitting, making scarves and beanies for his friends and pre-term newborns.

Born in North London in 1905, the supercentenarian gained global fame in 2015, when the world learnt of his knitting escapades via local media.

When interviewed, Alfie showed his sense of humour as he revealed his secret to a long life was 'getting up every morning!' His other key to living a long and happy life was to assist others as much as possible.

## **10,000 PLUSH TOY PENGUINS IN NEED OF JUMPERS**

*The Penguin Foundation and Phillip Island Nature Parks **Knits for Nature** program has been hugely successful for over 20 years and their rehabilitation clinic is well stocked with jumpers in the unfortunate event of an oil spill.*

*In order to continue to raise vital funds to support the Penguin Foundation, they love to receive themed jumpers which they can sell on plush penguin toys in their retail stores (raised funds go directly to penguin and wildlife rehabilitation plus research).*

*They can be knitted to the same pattern [CLICK HERE](#).*

*Any style that is a bit eye catching, stripey or themed are very attractive souvenirs for people visiting in-store. As the jumpers are not for use on animals, acrylic wool is fine and buttons, bow ties and bling are all encouraged! Please send or deliver your little penguin jumpers to the following address:*

**Penguin Foundation: Shop 4, 154/156 Thompson Ave, Cowes VIC 3922.**

***They thank you for your support!***



# 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 \$10.00, 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](http://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](mailto:tugg55plusclub@gmail.com)

Website: [55plusclub.org.au](http://55plusclub.org.au)

# COMMUNITY BILLBOARD

## SENIORS PICKLEBALL COME AND PLAY DAYS!

Are you looking for a sport that is

- Easy to learn • Great exercise
- Quick to play • Affordable
- Can be social or competitive
- Inclusive • Fun



**Times:** Tuesday 7th May 9.00am - 12.00pm  
Wednesday 8th of May 12.00pm - 3.00pm

**Location:** The Canberra Pickleball Centre (aka The Pickledome)  
- at 56 Coyne St, Fadden ACT 2904

**Cost:** \$0. All equipment supplied. Please wear sports shoes and bring along a water bottle.

**Register by emailing** [info@pickleballact.org](mailto:info@pickleballact.org)

What more could you want!  
If you are 55 years or older, why not  
come along and try out Pickleball at our  
Seniors Come and Play Days in May.

### GALLIPOLI SLANG CROSSWORD SOLUTION



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### TEMPORARY CLOSURE WODEN LIBRARY

The Woden Library will be closed to the public from **Wednesday 8 May 2024 until mid-August 2024** for upgrade works. A temporary pop-up library will be operating from 26 Corinna Street, Phillip, between 10:00 am and 5:30 pm Mon to Fri. For more information on the services available during the closure visit [www.library.act.gov.au](http://www.library.act.gov.au).

Libraries ACT apologise for any inconvenience this may cause and we look forward to welcoming you back when we reopen mid-Aug 2024.