



‘Tugg Talks’ Weekly Bulletin Friday 2 June 2023



MANAGEMENT COMMITTEE MONTHLY MEETING REPORT

At the Management Committee meeting last week, the following items were discussed and actioned as follows:

1. PUBLIC HOLIDAYS

While the Club Office will be closed for all listed public holidays, activities may be held on these days if the activity leader is happy to do so.

If activities are to be held on a public holiday:

- the Activity Leader Co-Ordinator (Liz Dean lizdean@ozemail.com.au) or Club Office (tugg55plusclub@gmail.com) need to be notified that the activity is continuing
- all attending members are encouraged to have an Emergency Contact Card with them
- the Activity Leader is responsible for the building they are occupying

If activities are held at another venue outside the Club premises and Club property is borrowed, it needs to be registered with either the Activity Leader Co-ordinator or the Club Office.

2. INFORMATION SESSIONS – POLITICAL ISSUES

Following a suggestion that the Club invite two speakers to talk about proposed constitutional reforms and the Voice to Parliament, it was agreed by the Management Committee that as a ‘social seniors Club’ it is not our role to provide a platform for issues of a political nature. As information is always readily available from many other sources, it was not seen as part of what the Club should offer.

Management Committee

PREPAID VOUCHERS REMINDER

As previously advised, from 3 April, the \$25 vouchers were replaced by \$40 vouchers and \$35 vouchers were replaced by \$80 vouchers.

This is a reminder that AFTER 30 JUNE, \$5 (\$25) & \$8 (\$40) vouchers will NO LONGER BE VALID and should not be used for activity attendance.

Vouchers can be returned to the office until 30 June, for either:

- **Replacement** - balance owing will be credited against purchase of new higher value voucher
- **Refund** - monies will be refunded

CLUB CLIPBOARD!



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

ACTIVITIES UPDATE

Long term yoga instructor, Sue Gair is retiring at the end of June and Thursday yoga instructor Katrina Hinton, will now take the seated yoga sessions which are moving to:

FRIDAYS – 10.30 am – 11.30 am

with the EventBrite link remaining the same.

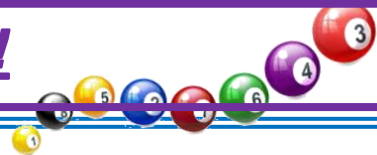
Sue has been a yoga instructor for Club members since November 2015 and her quiet gentle presence will be sorely missed by those who have attended her sessions.

She has been a joy to work with and we wish her well for the future.

Two new activities will begin in July on Tuesday afternoons – Qigong and



CLUB CLIPBOARD!



TIMETABLE

Saturday 3 June – Sunday 10 June

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
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
Mon 5 June	9.30 am	Bolivia - GC
	9.30 am	Zumba - TSC
	9.30 am	Crafty Corner - GC
	10.30 am	Mov 4 Mem - TSC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Improvers Bridge - GC
Tues 6 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 & Soul -TSC
	1.00 pm	Mah-jong – GC
	1.15 pm	Seated Yoga – TSC
Wed 7 June	8.30 am	Bird Watching
	9.30 am	'Cribbage - GC
	10.00 am	'Take 55' Movie Group
	10.00 am	Ten Pin Bowling
	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 8 June	9.30 am	500 Cards- GC
	9.30 am	Android SIG - TSC
	10.00 am	Tugg Chukkers
	1.00 pm	Mah-jong – GC
	1.15 pm	Lawn Bowling
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga - TSC
	7.30 pm	On Line Trivia
Fri 9 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
	3.00 pm	Uke 55 - GC
Sat 10 June	11.00 am	Qigong W/Shop - TSC

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.



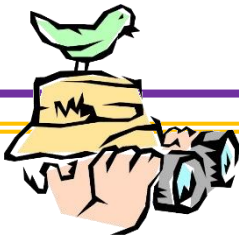
GARDEN GOSSIP

Tues – 6 June – 10.00 am

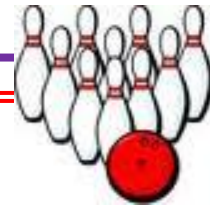
No particular topic has been set, instead members are invited to bring their collective wisdom to share and any questions to ask the 'brains trust'. To help things along, there will be a lucky-dip jar of conversation starters, plus Mandy will share some ideas for ways to use banana peels in the garden (more than she realised)!

