



Weekly Bulletin

Friday 6 May 2022

Monday 9 May – Friday 13 May

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 9 May	9.30 am	Bolivia - GC
	10.00 am	iPad SIG - TSC
	10.30 am	Graphites DG - GC
	1.00 am	Table Tennis - TSC
	2.00 pm	Social Bridge - GC
	4.30 pm	Yoga - TSC
Tues 10 May	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	10.00 am	'Come n Try' Pool - GC
	10.00 am	LL Cycling Group
	1.00 pm	Mah-jong – GC
	1.15 pm	Seated Yoga – TSC
Wed 11 May	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
	10.00 am	Ten Pin Bowling
	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 12 May	9.30 am	500 (cards)- GC
	9.30 am	Pool Group - GC
	10.00 am	Android SIG - TSC
	1.00 pm	Mah-jong – GC
	1.15 pm	Lawn Bowls
	3.30 pm	Improvers Bridge – GC
	3.45 pm	Yoga – TSC
	7.30 pm	Online Trivia
Fri 13 May	9.00 am	Cycling Group
	9.15 am	Tai Chi – TSC
	11.45 am	Sit n Be Fit – TSC
	12.00 pm	Learning Circle – TSC
	2.00 pm	Carpet Bowls – TSC



WHAT'S ON THIS WEEK!

'COME AND TRY' POOL
ON OUR NEW POOL TABLE!



TUESDAY 10 MAY 10.00am

REGULAR PLAY SESSIONS START

THURSDAY 12 MAY 9.30am

The club recently took delivery of a new pool table which we have installed in Gumnut Cottage. The table is a 7' x 3' solid, heavy, slate table, professionally constructed and installed.

To celebrate its arrival, we will be holding a special "Come and Try" session on next Tuesday 10 May starting at 10.00am. If you have never played pool before or you are just a bit rusty, why not come along and give it a go. John Williamson will be there to explain the game and to show us how to go about pocketing those balls. Even if you are an experienced player, come along and join in the fun.

A special morning cuppa will be provided to celebrate the occasion and it will be a free session. We are proposing to hold regular weekly sessions for both beginners and regular players.

Our first regular activity will be held on Thursday 12 May starting at 9.30am with beginner's sessions on Tuesday mornings. This will be the arrangements for the next couple of weeks until we can determine the level of interest - *The Pool Team*

WHAT'S ON THIS WEEK!

TALKING TECHNOLOGY!

The Club's two 'Self Help' groups are on next week on Monday and Thursday mornings at 10.00 am and these groups always welcome new members!

Monday – 9 May – 10.00 am
iPAD (SIG)



Want to know how to increase your knowledge of your iPad? Do you have a problem for which you want a solution?

Join our monthly Self-help group and learn from queries and solutions of other Club Members as well as advice on different apps.

Often helping each other is the most effective way to learn and new members are always welcome!

Anne Meade



Thursday – 12 May - 10.00 am
ANDROID SIG

We are a group of beginner enthusiasts who get together on the 2nd Thursday of each month to ask questions, share our knowledge (and discoveries) and learn about our Android technology.

As a 'Self Interest Group', we cover all Android devices and welcome new members. We are a friendly group who enjoy a cuppa and chat, and we look forward to meeting you!

Margaret Lester

Wednesday – 11 May - 10.00 am
'TAKE 55' Movie/Coffee Group

I am sorry that I was not able to meet everyone for Downton Abbey on Wednesday morning and I hope you all had a great time and enjoyed the movie.

As there is not a suitable movie next week we will once again meet at the Vikings Club, Tuggeranong on Wednesday 11 May at 10am for coffee and conversation.

All are welcome to join us and I am looking forward to seeing everyone.

Pam Hall



Thursday – 12 May – 7.30 pm
TRIVIA WITH FRIENDS



Our next on-line Trivia night session is on again next week. Joining forces with Tuggeranong Probus members, we have 3 or 4 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 **ameade@pcug.org.au** and join us this month?

Anne Meade

DATES FOR YOUR DIARY!



INFORMATION SESSION

'HEARING HEALTH' – Australian Hearing

Thursday – 12 May – 10.00 am

We have arranged for Ana Luteru from Australian Hearing to come and give a short talk at 10.00 am about 'Hearing Health' followed by free hearing tests from 10.15am – 1.30pm.

