



# 'Tugg Talks' Weekly Bulletin

## Friday 10 May 2024



### TIMETABLE

Monday 13 May – Friday 17 May

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

| Day / Date          | Time               | Activity                |
|---------------------|--------------------|-------------------------|
| <b>Mon 13 May</b>   | 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      |
|                     | <b>Tues 14 May</b> | 8.00 am                 |
|                     | 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 *            |
| <b>Wed 15 May</b>   | 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     |
| <b>Thurs 16 May</b> | 9.30 am            | 500 Cards- GC           |
|                     | 10.00 am           | Family History - TSC    |
|                     | 10.00 am           | Social Pool - GC        |
|                     | 12.30 pm           | Paint Misbehavin' - TSC |
|                     | 1.00 pm            | Mah-jong – GC           |
|                     | 1.30 pm            | Reading Group           |
|                     | 3.30 pm            | Social Bridge – GC      |
|                     | 3.45 pm            | Yoga - TSC              |
| <b>Fri 17 May</b>   | 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      |
| <b>Sat 18 May</b>   | 1.30 pm            | Games Afternoon - GC    |
| <b>Sun 19 May</b>   | 9.20 am            | Discover Canberra WG    |

\* INFORMATION WILL BE IN COMING BULLETINS

### 'TAKE 55'

### MOVIE/COFFEE GROUP



**Wed – 15 May – 10.00 am**

A small group enjoyed getting together for coffee/lunch on Wednesday.

There is not a movie we want to see on Wednesday 15th, so we will go again to the Vikings Club at Tuggeranong at 10.00 am.

We will continue to meet at Tuggeranong Vikings until the renovations start at which point we will move to Erindale Vikings.

Everyone is welcome to join us on Wednesday mornings for coffee and conversation!

*Pam Hall*

### FAMILY HISTORY GROUP



**Thurs – 16 May – 10.00 am**

### Topic: **MILITARY RECORDS**

Family History Group are meeting on Thursday 16 April at 10.00 am, with member Helen Brinsmead presenting on Military Records held by the National Archives of Australia, and often accessible online.

After the break, Helen can workshop members' questions and others will share their family members' Service Records.

Bring along your device to help you search your family's service histories. Whether an experienced family historian, a beginner or just interested in family history, please feel welcome!

## **CLUB CLIPBOARD!**



### **ZEST: DANCING FOR WELLBEING** **Wednesdays** **1.30 pm**

There was a good turnout for the first Zest Wellbeing class with Debora on Wednesday 1 May. Everyone really enjoyed the first session and were surprised at how much of a workout it gave their bodies and minds along with being uplifted by the music from well-known musicals.

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

<https://www.eventbrite.com.au/e/zest-dance-for-wellbeing-tickets-882822394547>



### **'PITCHING' PITCH N PUTT!**

**Fridays - 9.30 am**

**Canberra International Golf Centre - Narrabundah**

Pitch n Putt regulars welcomed a new golfer, Carol, last week. Although she had never played golf before, Carol ended up scoring a birdie! (no, not the flying variety but a one under par). Also, a big congrats to Kay and Sandy who scored birdies as well.

We would like to encourage other members to come along and have a game. Don't worry if you have never picked up a golf stick, as new members are helped to play the game.

The game is social and fun with lots of laughs, and the group meet for coffee at the Blackstone Cafe afterwards. Why not come along – you will be made very welcome!

The current cost for Pitch and Putt is \$11.00.



## **DATE FOR YOUR DIARY!**



### **BANKING SAFELY ONLINE**



On Thursday 2 May members of Bendigo Bank gave an interesting presentation about **Banking Safely Online**. This session was intended to allay our fears in relation to banking online but like many in the room, I could feel my anxiety levels rising as the talk continued.

Scams are becoming increasingly sophisticated and varied. It is very important that we stay alert and suspicious of any contact either by phone, email or snail mail:

- that requests any personal or financial details - bank account, card cards
- is an aggressive demand for money
- that involves investment - if it sounds too good to be true, chances are it is!

Never click on a link in an email or text. Always check the email senders address which generally, if a scam email, has no relation to who supposedly sent the email.

So, always:

- **STOP** – Don't give money or personal information to anyone if unsure.
- **THINK** – Ask yourself could the message or call be fake?
- **PROTECT** – Act quickly if something feels wrong.

And if you are concerned at all about unusual activity, contact your bank.

Every banking institution has variations of security measures but one that caught my interest during the presentation, was being able to disable your credit card facility – i.e. block overseas or online transactions. Worth looking into.

If you want more information about how to protect yourself online, all banks have areas within their websites which can be helpful.

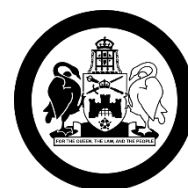
There is also an Australian government website, [Be Connected](#) which is committed to building the confidence, digital skills and online safety of older Australians. Whether you want to pick up new skills or dive into a new topic, you can access their free learning resources online. Worth a visit!

