Weekly Bulletin Friday 20 May 2022

Sunday 22 May – Friday 27 May

***GC Gumnut Cottage *TSC Tugg Seniors Centre**

Day / Date	*Time*	*Activity*
Sun 22 May	**2.00 pm**	**Sunday Trivia**
Mon 23 May	9.30 am	Bolivia - GC
	9.30 am	Zumba - TSC
	10.30 am	Graphites DG- TSC
	10.30 am	M 4 M - TSC
	1.30 pm	Table Tennis - TSC
	2.00 pm	**Improvers Bridge - GC**
	4.30 pm	Yoga - TSC
Tues 24 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 25 May	9.30 am	Cribbage – GC
	10.00 am	*'Take 55' Movie Group*
	10.00 am	Carpet Bowls – TSC
	10.00 am	*Ten Pin Bowling*
	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 26 May	9.30 am	500 (cards)- GC
	10.00 am	Pool Group - GC
	12.45 pm	Lakeside Art Gp- TSC
	1.00 pm	Mah-jong – GC
	1.15 pm	*Lawn Bowls*
	3.30 pm	**Social Bridge – GC**
	3.45 pm	Yoga – TSC
Fri 27 May	*10.00 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
Sun 29 May	*9.20 am*	*Walking Group*

ACTIVITIES UPDATE!

BRIDGE SWAP!

From Monday 23 May,

Social Bridge

will move from 2.00 pm Mondays to **3.30 pm Thursdays**

&

Improvers Bridge

will move from 3.30pm Thursdays **to 2.00pm Mondays**

ancestry

Are you interested in the Club purchasing a subscription to Ancestry.com to use on the Club computers?

Club members may like to use the Club computers to search Ancestry.com for many reasons including:

- Researching their ancestors without their having to have their own computer and/or internet access
- A private subscription is expensive
- It's an opportunity to try out Ancestry before purchasing a subscription
- The Club provides a venue for assistance in using Ancestry.

If you are interested or want to find out more about the proposal, register your details with the Club office or contact Liz Dean on 0409323014 or email lizdean@ozemail.com.au

WHAT'S ON THIS WEEK!

SUNDAY TRIVIA QUIZ LAST MINUTE REMINDER!

Want some relief from that other big event on the weekend? Why not come along to our Trivia Quiz this **Sunday 22 May** starting at 2.00 pm. Our May quiz will be "General Knowledge" with a couple of themed rounds added to the mix and I promise there will be no mention of politics.

There will also be our team quiz sheet on popular sayings, that you can work on between rounds. There will be plenty of prizes to be won, chocolates for everybody plus an afternoon cuppa. All for the unbelievable bargain price of $5.00.

You can form a team with friends or family or just come along and join a team with your fellow club members. We will have a couple of movie trailers, a classic TV comedy sketch and of course a few popular tunes. All part of our quiz to get the grey matter working and to add a bit of entertainment on a Sunday afternoon.

Don't forget that the public car park is free on a Sunday so no need to worry about parking. There is no need to have booked, just come along on the day. Hope that you can join us.

Norm Swanwick

ALL WELCOMED FOR A GAME OF POOL – BEGINNERS & EXPERIENCED

Our "Pool" activity is now up and running following the installation of our new pool table in Gumnut Cottage. **"Come & Try Beginners"** sessions are held **each Tuesday morning** and our more experienced players meet on **Thursday mornings** with both sessions commencing at **10.00 am**.

If you are a beginner and never played before, John Williamson will be only too happy to explain the game and give you some tips on how to get those balls into the pockets, as long as it's not the white ball. Maybe you are a bit rusty and need a refresher before joining the more regular players.

So why not come along and have a go. It's a great social game and a great way to get to know your fellow club members in a friendly atmosphere. We usually finish up with a game or two of Kelly Pool which is also a lot of fun. We are planning to introduce Saturday barbeque and pool play days with maybe a game or two of darts or hooky thrown in. Casual play is also being considered when you can come along any day when the office is open. You may want to arrange a game with your fellow club members or maybe you just want to put in some practice. We will keep you updated via the club bulletin

The Pool Team

Wednesday – 25 May – 10.00 am
'TAKE 55' Movie/Coffee Group

We had a lovely coffee meetup this week before seven of us went to see Father Stu. We have decided to see ***How to Please a Woman*** on Wednesday 25 May at Limelight at 10.50 am with coffee at Cherry Bean at 10 am. Why not join us!

