



'Tugg Talks' Weekly Bulletin

Friday 31 May 2024



WHAT'S ON THIS WEEKEND!



GELLI PRINTING WORKSHOP

Saturday June 1 – 10.00 am – 12.00 pm
Sunday June 2 – 10.00 am – 4.00 pm
Gumnut Cottage

Join art teacher extraordinaire, Catherine Alexander, for another of her innovative and engaging workshops.

Over two days, Catherine will introduce you to the playful and creative process that is 'Gelli printing' and **there are some of places left!**

All equipment will be provided including the special roller that is required.

Cost of the workshop is \$110.00 – contact the Office today to secure your place



SUNDAY SOCIAL BINGO

Sunday – 2 June – 2.00 pm

Social Sunday Bingo is on again on Sunday 2 June at 2.00 pm. Your hosts are John Williamson and President Phil Burns who doubles as Bingo caller for the afternoon. This popular game is played widely across the country and is well known for its fun, laughter level and socialisation.

Bingo pens and pads are provided, there is always a delicious afternoon tea on offer and the prizes are in keeping with the flavour of the day.

Why not come along
you might even win a prize!



AND NEXT!



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.

FIRST WEEK OF THE MONTH!



GARDEN GOSSIP

Going Native!

Tues – 4 June – 10.00 am

This month we have a guest speaker from the Australian Native Plants Society (ANSP) Canberra. You may have heard of this society because of the native plant sales it has in the grounds of the Australian National Botanic Gardens. Our speaker, Bill Willis will talk about the work of the society, including its propagation of native plants for local plantings, provide some general tips and tricks on propagation, and what plants you might like to consider for your garden to attract wildlife and pollinators. This session is open to all club members and their friends!

Next month we tackle looking after our tools - with another guest to guide us.



INTRO TO BIRDWATCHING

Wed – 5 June - 8.30 am

Last month we went to Montgomery Creek in Googong. Most people hadn't been to Googong in years and were amazed by the development out there. We saw twenty-eight species of birds, including two Black-shouldered Kites and a Nankeen Kestrel. Who knows what surprises we'll see on our outing to the Australian National Botanic Gardens this month. Rose Robins have been seen there recently and hopefully we will see them too.

We will meet at the Sea Scouts Hall carpark on the eastern side of Lake Tuggeranong at 8:30am for carpooling.

Wear sturdy shoes and bring a hat, water, binoculars and sunscreen. Please let Lia know if you will be attending. Her email address: liabattisson@outlook.com.

TEN PIN BOWLING UPDATE



Ten Pin Bowling cancelled for

WEDNESDAY

5th & 12th JUNE

Zone Bowling Tuggeranong will be hosting the National Disability Championships between

Wed June 5th & Sat June 15th and will therefore be closed to the public.

'TAKE 55' MOVIE & COFFEE GROUP



Wed – 5 June – 10.00 am

We had a lovely get together over coffee on Wednesday with great conversation and several of us staying for lunch.

As the movies continue to be unappealing, we will meet again at Vikings Tuggeranong at 10.00 am. Come and join us for a lovely morning out!

Pam Hall

CLUB CLIPBOARD!

NEXT INFORMATION SESSION

Thursday 6 June–10.00 am

HOME ENERGY SUPPORT PROGRAM

ACT GOVERNMENT

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 Thursday 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!**



ANOTHER WEEKEND OPPORTUNITY!

Saturday 15 & Sunday 16 June

A CRAFTY CORNER 'UFO' WEEKEND



Members of the Crafty Corner group are having a 'UFO' ** weekend on Saturday and Sunday 15 & 16 June. This weekend will be used to work on their current projects and is open for any interested member and any craft.

Have you started a project and it is still unfinished? Why not come along, meet some of your fellow 'crafty' Club members and complete your projects among likeminded members? All who would like to join them will be made very welcome!

Come down to Gumnut Cottage each day from 9.30 am – 4.00 pm, bring your lunch and make a day of it – just think how much you will achieve! And all this for just \$5 per day!



** *in the crafting world this is the term used to describe the many unfinished projects that are left behind or forgotten! These projects are known as "UFO's" and the acronym stands for unfinished objects or projects.*

CLUB CLIPBOARD!

TIMETABLE

Saturday 1 June – Friday 7 June

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 1 June	10.00 am	Gelli Printing – GC
Sun 2 June	9.20 am	Discover Canberra WG
	10.00 am	Gelli Printing – GC
	2.00 pm	Social Bingo – TSC
Mon 3 June	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 4 June	8.00 am	Active Ex – Men – TSC
	9.10 am	Active Ex – W – TSC
	10.00 am	LL Cycling Group
	10.00 am	Garden Gossip - GC
	10.00 am	Pool – Beginners – GC
	10.30 am	Heart n Soul – TSC
	1.00 pm	Mah-jong – GC
	1.00 pm	Qigong - TSC
	2.15 pm	Meditation - TSC
Wed 5 June	8.30 am	Intro to Birdwatching
	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
	10.00 am	Carpet Bowls – TSC
	12.15 pm	Seated Tai Chi - TSC
	1.00 pm	K-nit 'n' K-natter – GC
	1.30 am	Dance for Wellbeing-
Thurs 6 June	9.30 am	500 Cards- GC
	10.00 am	Information Session- TSC
	10.00 am	Social Pool - GC
	1.00 pm	Mah-jong – GC
	2.00 pm	Book Club - TSC
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga – TSC
Fri 7 June	9.15 am	Tai Chi – TSC
	9.30 am	Pitch n Putt
	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
Sat 8 June	10.00 am	Acrylic Art W/Sh - TSC

UPDATES FOR QIGONG/TAI CHI & MEDITATION CLASSES

Tuesdays

1.00 pm – 2.00 pm Standing Tai chi /
Qigong class

2.15 pm - 3.15 pm Meditation

Wednesdays – new class

12.15 pm - 1:00 pm Seated Tai chi /
Qigong class

All these classes will no longer be held as prepaid 8-week sessions but have reverted to payment each week commencing first week in June.