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### **NEXT INFORMATION SESSION**

### **HOME ENERGY SUPPORT PROGRAM ACT GOVERNMENT**

**Thursday 6 June – 10.00 am**



**ACT**  
Government

**Please let the office know that you are interested in  
attending – more information to come!**

# **COMMUNITY BILLBOARD!**

Women's Neighbourhood Group

# JOIN US!

Join our friendly group of women for chats, friendship and fun! Get involved in projects that help people in need.

Meet 10am every Friday  
at Gumnut Cottage, Cowlshaw St, Greenway  
More info: Contact Marlene on 0488 245 424

Supported by  
**communities  
atwork**

Community  
Development  
Program

Supported by  
**ACT** Government  
An ACT Government  
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My, how the years fly!

## **WOMEN'S NEIGHBOURHOOD GROUP**

recently celebrated the group's  
30th anniversary.

30 years of laughs,  
fun, friendships, and support.

30 years of helping our community -  
both locally and even overseas.

And, perhaps most importantly, 30 years of helping each other through the good times and the bad.

It was lovely to see everyone at our birthday event, and to deliver our latest batch of knitted teddies and blankets for the children at the Canberra Hospital. We were even entertained with a surprise waltz by Marlene's brother!

All enjoyed a delicious morning tea on the day. Thanks to Communities at Work for their support in making this happen.

We're very proud to say that of all the women's groups that started back then, we're the only one still going! But we need more members - so please spread the word to your families and friends. We'd love to see some new faces!

**Here's to another 30 years!!!**

*Christine Henderson, Community Development Officer, Communities@Work*

# WOMEN'S NEIGHBOURHOOD GROUP

## 'A Trip down Memory Lane'

Courtesy of C@W Facebook!

December 14, 2012



A selection of the gifts, lovingly hand made by the Group.

Left Marlene Keltie with Caitlin Mosleh and Louise McDonald from the Canberra Hospital Foundation.

December 13, 2013



Some of the beautiful, knitted items created by the Group, representing hours of hard work.



Celebrating Christmas in style!

December 18, 2015



On the 8th day of Christmas, the Communities@Work Women's Neighbourhood Group had their well-deserved Christmas morning tea.

The group has been running for over 22 years and are forever 'giving back' to the community. Some of their charitable donations included shoe boxes filled with personal hygiene items for an international relief organisation, handmade beanies for the Cancer Society and Oncology Ward and Trauma Teddies made for Marymead.

July 20, 2017



Members of the Group create these adorable trauma teddies for emergency services. Sue made this one to look just like ACT Policing's Kenny Koala!

March 26, 2019



At the 2019 Positive Ageing Awards, Marlene Keltie was awarded the Senior Advocate Award, which recognises an outstanding commitment by a person or group in advocating for seniors. Marlene helped establish the Tuggeranong Women's Neighbourhood Group in 1994 and after 25 years, she still works hard planning and running weekly activities, such as knitting and crocheting Trauma Teddies and comfort rugs for children in care, fidget rugs and cushions for people living with dementia and making dignity bags for women experiencing homelessness.

# **COMMUNITY BILLBOARD**



## **RETIREMENT VILLAGE SEMINAR RECAP & RESOURCES**

COTA ACT recently held a Retirement Village Seminar which became fully booked very quickly.

Two knowledgeable guest speakers, Eoin White from Chamberlains Law Firm (2023 REI ACT Solicitor of the Year) and Basil La Brooy, Housing Options Advisor at COTA ACT.

If you missed out on tickets, you can find the full video of the seminar on COTA's website now, by clicking the button below.

**WATCH THE SEMINAR**

## **LET'S HAVE A HEART TO HEART AT COTA ACT**



In honour of the [Heart Foundation Heart Week](#) COTA are hosting their May Midweek Matters for members and friends to learn all about the heart, directly from speakers with decades of experience.

Lauren Ford, ACT General Manager at the Heart Foundation will present on heart health, how we can best live a healthy lifestyle and reduce our risks of heart disease. Lauren will provide an overview of the work of the Heart

Foundation, the programs and initiatives available to assist in healthy living and provide insights from her own lived experience with heart disease.

**Heart Week** is Australia's National Heart health awareness week and provides an opportunity for health professionals and the Australian public to start a conversation about heart health and take steps towards reducing their risk of heart disease.

They will also be joined by [Empower Better Health](#)'s Stuart Noyce (Director, Senior Exercise Physiologist, Exercise Scientist, Level 1 Strength and Conditioning Certificate) and Jo Grey (Accredited Exercise Scientist, Accredited Exercise Physiologist) who will speak about how you can get support to prevent and recover from cardiovascular conditions/issues and how programs like Strength for Life can assist.

A light afternoon tea will be provided, and you'll have the opportunity to socialise and ask questions of our range of panellists at the end of the session.

**When:** Wednesday 22 May, 1 pm      **Where:** Hughes Community Centre Hall, 2 Wisdom St Hughes

**Cost:** Free

**REGISTER YOUR SPOT**