



‘Tugg Talks’ Weekly Bulletin Friday 26 May 2023



CLUB CLIPBOARD!

TIMETABLE

Monday 29 May – Sunday 4 June

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 29 May		PUBLIC HOLIDAY
Tues 30 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 & Soul -TSC
	1.00 pm	Mah-jong – GC
	1.15 pm	Seated Yoga – TSC
Wed 31 May	9.15 am	‘Take 55’ Movie Group
	9.30 am	Cribbage – GC
	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 1 June	9.30 am	500 Cards- GC
	10.00 am	Family History Gp - TSC
	1.00 pm	Mah-jong – GC
	2.00 pm	Book Club - TSC
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga - TSC
Fri 2 June	9.15 am	Tai Chi – TSC
	9.30 am	Pitch n Putt
	10.00 am	Cycling Group
	11.45 am	Sit n Be Fit – TSC
	12.00 pm	Learning Circle – TSC
	2.00 pm	Carpet Bowls – TSC
Sat 3 June	10.00 am	Acrylic Art W/Shop-TSC
Sun 4 June	9.20 am	Discover Canberra WG
	2.00 pm	Sunday Bingo - TSC



PUBLIC HOLIDAY – RECONCILIATION DAY

The Club will be closed on Monday 29 May – Reconciliation Day; please refer to your activity leader re activities being held.



ACRYLIC ART WORKSHOP

**Saturday – 3 June
10.00 am – 1.00 pm**

Our resident acrylic art instructor Maria Polmeer has prepared our next workshop

‘20th Century Portrait’

Cost - \$55.00

(includes canvas, brushes and paints)

Numbers are limited
so book early with payment
at the office
by **TUESDAY 30 MAY 2023**

See the poster
on Club noticeboards
for further details

CLUB CLIPBOARD!

TABLE TENNIS – RECONCILIATION DAY



To all our regular table tennis players and any other club members who would like to join us, our table tennis activity will be held, as per normal, next Monday 29 May “Reconciliation Day” starting at 1.30 pm.

If you are a beginner or have not played for a while, it will be a great opportunity to come along and join in the fun. We have three tables we can set up and as we are not expecting our usual numbers, we will be happy to set one aside for you to brush up on your game or just have your first hit. One of our regular players will be only too happy to give you some tips. We have plenty of bats so no need to have your own.

Of course, beginners are always welcome to join us on any regular Monday afternoon and we start playing around 1.30 pm. Hope you can join us!

*Norm Swanwick
for the Table Tennis team*

‘TAKE 55’ MOVIE/COFFEE GROUP



Wed – 31 May – 9.15 am

It was a nice catchup over coffee on Wednesday at the Vikings Club Tuggeranong.

On Wednesday 31 May we will meet at Cherry Bean at 9.15 for coffee and a chat before we head to Limelight Cinema to see “**Maybe I Do**” at 10.00 am. Come and join us for coffee and a movie.

Everyone is welcome!

Pam Hall



*With an award-winning ensemble cast, **Maybe I Do** stars Diane Keaton, Richard Gere, Susan Sarandon, and William H. Macy in a multi-generational romantic comedy. Michelle and Allen have reached the point in their relationship to take the next steps toward marriage. Thinking it is a good idea to invite their parents to finally meet, they set a dinner and make it a family affair. To everyone's surprise, the affair takes on a whole new meaning as the parents already know each other all too well. Let the games begin!*

FAMILY HISTORY GROUP

Topic for this month – ‘Home Sweet Home’

Thurs – 1 June – 10.00 am

The topic for June is ‘Home Sweet Home’. Can the houses where our ancestors lived tell us more about their lives? Do the houses tell of fortune or of poverty? Online maps and images plus census returns and electoral rolls give us a possible insight into our families’ lives.

Whether you are an experienced family historian, a beginner or just interested please feel welcome!

‘Who Do You Think You Are?’ (SBS Tues 7.30pm) journeyed into familiar territory this week when Rhonda Burchmore researched her family history. Members who went on the Goulburn trip would have recognised the Garroorigang Homestead! Can be viewed on SBS On Demand.