Pam Hall

How To Please A Woman *is a precarious, often hilarious and revealing journey into the vulnerable world of what women really want and how hard it can be to get it right.*

SPOTLIGHT ON!

COME AND TRY – BEGINNER'S LAWN BOWLS

Never tried lawn bowls before and always wanted to give it a go?

Beginners are always welcome to come along to one of our lawn bowls sessions which are held on the **second and fourth Thursdays of each month starting at 1.15 pm**. We meet at the Tuggeranong Vikings Lawn Bowls Club on Athllon Drive and entry is via Rowland Rees Crescent. There's plenty of free parking at the rear of the main club building which has direct access to the bowls club. John Williamson, our accredited lawn bowls coach and fellow T55 Plus Club member, will be only too happy to show you how to play this fun game and you might even get hooked. This is a free activity courtesy of the Viking's Lawn Bowls Club and bowls will be provided.

Remember to bring a hat and sunscreen and please wear flat sole shoes or you can play bare foot and don't forget your name badge. Our next get together will be this coming **Thursday 26 May** starting at 1.15 pm and we usually finish around 3.30 pm. So, what not come along and join us for a fun afternoon's activity. *The Lawn Bowls Team.*

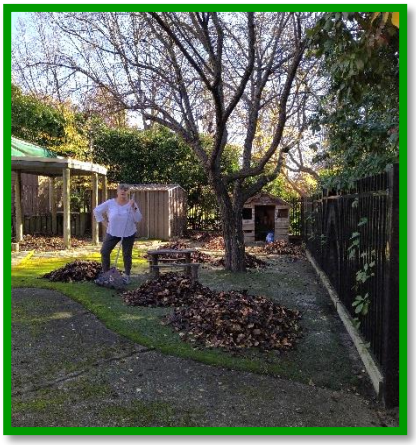
A LITTLE GARDEN 'GOSSIP'- GUMNUT GARDENS GROW

Some members may have noticed recent changes in the Gumnut Cottage gardens.

Thanks to the sturdy efforts of Jill, Mandy and two of Mandy's friends, Leonie Andrews, and Steve Lee (not club members), the gardens are now almost free of fallen leaves. Leonie and Steve took most of the leaves home to compost, while a member passing through took a bag. There are more leaves if any keen gardener wants them!

Strawberries were planted into the garden bed near the water tank; and on the same day a wicking bed was delivered and to be readied for spring planting up of edible vegetables. An herb bed is also planned.

Meanwhile our allocation of Floriade bulbs will arrive soon, so the garden beds by the main building will also be a hive of activity. A call for volunteers to help plant bulbs will be made once we have a firm date for their arrival.



DATES FOR YOUR DIARY – JUNE!

ACRYLIC ART WORKSHOP No.11

SATURDAY 4 JUNE 2022

10.00 am to 1.30 pm

Our resident acrylic art instructor, Marie Polmeer, has prepared our next workshop.

The subject is

19th CENTURY PORTRAIT OF A LADY

Cost $55.00 which includes canvas and paints.

Numbers are limited so book early with payment at the office by

Tuesday 31 May 2022

See the poster on the Club noticeboards for further details.

FREE INFORMATION SESSION

WHAT'S WITH THE POLES!

Thursday - 9 June – 10.00 am

Nordic Walking is proven to be far more effective than jogging, cycling and swimming: low impact, reduces strain on joints, improves posture, providing a total body workout!

Come along and hear about what makes Nordic Walking one of the most effective forms of exercise for everyone; all ages and all ability levels – from the super fit through to people with health and balance and mobility challenges such as arthritis and Parkinson's. And why it is one of Canberra's fastest growing fitness activities?