For those keen to add some "brown" material to their compost, there will be plenty of leaves in the grounds of Gumnut Cottage to help yourselves to. If Mandy has time on the weekend, she will pre-bag up some leaves ready-to-go for Tuesday.





CLUB CLIPBOARD!



BIRDWATCHING GROUP

Wed – 7 June – 8.30 am

In May the birdwatching group visited part of the Molonglo River Reserve, and the pond on Edgeworth Parade in Coombs. It was a very windy day but quite a number of birds were seen, including several species of ducks and a white-faced heron at the pond.

On 7 June we will visit Glendale Depot, a decommissioned government works depot in Namadgi NP, and a great birdwatching spot. It's possible we could see four different species of robins, as well as many other bush birds.

We will meet for carpooling at the **Sea Scout carpark on Mortimer Lewis Drive at 8.30am.** (This is a change from our previous meeting place, but it has toilet facilities and most people know where it is!).

Please let Sandra know if you plan to come along (shirmax2931@gmail.com)

TEN PIN BOWLING GROUP

Wed – 7 June – 10.00 am

The Club ten pin bowlers are now back as the Zone Bowling Centre, Tuggeranong has reopened after their recent closure.

The group will now be bowling **every week** until the end of the school term – **Wednesdays - 10.00 am – 7th, 14th, 21st and 28th June.**

Two games of bowling plus shoe hire costs \$15 - the fun and friendship are free and no experience is necessary

If you would like to join them, please contact one of the co-ordinators for more information.

Kathy Johnson 0418 694 005

Kathy Sawicki 0427 318 906



'TAKE 55' MOVIE/COFFEE GROUP

Wed – 7 June – 10.00 am

We had a lovely group of 22 at the movies on Wednesday, we loved the movie!

As there is not a movie on Wednesday 7 June, we will meet at Vikings Club at 10.00 am for coffee.

Everyone is welcome to join us for good company and coffee.

Pam Hall

Movie Trivia – Did You Know?



At a time, it was considered inappropriate to show a toilet being flushed on screen, Alfred Hitchcock saw an opportunity to add some extra shock to his already shocking film **Psycho** – presenting a scrap of paper, which proves an important clue, failing to flush in a toilet. In the book, the clue was an earring found in the bathroom, but Hitchcock changed it to a piece of paper actually in the toilet, partly to add an extra jolt for viewers.

CLUB CLIPBOARD!



TRIVIA WITH FRIENDS

Thursday – 8 June – 7.30 pm

Unable to attend the trivia afternoons at the Club? 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.

You need to download zoom.com on your computer, iPad or tablet. I will send you an email between 6.00-6.30 pm on the night with the link with which to join our session. Please email me at ameade@pcug.org.au by Wednesday so I can send you the link. If you would like more information please give me a call on 0400 772 424.

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

Anne

A sample of the types of questions that are asked!

Was the flat white created in Australia – true or false

In what decade did Sesame Street debut?

What sport uses a riser, rest and kisser button?

In what city is St Basils Cathedral?

Which brand of car makes the cactus?



Answers in next week's Bulletin



UKE 55 – UKULELE GROUP

Friday – 9 June – 3.00 pm

The Ukulele or 'jumping flea' as it is affectionately known is a spritely little instrument that exudes fun and happiness, is easy to play and brings a sense of community spirit along with it.

Once seen as the poor cousin of the guitar and only played by vaudeville performers, the Ukulele has fast becoming a popular party starter. All over Australia, people are joining groups in pubs and clubs and attending national festivals to make sweet music. Being such a small light instrument, it is ideal for all ages to carry around and learn and they can be bought at most music shops.

There is a warning however, once you get the bug, it is hard to stop, and collecting ukuleles can also become a permanent pastime!

But if you are looking for an easy musical instrument to play (other than a tin whistle) and an opportunity to meet a lot of enthusiastic people who love to play the ukulele and sing along, why not give it a try. You never know the little jumping flea may just change your day from ordinary to fantastic! Why not come along on Friday and join Garry & the gang!



DATES FOR YOUR DIARY!



SUNDAY TRIVIA QUIZ – 25 JUNE

They say that variety is the spice of life so to add some variety to our Sunday trivia quizzes. We will have a number of guest presenters for some of our future Sunday trivia sessions. Our first guest quiz master will be Rhonda Jolley who will be posing the questions for our June trivia quiz. Rhonda ran the Parliamentary Library trivia quiz for a number of years and also does the annual sports trivia session for one of the U3A ACT classes. Rhonda is also the activity leader for our Thursday morning 500 cards group.