One in six Australians is hearing impaired, deaf or has an ear disorder. Damage to your hearing is often a gradual process and some of the early warning signs are:

- you can hear but not understand
- you find it hard to hear in noisy situations or groups of people
- you think people mumble
- you need turn the TV up louder than others
- you don't always hear the doorbell or the phone.

Please do not treat this as another 'doom and gloom' issue – this is an opportunity to take steps to improve quality of life.

**To take advantage of these free screenings,
please contact the Club office to book your place.**



ZUMBA & MOVEMENT 4 MEMORY UPDATE

Zumba and Movement 4 Memory classes will return on Monday **May 16th**.

As there are two public holidays (30 May and 13 June) in Term 2, it will therefore be only a 5-week term.

TERM 2 BOOKING LINKS:

Zumba Gold

<https://Dance4FitnessFun4FitnessSchedule.as.me/55plusGold>

Movement 4 Memory

<https://Dance4FitnessFun4FitnessSchedule.as.me/55plusM4M>



DATES FOR YOUR DIARY!



SUNDAY TRIVIA COUNT DOWN

TWO WEEKS TO GO

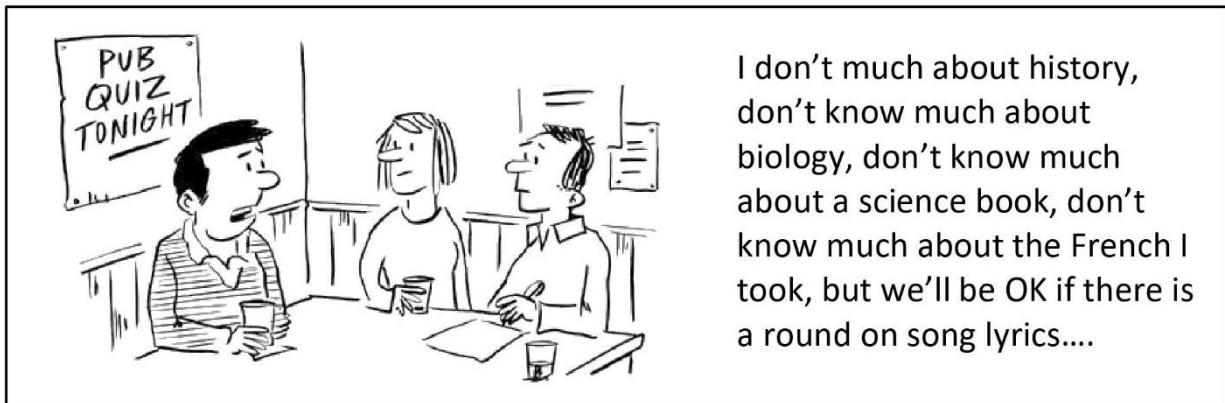
Sunday – 22 May – 2.00 pm



Did you know that the reason Hannibal marched his elephants across the Alps was so he could win a pub quiz if the tie breaker question had been “Has anyone ever marched elephants across the Alps?”

We won't have any questions about Hannibal or elephants but there will be plenty of questions covering a wide range of subjects as part of our General Knowledge quiz on Sunday 22 May starting at 2.00pm.

Also, we will include a couple of mystery themed rounds plus a quiz sheet your team can work on between rounds. So, leave your elephants at home and come along and join us for a fun afternoon's activity and maybe you will win one of our many prizes or at least enjoy an afternoon cuppa with your fellow club members. I hope you can join us – *Norm Swanwick*.



I don't much about history, don't know much about biology, don't know much about a science book, don't know much about the French I took, but we'll be OK if there is a round on song lyrics....



SOME HISTORICAL WORDS WE NEED TO BRING BACK

As we move into the last few weeks before the Federal Election, here are some historical words we should bring back. Use them in everyday conversation to add a bit of humour to your conversation!

Kakistocracy – government by the least qualified or worst people. 19th century

Ultracrepidarian – somebody who gives opinions on subjects they know nothing about. 19 century

Twattling – gossiping idly about unimportant things. 16 century

Snollygoster – a shrewd, unprincipled person, especially a politician. 19th century

Grumbletonians – people who are angry or unhappy with their government. 17th century

Fudgel – pretending to work while actually doing nothing. 18th century

TALKING TRAVEL!

