



## **Weekly Bulletin      Friday 3 June 2022**

### **PRESIDENT'S UPDATE**

Winter has arrived with the days now becoming increasingly colder. And with it, comes the reminder to maintain the habits that were implemented due to COVID.

We are being warned that cases of both influenza and COVID are expected to rise, and we know that our first defense is to maintain the personal sanitization measures which we ask you to continue.

We also expect you to stay home if you are not well and only to return when recovered. While mask wearing is not mandatory, members are welcome to do so.

The CBR app will still be available in both Club foyers but, in keeping with government adjustments, it is up to you as to whether you record your attendance using the app or not.

On a lighter note, the pool table has settled in with John Williamson providing expert tuition on Tuesday mornings as well as a 'social' gathering on Thursday mornings. I am reliably informed, that the game is attracting equal interest from both male and female members which is terrific!

Our application for Floriade bulbs and annuals was again successful and we can look forward to another colourful display of tulips this year. A second garden bed is being constructed in front of the hall wall, so the fusion of colour will continue.

If you have any queries or concerns, I am a regular attendee at the Club and happy to have a conversation!

*Phil Burns, President*



### **AND A LITTLE HOUSKEEPING.....**

**Before you leave after an activity, please make sure:**

**THE BLINDS ARE DOWN (they do help to keep the heat in)**

**THE HEATERS AND THE URNS ARE TURNED OFF**

**if you are the last group to leave the building**

# WHAT'S ON THIS WEEK!

**Saturday 4 June – Friday 10 June**

\*GC Gumnut Cottage    \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 4 June	<b>10.00 am</b>	<b>Acrylic W/Shop - TSC</b>
Sun 5 June	9.20 am	Discover Canberra Walks
Sun 5 June	<b>2.00 pm</b>	<b>Social Bingo</b>
Mon 6 June	9.30 am	Bolivia - GC
	9.30 am	Zumba - TSC
	9.30 am	Crafty Corner - GC
	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 7 June	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	10.00 am	Garden Gossip - GC
	10.00 am	Beginners Pool - GC
	10.00 am	LL Cycling Group
	1.00 pm	Mah-jong – GC
	1.15 pm	Seated Yoga – TSC
	9.30 am	Cribbage – GC
Wed 8 June	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
	9.30 am	500 (cards)- GC
Thurs 9 June	10.00 am	Nordic Walking IS - TSC
	10.00 am	Social Pool - GC
	10.00 am	Android SIG - TSC
	1.00 pm	Mah-jong – GC
	1.15 pm	Lawn Bowls
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga – TSC
	7.30 pm	Online Trivia
Fri 10 June	9.15 am	Tai Chi – TSC
	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
	3.00 pm	Uke 55 - GC

# WHAT'S ON THIS WEEK!

## **BULBS, BEES, AND FREEBIES**



This June the Garden Gossip group needs you to share your tips and tricks to successful bulb growing. While there is plenty of free advice on the internet, there is nothing like local knowledge. Your wisdom is particularly needed as the club has received an allocation of Floriade bulbs and we can help ensure the Club has a brilliant display to cheer us all in spring.

To help with the discussion there will be a couple of handouts with some advice on growing bulbs, including identifying what bulb you might have and how deep you need to plant it.

We might also have time to touch on planting for pollinators including bees. But wait, there is still much more - Mandy collected a load of freebies from the recent COTA Senior's expo. There is a Canberra edible planting guide and a packet of seed for everyone who comes to the meeting!

Plus, it's been suggested we have our own 'Open Garden' program with members inviting the group to come and check out their gardens. Several people have indicated they are happy to have GG members visit their gardens and perhaps give some advice.

This will be discussed in the 2nd hour of the meeting.



Next GG meeting  
will be  
**Tuesday**  
**7 June at 10.00am.**

## WHAT'S ON THIS WEEK!



**Wednesday – 8 June – 10.00 am**  
**'TAKE 55' Movie/Coffee Group**

A small group of 5 braved the cold weather to enjoy good company and good coffee at Vikings Club Tuggeranong on Wednesday morning.



As again there is not a suitable movie next week, we will once meet for coffee at Vikings Club on the 8 June at 10.00am. Everyone is welcome – why not join us!

*Pam Hall*



**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, 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 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>

## WHAT'S ON THIS WEEK!



### TRIVIA WITH FRIENDS

**Thursday – 9 June – 7.30 pm**

Are you a Trivia tragic? Why not join fellow members and Tuggeranong Probus members for trivia on-line? This is held on the second Thursday of each month, commencing at 7.30 pm. It is a different format to that of 'Quiz Master' Norm, but nonetheless interesting and fun. We have 5 sets of 10 questions in each, covering a wide range of topics. There are sure to be questions you can easily answer!

To join, you will need to download Zoom.com on your computer, iPad or tablet. Between 6.00-6.30 pm on the night Anne sends the link you require to join the session.

If you would like more information, please give Anne a call on 0400 772 424 or email [ameade@pcug.org.au](mailto:ameade@pcug.org.au) by Wednesday so she can add you to the list to receive the link.

Why not gather the family together or invite a friend or two to join you? Teams or individuals are welcome – the more the merrier!!

### Uke 55 – Ukulele Group

**Friday – 10 June – 3.00 pm**

Members of this group 'let loose' with Canberra Ukulele Band at the recent COTA Silver is Gold Expo. They did two enthusiastic sessions; they looked great and bopped away to many songs from our collective misspent youth! They received great feedback from both audience and management – so well-done guys!

