



'Tugg Talks' Weekly Bulletin Friday 17 May 2024



TIMETABLE

Saturday 20 May – Friday 24 May

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity	
Sat 18 May	1.30 pm	Games Afternoon - GC	
Sun 19 May	9.20 am	Discover Canberra WG	
Mon 20 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	
	2.00 pm	Casual Bridge - GC	
	Tues 21 May	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 22 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	
	10.00 am	Graphites DG - TSC	
	1.00 pm	K-nit 'n' K-natter – GC	
	1.30 am	Dance for Wellbeing	
	Thurs 23 May	9.30 am	500 Cards- GC
10.00 am		Table Tennis - TSC	
10.00 am		Tugg Chukkers	
1.00 pm		Mah-jong – GC	
1.15 pm		Lawn Bowls	
3.30 pm		Social Bridge – GC	
3.45 pm		Yoga - TSC	
Fri 24 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	

'TAKE 55'

MOVIE/COFFEE GROUP



Wed – 22 May – 10.00 am

A very nice group met for coffee and conversation on Wednesday with some staying for lunch.

We are not having much luck with movies at the moment so on Wednesday 22nd we will meet once again at the Vikings Club Tuggeranong for Coffee/Lunch. Why not come and join us!

Pam Hall



ZEST: DANCING FOR WELLBEING

Wednesdays - 1.30 pm

The Club's newest addition to the Club's Calendar 'Dance for Wellbeing', gives a surprising workout for both body and mind while being uplifted by the music from well-known musicals.

You can be seated or not or half and half and instructor Debora is full of enthusiasm and encouragement so why not give it a try!

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

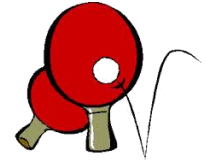
<https://www.eventbrite.com.au/e/zest-dance-for-wellbeing-tickets-882822394547>

DATES FOR YOUR DIARY!

TABLE TENNIS - EXTRA SESSIONS!

Mondays – 1.30 pm – 3.30 pm

2nd & 4th Thursdays – 10.00 am – 12.00 pm



Due to the popularity of our table tennis activity, we now have a second session to be held each month on the **second and fourth Thursday mornings 10am to 12 pm**. Our next Thursday session will be this coming **Thursday 23 May**.

Table tennis is still being held every **Monday afternoon 1.30 – 3.30 pm**. Beginners and advanced players are all welcomed to join our friendly group, either on the Monday or Thursday game days. We have new members join us who have never played before or certainly not since their younger days. No worries, we will be only too pleased to show you how to play the game and get you started. We have three tables and plenty of bats you can choose from, or you can bring your own if you have a favourite bat, maybe gathering dust in the garage. We normally play doubles, and everyone plays with and against everyone else.

So why not join us for this great and fun exercise activity!

Norm Swanwick & John Williamson for the table tennis crew.

NEXT INFORMATION SESSION

HOME ENERGY SUPPORT PROGRAM

ACT GOVERNMENT

Thursday 6 June – 10.00 am

The ACT Government has several programs to support homes with transition to a cleaner Canberra. Members of the Tuggeranong 55 Plus Club are invited to learn more at an information session at 10.00 am on 6 June 2024. The session will cover:

- Rebates and loans members may be eligible for to replace gas and inefficient electrical appliances, improve ceiling insulation, and to install rooftop solar systems.
- Eligibility criteria and how to apply.
- Technical advice on choosing electric appliances, energy efficiency in your home, and the transition from gas to electric in Canberra.

The ACT Government has committed to reaching net zero emissions by 2045. This involves electrifying our city and moving away from the use of fossil fuel gas. Over time, all Canberra households will need to replace gas appliances with electric alternatives. Gradually switching from gas to electric will help you save on your energy bills in the long term as well as decrease your emissions contributions.



**Please let the office know that
you are interested in attending!**

DATES FOR YOUR DIARY!



ACRYLIC ART WORKSHOP No.18

with Maria Polmeer

Saturday June 8th

10.00 am - 1.30 pm

Cost \$55.00

Beginners & Continuing Beginners

PAINT LIKE AN AUSTRALIAN MASTER

**NUMBERS ARE LIMITED
SO BOOK EARLY**

**REGISTRATION with PAYMENT
by MONDAY 3 JUNE 2024**



PLEASE BRING:

**A jar for water
Apron or old shirt to protect clothing**

**All painting supplies (canvas, paints, etc.)
are included in the cost**

At many of our acrylic workshops there are members who've never painted before and all have turned out work they could proudly take home and hang. We keep it simple but interesting.

COMMUNITY BILLBOARD



Women's Neighbourhood Group's BIGGEST MORNING TEA – CANCER COUNCIL

Friday – 24 May – 10.00 am – 12.00 noon

The Women's Neighbourhood Group, who meet at Gumnut Cottage on Friday mornings, are hosting a **'BIGGEST MORNING TEA'** this year on Friday 24 May, 10.00 am to 12.00 noon. And they would like to extend an invitation for Club members to join them during the morning. If you would like to bring a plate to share, that would be very welcome.