TRIP TO MOGO – BATEMANS BAY

Early on the morning of Tuesday 3rd May a combined group from the Probus Club of Tuggeranong and the Tuggeranong 55 Plus Club boarded Andrew's coach for an outing down the coast. We were warmly attired as it was a crisp morning and we were ready to not only enjoy our destination, but as always with our travels, to have an adventure on the way.



We drove through fog on our journey to Braidwood where we stopped for a bracing cuppa, biscuits and home-made slices. We encountered roadworks on the Clyde, heartened to see Poo Bear's Corner (How it all began is an interesting story for another time) is still safe and sound. Some of us were lucky enough to spot what could be yet another point of interest to alleviate boredom and that was an array of large coloured toy horses arranged on a big fallen log spanning a slight gully in from the road. We were agog at the on-going construction of the new bridge at Nelligen.

By the time we reached Mogo, many passengers had divested themselves of jackets and coats and were ready to get amongst the many enticing shops and eateries. One lucky recipient won the cash prize with the ticket draw, to be perhaps spending money for Mogo. We all enjoyed a stroll in the sunshine and lunch at our café of choice.

We purchased goods at many delightful shops, indulged in fudge and ice-cream and by mid-afternoon we were ready to visit the Bateman's Bay Historical Museum. This proved to be interesting and many of us reminisced over articles that were an integral part of our households when we were children.



Before boarding our coach, some took a stroll on the boardwalk around the nearby Wetlands, others perused and purchased some of the many quality pre-loved books in the Book Emporium.

Then we were ready to head for Canberra, traversing over the new Bateman's Bay Bridge and onto the winding road back home. A good day out.

Many asked "Where are we going next" !



Valerie Sanders

Photos courtesy Valerie Sanders & Steve Walmsley

TALKING TEA TOWELS

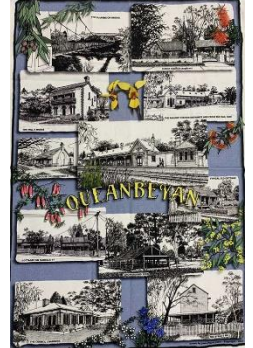
THE ART OF THE HUMBLE TEA TOWEL

Tea towels are for more than just washing the dishes. They can be a memory, a souvenir, a family heirloom, an artefact from a past life. Rarely are they celebrated. Until now.

An exhibition, ***The Art of the Tea Towel***, at Rusten House Art Centre in Queanbeyan, honours the humble tea towel for its role in our social history.

When doing a clean-out of the Queanbeyan Visitor Information Centre in 2021, a pile of tea towels was uncovered. So kitsch, they were too good to get rid of and the idea for the exhibition was born.

The call went out for the local community to send in their tea towels and their stories to go with them. The response was overwhelming with more than 50 eclectic submissions – all visually exceptional.



The Art of the Tea Towel covers six decades of tea towels, and they are all hung by pegs, another nod to domesticity. Many are made from 100 per cent Irish linen, still stiff, not softened from years of re-washing.

Many of the tea towels have stories of family connections:

One of the plainest tea towels in the exhibition tells the best story. Never used, the tea towel was found in a travel trunk complete with proof of purchase dated 3 November 1961. It was discovered to have belonged to a woman who left Italy for Sydney to marry her childhood sweetheart. The couple, who have since passed away, share a plot in Queanbeyan cemetery.

To mark the 1981 wedding and engagement of Prince Charles and Lady Diana, the owner also camped out in London to see the wedding procession in person.



Another beautiful set - embroidered for each day of the week - date from 1936

A circa 1970 tea towel showing the names of the Brownies groups came from Canberra from a woman who used to attend Brownies at the Girl Guides Hall in Flinders Way, Manuka, the building now long gone.



A tea towel from 1992 featuring Felix the Cat was special to a local family. The daughter who submitted it said her father had a Felix the Cat doll when he was a child and he lamented that

he still didn't have that. So, they came across this tea towel and bought it for him as a memento of his lost childhood toy and was never used. When he passed away, they uncovered it in his belongings and keep it as a memento of their father.