The next Uke 55 rehearsal is Friday 10 June in Gumnut Cottage at 3.00 pm. So, dust off your ukulele and join Garry and his merry gang – they will make you feel very welcome.



## 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 10 JUNE.**

Due to the current climate, we are keeping numbers at a comfortable level, so be quick! And if you want the party to continue, the Games afternoon will follow at no extra cost – there are always a variety of games available so you can stay a while and play on!

### 'COME & TRY' PETANQUE!



**SATURDAY JUNE 25**

**2.00 PM – 4.00 PM**

**SUNDAY JUNE 26**

**10.30 AM – 12.30 PM**

Catherine and Jim Alexander are running a free **'Come & Try' Petanque weekend on 25 and 26 June.**

This experienced couple will teach you the principles of the game on Saturday and you will try out playing the game on Sunday – all equipment will be provided.

Petanque is a French bowling game that is easy to learn and is suitable for people of all ages and physical abilities. It is played on a gravel surface and can be played in teams or individually. No expensive equipment is required, just three boules (hollow metal balls) and you are ready to play.

To start a game a small wooden ball called a cochonnet (or jack) is thrown a distance of between 6 and 10 metres. Players then aim is to throw their boules as close as possible to the cochonnet.

The area for playing Petanque is close to the Seniors Centre so there is scope for expanding the Club activities to include this popular game.

There is a limit of 12 people for this free **'Come & Try'** so be quick and book your place at the Club office!

## **ACTIVITY UPDATE!**

For those who are new to the Club, its motto is **'Be Active, Feel Great'** and since the Club began in 2007, the activities program has endeavoured to provide a variety of 'active' activities both for body and brain!

It is great to see that two groups continue to 'maintain the outside rage' regardless of the gloomy conditions that are starting to set in!

### ***WHAT THE FRIDAY CYCLING GROUP GETS UP TO!***

Despite the initial "light showers" around 9:30 am, 7 riders ventured out last Friday morning. The intrepid enthusiasts rode to the Fox & Bow in Farrer shops and return, approx 15 km all up. The F & B was very busy as usual, but my source tells me their Portuguese tarts were to die for!

*The Club has two Cycling groups who meet each week:*

#### **Leisurely Ladies Group**

Tuesdays – 10.00 am – meeting at Sea Scout Hall, Greenway – Leader: Lia Battisson

#### **Friday Cycling Group**

Fridays – 10.00 am – meeting near Skate Park, Tuggeranong – Leader: Norm Collings



### ***A DIFFERENT KIND OF 'NORDIC' WALKING!***

The Men's Exercise group meet for a social walk and coffee each Thursday morning and yesterday where spotted walking towards South.Point.

Looking stylish in overcoats and beanies, they had been for their walk which I suspect was at a brisk pace considering the very low morning temperature!

The coffee would have restored some warmth to their bones!

The guys are a friendly bunch so if you are looking to add some exercise into your week, why not join them!

#### **Men's Exercise Group**

Tuesdays – 8.00 am – TSC Hall

Instructor: Duncan Craig



## **ACTIVITY UPDATE!**



### **SHUTTERBUGS CAMERA GROUP TAKES ITS LAST SHOT**

The Shutterbug's camera group at its recent meeting decided to end its monthly meetings. Our numbers had dropped off rather dramatically since COVID struck. Also, we are now in the era of smart phones with their point and shoot cameras. Consequently, the interest in the more conventional cameras with their variety of functions, dials and settings has abated considerably. We did have a couple of our group members who used their smart phone cameras to produce some great photos, a number of which were included in our monthly project exhibitions. After all, some of the aspects of good photography apply to both conventional and smart phone cameras.

We will still remain in name as part of the club's activities as we are hoping to conduct the occasional Saturday morning "Basic Photography" sessions and to also arrange special member's exhibitions similar to our recent "Canberra Week" display.

We are looking forward to our next exhibition "My Garden" as part of our spring celebrations in September.

Many thanks to all those members who contributed to our various activities over the years and especially to Steve Walmsley for all the work he put into his many excellent presentations.

*Norm Swanwick.*



# **TALKING TASTY!**



## **CHICKEN, COCONUT AND LENTIL CURRY**

An easy go-to chicken curry, with lentils to keep your microbiome in good nick.

360 cal,(1,500 kjs) serves 4

### **INGREDIENTS**

- 2 tbsp coconut or virgin rapeseed oil
  - 1 large onion, diced
  - 1 tbsp curry powder
- 2cm root ginger, peeled and finely diced
- 4 boneless, skinless chicken thighs, chopped into bitesize pieces
  - 100g dried green lentils
  - 400ml tin coconut milk
  - Juice of 2 limes
- 1 red or green pepper, deseeded and sliced

### **METHOD**

Heat the oil in a medium-sized saucepan and sauté the onion for 4-5 minutes. Stir in the curry powder and ginger and cook for 1-2 more minutes, then add the chicken. Stir-fry for 2-3 minutes before adding the lentils, coconut milk and lime juice. Bring the mixture to a gentle boil, then reduce the heat, cover the pan and let it simmer for ten minutes. Stir in the sliced pepper and let it cook, with the lid on for 20 minutes.

*For members who were at Line Dancing on Wednesday, this dish is what smelt so good and was equally as tasty. Made by Margaret, our lovely Wednesday Office Volunteer, it comes from one of the many books written by **Michael Mosley – The Fast 800** – enjoy!*