The format for Rhonda's quiz will be similar to our past Sunday quizzes. Eight rounds each of ten general knowledge questions plus a table quiz sheet that your team can work on while Phil rounds up your answers and enters the scores to the white board.

As per usual, there will be chocolates for everyone, a great afternoon tea and a couple of door prizes to be won. Our overall team winners will each receive one of our coveted "Winners Certificates" plus a couple of other goodies and most importantly, bragging rights for a few weeks.

You can form a team with your family or friends or just come along on the day and join a team with your fellow club members. Don't forget that the public car park is free on a Sunday so there is no need to worry about parking. So why not join us at 2.00 pm on Sunday 25 June for a fun and friendly afternoon's activity. Our normal \$5.00 activity fee applies, and bookings are not necessary, just come along on the day. I hope that you can join us.

Norm Swanwick for the trivia team.



Join The Leaf Collective Community Forum for an inspiring night focused on improving the waterways in Canberra!

Held on Friday, 9 June 2023 from 5:00 PM at Canberra Southern Cross Club Tuggeranong,

The Leaf Collective Community Forum features expert speakers who will share their knowledge, insights and tips on how to make a positive impact on the health of Canberra's waterways.

Don't miss this opportunity to connect with like-minded individuals and gain valuable insights into the vital work being done in our community.

You can attend the event for FREE in person at Canberra Southern Cross Club Tuggeranong or join online. Book now at <https://social-marketing-griffith.link/the-leaf-collective-forum-WN>

The Leaf Collective Community Forum is an initiative of the ACT Government and Social Marketing at Griffith.

COMMUNITY BILLBOARD!



100 CANBERRA THE NATIONAL EXHIBITION

19 May - 2 Jul 2023

Belconnen Arts Centre

'We need to remember that the older generations have a voice, have lived full and joyous lives with wonderful experiences and we need to honour them in their golden years'

Overview

An intergenerational initiative presented by Embraced; The Centenarian Portrait Project by Teenagers has introduced 465 hundred-year-olds to 465 teenage artists from all walks of life across all corners of Australia.

The Belconnen Arts Centre is celebrating 100 of these relationships through portraits created and insights shared. The portraits celebrate ageing in Australia and bring older people to the forefront. It provides an opportunity to highlight diversity of experience of older people; shares important stories and prompts gallery goers to create and deepen intergenerational connections of their own.

This initiative is sponsored by Estia Health, the Commonwealth Department of Health and Aged Care, and supported by the Australian Human Rights Commission and the ACT Government.



About The Initiative

The Centenarian Portrait Project by Teenagers is an uplifting initiative matching teenage artists with centenarians. From storytelling, reminiscing, joy and laughter comes unique portraits, a gift and friendships to treasure between the generations.