Kristen Pratt and Andrea Coomblas of Capital Nordic Walking are giving a free talk about Nordic Walking its origins, the many benefits that it can provide, who does it, and why they do it.

Falls are the leading cause of injury in older Australians. Nearly 1 in 3 older Australians have experienced a fall in the past 12 months. Of these, 1 in 5 required hospitalisations. For people with health and mobility challenges, Nordic Walking is often described as 'setting people free'! Once they have learnt the correct technique they can move more freely, safely, and independently, often with less pain. And importantly, it helps you to keep doing all of the things that you love to do!

To book your place, please register on Eventbrite:

https://www.eventbrite.com.au/e/whats-with-the-poles-tickets-341553645147?aff=ebdssbdestsearch

DATES FOR YOUR DIARY - JUNE!

WINTER SOLSTICE

SATURDAY

18 JUNE - 11.30 AM

On Saturday 18 June, we will herald the coming of Spring with a 'Soups and Songs' Winter Solstice. To celebrate the shortest day and the longest night, you will be greeted with a hot 'toddy,' feast on delicious and warming homemade soups, served with Turkish bread followed by Yule Log, Soul Cakes, tea and coffee. And in keeping with the festivities, there will be a bottle of cider and sparkling apple juice on each table.

Entertainment will be via a song or two from the Heart and Soul Singers, a special Musical Bingo courtesy of MC Norm and a variety of prizes to warm your soul.

So why not get into the spirit of the occasion and wear a colourful mask! And, as our theme is a 'green' one, if you have a favourite soup vessel, please feel free bring it along.

The cost is a mere $15.00 payable by

FRIDAY 12 JUNE.

Due to the current climate, we are keeping numbers at a comfortable level, so be quick!

The event will be held regardless of weather and interest!

CELEBRATING THE WINTER SOLSTICE.

Each year, we brace ourselves for the coldest season. And every year, we celebrate the Winter Solstice, the shortest day and longest night of the year.

The Summer and Winter Solstices are the points in our planet's orbit wherein the tilt is leaning towards (summer) or away (winter) from the Sun. Australia's Winter Solstice happens as the southern hemisphere is directed most away from the Sun. As this happens, the northern hemisphere is tilted towards the Sun, which means it is th Summer Solstice in the northern hemisphere.

WINTER SOLSTICE IN AUSTRALIA

Australians celebrate the Winter Solstice on 21 June. The day marks the beginning of a new solar year, which is widely known as Yule or midwinter.

Like in the Yuletide Season, Australians choose a special Yule log to burn on a hearth. Traditionally, the log must come from the root of a hardwood tree. Ideal logs for this activity include Tasmanian Oak, Mallee roots, and all kinds of Eucalyptus. As the burning wood dies out, the remains are kept and used for next year's Yule log burning.

COMMUNITY BILLBOARD – WHAT IS ON THIS WEEK!

SILVER IS GOLD SENIORS EXPO

Sparking Connection

COTA AUSTRALIAN CAPITAL TERRITORY

THURSDAY - 26 May 2022

10.00 am-4.00 pm

Budawang and Coorong Pavilions
Exhibition Park in Canberra (EPIC)

It's Expo month! Join COTA for a fabulous Expo featuring over 200 stalls and a HUGE line-up of great entertainment!

There'll be vintage cars, robots, colourful dancers, gourmet food, coffee carts, musicians and senior superstar DJ Sue keeping those beats pumping!

Even members of our Uke 55 will be strummin' their stuff with the Canberra Ukulele Band!

There'll also be a team of daleks to help keep the event running smoothly and COVID-safe, a minister or two, plus celebrity cook and seniors' nutrition expert Maggie Beer*.

Doors open at 10.00 am and entry is by gold coin donation.

Come along and help paint the town silver in an Expo to remember!

**Please note: Maggie Beer's presentation entitled 'Food for Thought: The Importance of Seniors Nutrition' is a free but ticketed event. Tickets can be booked through this link:*

https://www.eventbrite.com.au/e/maggie-beer-food-for-thought-the-importance-of-seniors-nutrition-tickets-319196032927