Cost is \$10.00 per session with booking online through EventBrite, links are below:

QIGONG / TAI CHI - TUESDAYS 1.00PM – 2.00PM

<https://www.eventbrite.com.au/e/qigong-tai-chi-tickets-645775771717>

MEDITATION – TUESDAYS 2.15 PM – 3.15 PM (approx.)

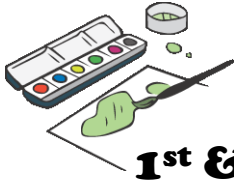
<https://www.eventbrite.com.au/e/meditation-tickets-911089201327>

SEATED QIGONG / TAI CHI – WEDNESDAY – 12.15 PM – 1.00 PM

<https://www.eventbrite.com.au/e/seated-qigong-tai-chi-tickets-910447622347>



CLUB CLIPBOARD!



Talking Art



1st & 3rd Thursdays – 12.30 pm – 3.00 pm

Art teacher Catherine Alexander has led a casual 'Drop in' art group for some time who have been meeting at the Irish Club. From Thursday 6 June this little group will become part of the Club's hiring community and will start meeting in the Parkview Hall at the Tuggeranong Seniors Centre taking the place of recently added activity, 'Paint Misbehavin'.

Designed as an opportunity to create, have fun and chat over coffee, this group is open to anyone, member or non-member who wishes to continue with their art projects in a friendly group environment. For the small amount of \$1, why not take the time to explore your artistic endeavours at your own pace, with like-minded people!



CYCLONE TRACY SPECIAL INTEREST GROUP



2024 marks 50 years since Cyclone Tracy, the catastrophic event that devastated the city of Darwin, on Christmas Day 1974.

The anniversary provides a time of reflection; remembering those who lost their lives and honouring the resilience of the survivors who came together to rebuild and support each other.

Many of the people who experienced this event left Darwin and now live across Australia. The anniversary is a reminder of this and the Club wonders whether there are any members who were in Darwin during Cyclone Tracy or who may have gone there to help with the cleanup in the aftermath of the disaster.

If there are, would you be interested in coming together as a group to share memories of your experiences either as a survivor, member of an emergency service or general public who were involved in the evacuation and reconstruction of Darwin.

There are other special interest groups in Canberra i.e. Snowy Mountains Hydro Scheme who meet monthly over lunch to stay connected, reminisce and visit any exhibits that relate to their group or that they share a common interest in.

If you or anyone that you know, would like to be involved in a similar friendship group centring around Cyclone Tracy, please contact the Club office – tugg55plusclub@gmail.com





A LOCAL HERO: YOUR LIBRARIES ACT CARD!



WELLNESS TOOLBOX

You already know that your membership allows you to borrow physical books (not to mention, films, music and magazines). However, you may not be aware that it also includes a range of digital resources you can access for free from your home.

Here's how to make the most of your library membership.

Get crafty

Creativebug is an online platform with thousands of award-winning art and craft video classes.

Learn to draw, create an accordion book, knit a pair of socks... the choices are endless. There are classes for kids and adults across topics like food and home, jewellery, art and design and paper.

Take a one-off class on a rainy day or start a 30-day creative challenge. On-demand video classes mean you can take it at your own pace and create something special that matches your interest.

Go exploring

Check out a mangrove forest in Brazil or venture to an ancient cypress forest in central Florida – all without leaving your front door. Your library membership gives you online access to *National Geographic* magazine (plus *National Geographic History*, *National Geographic Traveler* and *National Geographic Kids*).

There are more than 1,600 issues to explore. Each has breathtaking photography and high-quality journalism that's sure to fill you with a sense of wonder.

The Nat Geo kids section also has videos, pictures and e-books.

Watch a movie or show

Your membership includes access to Kanopy, a streaming service with over 45,000 films and TV series.

There's something for every kind of viewer, including indie films, animation, world cinema, documentaries, classic films, new releases and series from BBC.

Kanopy Kids is the children's version, with unlimited plays of enriching, educational and entertaining movies and shows.

Beamafilm is another streaming platform for movie lovers.

Libraries ACT members get eight movies or episodes per calendar month. This includes international cinema and Australasian stories.

Other digital resources include music streaming, newspapers and news, book recommendations, family history databases, games and activities, encyclopedias and much, much more.

[Discover the full list of digital resources available with your Libraries ACT membership.](#)

TALKING TRICKY!

BRAIN TEASERS

Brain teasers are more than just simple puzzles and riddles. Technically, a brain teaser is a type of puzzle or brain game, often involving lateral thinking. That means to solve it, you'll have to use a creative, less straightforward thought process and the solution won't be right in front of you. Below, you'll find a collection of picture brain teasers for all difficulty levels. **Answers in next week's Bulletin!**

Brain Teaser 1

A man pushes his car to a hotel and tells the owner he's bankrupt. Why?



Brain Teaser 2

I left my campsite and hiked south for 3 miles. Then I turned east and hiked for 3 miles. I then turned north and hiked for 3 miles; at which time I came upon a bear inside my tent eating my food! What colour was the bear?

Brain Teaser 3

A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?



Brain Teaser 4

Forrest left home running. He ran a way and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home, there were two masked men. Who were they?