Each year the Cancer Council invites everyone to be part of Australia's Biggest Morning Tea. This community event helps to raise vital funds to make a big difference for those impacted by cancer.

Whatever the style, wherever it is held, hosting a morning tea is a rewarding experience that makes it easy for everyone to give, while having a good time. It is an opportunity for friends, family, or workmates to come together, share a cuppa and some delicious food, and help those affected by cancer.

'Proper' Cucumber Sandwiches

For 6 pieces of bread:

In a food processor, combine:

3 oz. cream cheese, 2 tablespoons real mayonnaise,

1 teaspoon minced, fresh garlic

2 teaspoons dry Italian seasoning

2 teaspoons of chopped mint (optional see note)

Mix until fully incorporated and spread the mixture evenly among

6 slices of sandwich bread

Sprinkle with salt and freshly ground pepper and top with thin slices of cucumber (peeled or unpeeled)

Put the tops on the sandwiches and use a sharp chef's knife to remove the crusts.

Cut into fourths and voila...the quintessential, English cucumber sandwich!



Note: The sandwiches were said to have been served up at Buckingham Palace Garden parties, with an added secret ingredient courtesy of the late monarch. The Queen loved a tzatziki-esque twist to her cucumber sandwiches, adding a sprinkle of fresh mint to give the sandwiches a bit more flavour.



COMMUNITY BILLBOARD!

For more information about the Brindabella Trefoil Guild
and their 'Beanie Good Turn' click on this link:

[Brindabella Trefoil Guild calls on knitters to make winter warmer for Canberra's needy](#)

Brindabella Trefoil Guild



Join us for our **Beanie Good Turn**
for local charities

At the Wanniassa Guide Hall Hyland Place
Wanniassa on

Saturday May 25 from 10am to 2pm



Simply come along with your size
4mm knitting needles and we will
supply the wool and a simple
pattern.

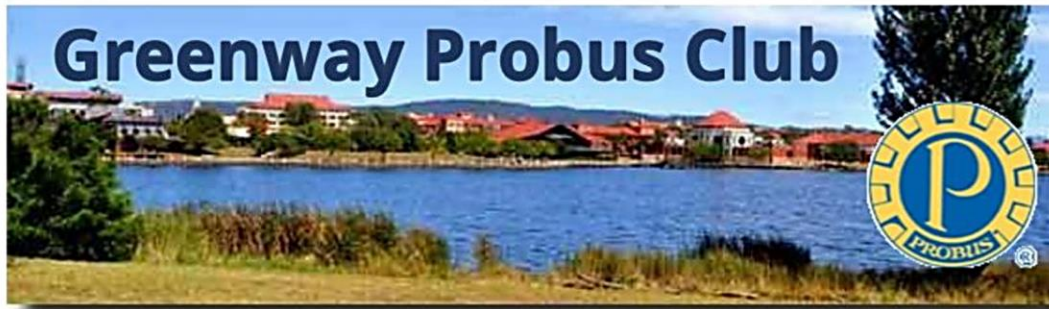


Morning tea and lunch will be
provided.



RSVP to Lyn on 0412 611 431 by 20 May for Catering
purposes

COMMUNITY BILLBOARD!



Greenway Probus Club are spending the day in

COOMA ON TUESDAY 28 JUNE

ITINERARY

8am at Town Centre Vikings Club

4.30pm return to Town Centre Vikings Club

Bus will drop us at the Bus Stop in Bombala Street Cooma at approx. 9.15am

Morning Tea - Find your own coffee/tea at the close by Coffee shops

9.45am Bus Tour around Cooma with at guide from the Tourist Visitors Centre

Due to group size limitations at Birdsnest will split into 2 groups

Group A: "Birdsnest" backend Tour **10.45am to 12noon** (ladies' garments, online & face to face) Max 20 per tour

Group B: NSW State Correctional Museum **10.45 to 12 noon**

Lunch: Cooma Hotel, 79 Massie St Cooma – your order will be placed with the Hotel – please contact Gail or Linda for menu choices.

Group A: NSW State Correctional Museum **1.45pm to 3pm**

Group B: "Birdsnest" backend Tour **1.45pm to 3pm**

Depart Cooma 3pm - arrive Canberra approx. 4.30pm

Cost for Bus no more the \$50 should be less depending on numbers (eg. 35 people \$45)

\$2.00 for NSW Correctional Museum - cash

\$1.00 for our tour guide- cash

Morning tea and Lunch are at your own expense

**PLEASE CONTACT GAIL OR LINDA ASAP
IF YOU WOULD LIKE TO JOIN THEM!**

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