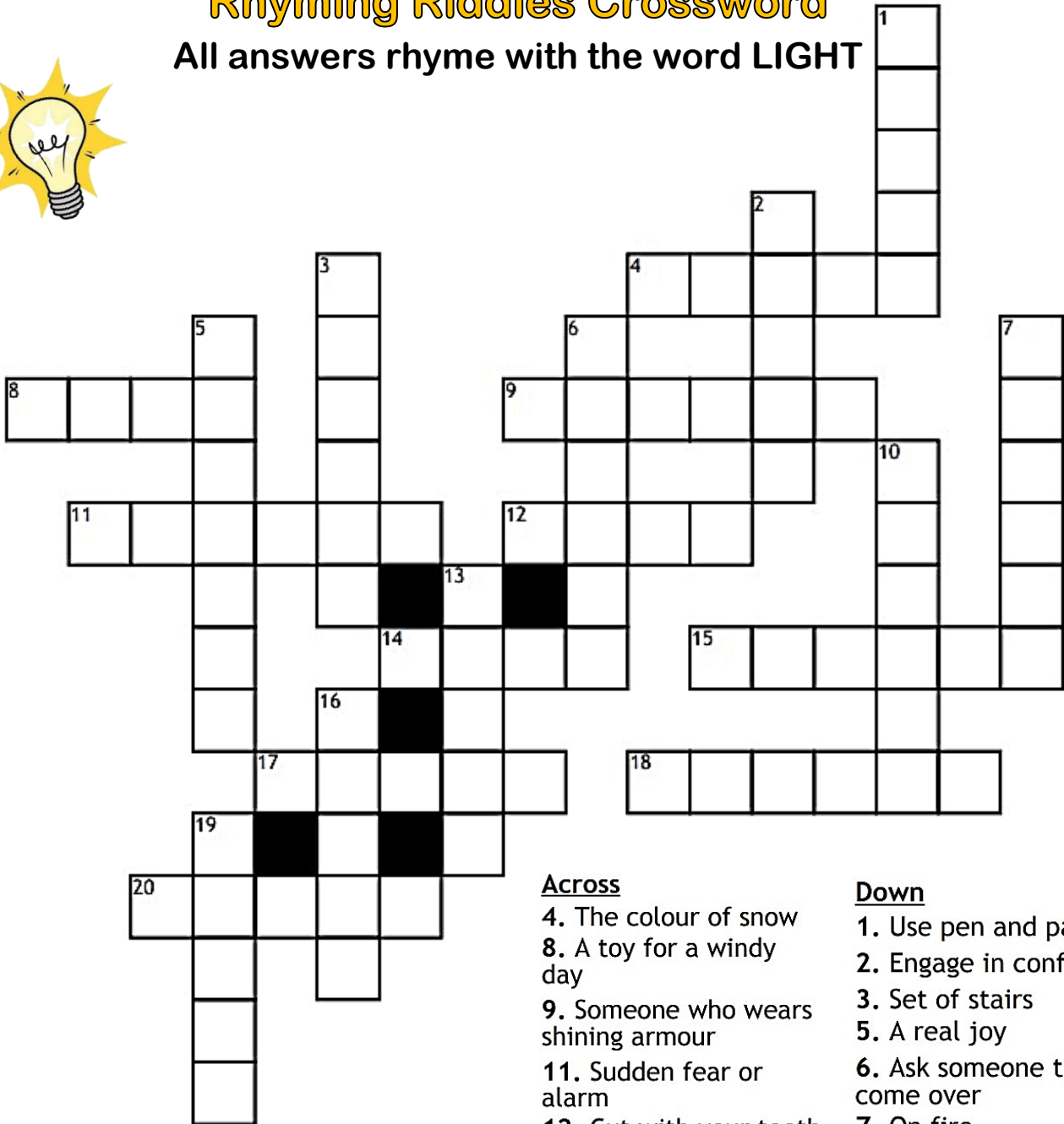
Designed to break down ageist stereotypes, the project created a platform for inter-generational friendships and learning. The project connected local teenage artists with centenarians, using portraiture to launch conversations; encourage story exchange and acceptance; create new friendships and connect people of different ages, backgrounds, identities, and life stages. For most artists it was an opportunity to meet a centenarian for the first time; for centenarians a chance to share history and for both generations a memorable experience exchanging perspectives.

This age-positive, five-year program has culminated in an art exhibition presenting a selection of portraits of 100-year-olds by teenage artists, involving a total of 908 participants (454 centenarians & 454 teenagers) from across the country. Presenting a selection of works from each state and territory, this one-of-a-kind exhibition marks the close of what is the largest intergenerational project Australia has seen to date.

TALKING TEASERS!

Rhyming Riddles Crossword

All answers rhyme with the word LIGHT



Across

- 4. The colour of snow
- 8. A toy for a windy day
- 9. Someone who wears shining armour
- 11. Sudden fear or alarm
- 12. Cut with your teeth
- 14. Construction location
- 15. The opposite of dim
- 17. Not left
- 18. Start to burn
- 20. Power of vision

Down

- 1. Use pen and paper
- 2. Engage in conflict
- 3. Set of stairs
- 5. A real joy
- 6. Ask someone to come over
- 7. On fire
- 10. How tall are you
- 13. Great power
- 16. Period of darkness
- 19. The opposite of loose

A LITTLE BRIDGE TRIVIA ANSWERS

Whist - The first book completely devoted to Whist was written by Edmund Hoyle in 1742

Mohandas Gandhi

Harold Vanderbilt - born into the Vanderbilt millions, he revamped the rules of an earlier game, auction bridge, to reward precise bidding, which greatly elevated the skill component of the game.