Contemporary artists are also included in the exhibition, their designs often including political statements.

So, the tea towel is much more than a domestic rag. Portable and meaningful. Easily stored and brought out. But still not revered as no museum in Australia seems to have a decent tea towel collection. The poor tea towel has been overlooked until now!

The Art of the Tea Towel is on at the Rusten House Art Centre, 87 Collett Street, Queanbeyan until May 14. The Centre is open Wednesday to Saturday, 10 am to 4 pm.

COMMUNITY BILLBOARD

RUNNING IN MEMORY OF.....

My son has set an ambitious target for fundraising for Dementia Australia. He has raised nearly \$10,000 in his previous 9 runs of 'City to Surf' and wants to match that amount this year. He runs in memory of my mum, his grandmother, who suffered terribly with Alzheimer's disease. If you feel this is a good cause, you can help.

This year I am running City2Surf again. This will be my 10th year of running and my 10th year of raising money for Dementia Australia. For this special event I want to raise \$10,000 and I will need your help to get there.

Dementia Australia do an amazing job, from research and development through to patient care. Please help me assist this amazing agency and all the work they do.

With all this rain and colder weather on its way, I really need extra motivation to get me out the door and training for this race. It only takes a minute and any money you can give (no matter how large or small) will go a long way to helping me reach my target. Thank you Bryan

HELP BRYAN RAISE \$10,000

10 X 10 X 10
10 YEARS RUNNING
10 YEARS FUNDRAISING
AIMING FOR \$10,000

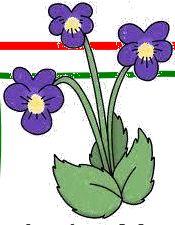
RUNNING IN MEMORY OF MY NONNA

CITY2SURF
CELEBRATING 50 YEARS

DONATE HERE

dementia australia™

COMMUNITY BILLBOARD



MARYMEAD'S AUTUMN GARAGE AND PLANT SALE **SATURDAY - 7 May - 9.00am - 1.00pm**



At the Marymead nursery - 255 Goyder Street Narrabundah - volunteers propagate and sell plants to raise money for Marymead's wonderful not-for-profit services and support for vulnerable children, young people and their families.

They also welcome customers **ANY MONDAY MORNING 10.30-11.30**, unless it's pouring with rain! Currently, they have good stocks of healthy plants ready for transplant into damp, receptive autumn soils!

Here's just a selection of what's on offer:

Groundcover/ornamental rosemary, lavender, hellebores, windflowers (autumn-flowering) liriopse, bearded iris, acanthus, abelia, abutilon, delphiniums, foxgloves, salvias, penstemons, viburnum tinus, fuchsias, water iris, ajuga, aquilegia, lychnis, lambs' ears, armeria, dianella, dianthus, lilies, miniature roses, violets, dahlias, seaside daisies, red hot pokers, begonias, spider plants and bulbs (including autumn-flowering crocus and nerines), variegated and unusual euphorbias. Herbs, succulents, natives, indoor plants, ceramic and terracotta pots!

Most plants are priced around \$6.00, more if particularly large or 'special', but always way below commercial prices - and all profits go straight to Marymead.

On Mondays they take cash, but on sale days they also have EFTPOS.



COTA

AUSTRALIAN CAPITAL TERRITORY



Council on the Ageing (COTA) ACT works to shape a just and equitable society for older Canberrans. They work with older Canberrans to assist with and empower them to create a fair community in which they feel

they can participate and contribute to their fullest.

COTA ACT talks to Government, media and the community about issues of direct concern to all older people in the ACT and makes regular submissions to government officials on issues affecting older people.

COTA ACT is an independent, non-political and non-religious organisation working to protect and promote the well-being, rights and interests of all older people in the ACT irrespective of socio-economic, ethnic, religious or cultural background.

For more information about what services they offer phone: 6282 3777 or visit their website: <https://www.cotaact.org.au>

They also produce a very informative newsletter each month which is full of interesting items – some I have reproduced in this Bulletin in the past. It is now available on their website: [Council on the Ageing \(COTA\) ACT e-newsletter - COTA ACT](#) - (you will need to scroll down the page to find them!)