CLUB CLIPBOARD!



SOCIAL SUNDAY BINGO

Sunday – 4 June – 2.00 pm

These Sundays roll around and Social Bingo is on again on 4 June. John and Phil are your hosts for the afternoon with the Bingo numbers projected on the big screen.

Social by name and nature, there are lots of groans when just missing out on that elusive last number! The prizes are modest, but the entertainment is priceless!

Bingo pens and pads are provided and there is always a delicious afternoon tea on offer - so why not come along and join the frivolity.



QIGONG WORKSHOP



Saturday – 10 June

11.00 am – 2.00 pm

Presented by Tunde, from Tunde-World, this workshop is an introduction to the ancient healing practice of Qigong.

Qigong (or chi kung). Translated as "breath work" or "energy work," this consists of a few minutes of gentle breathing sometimes combined with movement. The idea is to help relax the mind and mobilize the body's energy. Qigong may be practiced standing, sitting, or lying down.

The Health Qigong' program can help you:

Enhance strength and physical balance

Increase joint flexibility and repair carpal tunnel syndrome

Improve circulation, blood oxygen levels, digestion, and eyesight

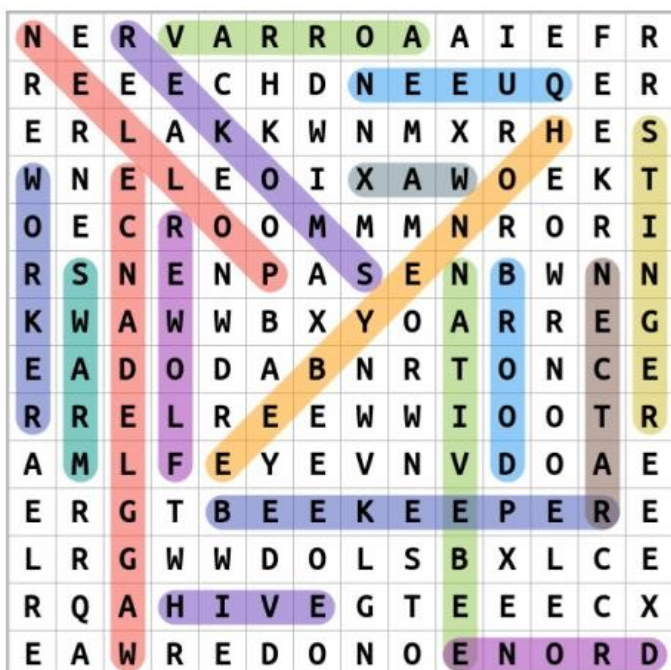
Support more restful sleep and decrease anxiety

Empower yourself to better cope with stress

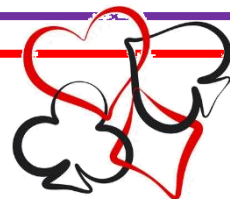
Cost - \$50.00

**Bookings with payment
at Club Office
by Wednesday 7 June**

'SAVE THE BEES' WORD SEARCH SOLUTION



BIDDING FOR BRIDGE!



BEGINNER BRIDGE SESSIONS - EXPRESSIONS OF INTEREST

Beginner Bridge lessons are commencing soon and if you would like to learn how to play, please register your interest with the Club (Phone: 6293 4004 / email: tugg55plusclub@gmail.com) or teacher, Margaret Kennedy, email: marbken6@gmail.com.

Bridge is more than just an enjoyable pastime. Scientific studies have shown that playing bridge has demonstrable benefits for mental fitness and brain health in seniors. Specifically, playing bridge is particularly effective at delaying the onset of Alzheimer's and other forms of dementia. Come along and be part of a unique and mind-expanding experience!

About Beginner Bridge Lessons

The classes are held once a week and are of two hour's duration, with "cards on the table" teaching. The course lasts for six months then students graduate to Improver classes where they learn finer details of bidding and card play.

We don't move on until current topics are well understood. The emphasis is on repetition and consolidation. There are pre-set hands for every lesson. No prior knowledge of cards is necessary (although an advantage) and a partner is not required at this stage.

There will be many occasions for relaxed bridge throughout the course, where "shuffle and deal" social play and chat relieves the heavy burden of constantly learning new concepts.

A LITTLE BRIDGE TRIVIA!

The origins of Bridge can be traced back to a card game first played in the 16th Century. What was the name of this game?

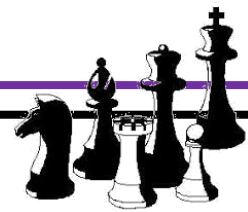
Which leader of the Indian independence movement, known for leading Indians on the 250-mile Dandi Salt March, was, in his spare time, a keen bridge player?

This man, the scion of a respected railroad family, invented the game of contract bridge as we know it today.



Answers in next week's Bulletin

COURTING CHESS!



Proposed New Activity - Chess

Lockdown and 'The Queen's Gambit' on Netflix has seen a rise in interest in the age-old game of chess. The Club has some chess sets and is interested in introducing a 'Chess' Group. However, this can only be done with your assistance!

Do you play this popular game of strategy? Would you share your knowledge with fellow members? Are you interested in learning the game?

If the answers to these questions is yes, please contact the Club Office tugg55plusclub@gmail.com and let's work together to get a group up and running!

A BRIEF HISTORY OF CHESS

Travel back to the 6th century where the history of chess finds its origins in an Indian strategy game called chaturanga, "which translates as "four divisions (of the military)": infantry, cavalry, elephantry, and chariotry. These forms are represented by the pieces that would evolve into the modern pawn, knight, bishop, and rook, respectively."

On to Persia, where it was called shah or king—'checkmate' is from 'shah mat,' or 'the king is helpless'—to North Africa, the Far East, and Europe, the game changed forms as it travelled.

By 1000 AD, the game had become part of courtly education. Chess was used as an allegory for different social classes performing their proper roles, and the pieces were re-interpreted in their new context. At the same time, the Church remained suspicious of games. Moralists cautioned against devoting too much time to them, with chess even being briefly banned in France.

Yet the game proliferated, and the 15th century saw it cohering into the form we know today. The relatively weak piece of 'advisor' was recast as the more powerful queen— perhaps inspired by the recent surge of strong female leaders. This change accelerated the game's pace, and as other rules were popularized, treatises analysing common openings and endgames appeared. Chess theory was born.

Today, it's known as a modern game of critical thinking and problem solving.



TALKING TRASH – UPDATE - BECOME A WASTE WARRIOR!



The Waste Warrior Bin is now in the Club Office, ready to collect many of those items that would otherwise go into landfill. Click on [this link](#) for a copy of the poster that was in last week's Bulletin, to see which items that can be collected. Tim, the founder of Lids4Kids, is just an ordinary man who is doing some extraordinary things.

The story so far.....

Tim Miller started Lids4Kids in May 2019 when he was advised by the ACT Government that any piece of plastic smaller than a credit card can't be recycled and had to go to landfill. Passionate about the environment, he wanted to find an alternative. So, the full-time house Dad of three boys under ten began to collect plastic tops which were then sent to Envision Hands to recycle them into mobility aids for children. Since then, Lids4Kids has spread across the country and **more than 98 million plastic lids have been saved from ending up in landfill.**

Starting off in his garage, Tim has now found a permanent home for Lids4Kids in Fyshwick between Powerkart Raceway and the Fresh Food Markets, and in the last 12 months, Lids4Kids has become a national charity.

Locally, in the ACT, some of the lids are now sent to [PlasLink ACT](#), an initiative from the ANU where engineering students work to turn plastic waste into new products. Tim has plans to use recycled lids as part of science programs in schools and as public art projects.

Lids4Kids Australia's aim is, with a collective group of volunteers, to advocate and facilitate the recycling of small plastic bottle lids into sustainable products. For more information: [Lids4Kids Australia](#)

