



## BE WELL THIS WINTER!

We are seeing at present more people are becoming unwell from respiratory viruses, like influenza, COVID-19 and RSV. These viruses are more than just colds. They affect everyone differently and can be far more serious than you think.

Simple actions can help you maintain your physical and mental wellbeing over winter:

- **PROTECT YOURSELF** by making sure your vaccinations are up to date
- **WASH YOUR HANDS** regularly with soap and water
- **STAY AT HOME** if you do become unwell
- **SEEK MEDICAL SUPPORT** if you need it
- **STAY** active
- **SPEND** time outdoors if you can
- **EAT** a balanced diet
- **TRY** to get enough sleep.



For more information, visit [www.act.gov.au/health](http://www.act.gov.au/health)

## NINJA GINGER JUICE

Drink a lemon ginger tea to help prevent or minimize the effects of a cold/flu or to give you comfort. This juice is very warming even though the ingredients are cold.

### Ninja Ginger Juice

- 1 Apple (preferably a sour apple, like granny smith)
- 1 thumb size ginger
- ½ lemon

Juice all the ingredients in a slow juicer and voila this juice will karate chop your cold. This recipe makes one serving.



# CLUB CLIPBOARD!

## TIMETABLE

Saturday 8 June – Sunday 16 June

\*GC Gumnut Cottage    \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 8 June	10.00 am	Acrylic Art W/SH - TSC
Mon 10 June		KING'S BIRTHDAY
Tues 11 June	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 n Soul – TSC
	1.00 pm	Mah-jong – GC
	1.00 pm	Qigong - TSC
Wed 12 June	2.15 pm	Meditation - TSC
	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
	10.00 am	Carpet Bowls – TSC
	10.00 am	Graphites DG - TSC
	12.15 pm	Seated Tai Chi - TSC
	1.00 pm	K-nit 'n' K-natter – GC
Thurs 13 June	1.30 am	Dance for Wellbeing-
	9.30 am	500 Cards- GC
	10.00 am	Android SIG - TSC
	10.00 am	Table Tennis - TSC
	10.00 am	Tugg Chukkers
	1.00 pm	Mah-jong – GC
	1.15 pm	Lawn Bowls
Fri 14 June	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga – TSC
	7.30 pm	Online Trivia
	9.15 am	Tai Chi – TSC
	9.30 am	Pitch n Putt
	10.00 am	Cycling Group
	10.30 am	Seated Yoga – TSC
Sat 15 June	11.45 am	Sit n Be Fit – TSC
	12.00 pm	Learning Circle – TSC
	2.00 pm	Carpet Bowls – TSC
	9.30 am	Crafty Corner - UFO
	1.30 pm	Games Afternoon - GC
Sun 16 June	9.20 am	Discover Canberra WG
	9.30 am	Crafty Corner - UFO

## PUBLIC HOLIDAYS

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

All attending members are encouraged to have one of the Club's completed Emergency Contact Cards with them. Cards are available from Club Office.

## TEN PIN BOWLING UPDATE



Ten Pin Bowling cancelled for

**WEDNESDAY**  
**5<sup>th</sup> & 12<sup>th</sup> 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 – 12 June – 10.00 am**

Several of us braved a very cold day to meet at Vikings Tuggeranong for coffee and a chat on Wednesday.

Once again, we haven't got a movie to see on Wednesday 12 June, so we will meet at Vikings Tuggeranong at 10.00 am.

Come and join us for hot coffee/tea, conversation and good company!

Pam Hall

When we are young, we sneak out of our house to go to parties.  
When we are old, we sneak out of parties to go home!



## CLUB CLIPBOARD!



### **SEATED TAI CHI / QIGONG**

**Weds – 12.15 pm – 1.15 pm**

Join this newest addition to the Club's activity calendar for a gentle path to better health and to experience a renewed sense of energy, balance and reduce fall risk.

The class consists of eight sessions. Each session includes breathing exercises to promote relaxation, warm-up exercises to relieve tension, and the introduction and practice of one Tai Chi form.

Each week, we will review the previous movements and learn a new one, covering a total of eight Tai Chi forms by the end of the course.

All these movements and exercises can be performed while seated, making it ideal for those looking to improve their mobility and overall wellness. You will benefit even more from this program when you visit regularly, experiencing greater improvements in your health and well-being each week.

Cost is \$10.00 per session with booking online through EventBrite link is below:

**SEATED QIGONG / TAI CHI – WED –  
12.15 PM – 1.15 PM**

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



### **Zoom Trivia 'WITH FRIENDS'**

**Thurs – 13 June – 7.30 pm**

Our on-line trivia nights are becoming popular; joining forces with Tuggeranong Probus members, they are held on the 2nd Thursday of the month commencing at 7.30 pm.

Our next session will be held on **Thursday 13 June**. 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.

New competitors are always welcome so why not contact me at [annemeade46@bigpond.com](mailto:annemeade46@bigpond.com) and join us this month?  
*Anne Meade*

### **GAMES AFTERNOON**



**Saturday – 15 June  
1.30 pm – 4.00 pm**

Games Afternoon is next on Saturday, 15 June, commencing at **1.30 pm till 4.00 pm** or thereabouts!!

This afternoon is a relaxed one and members are encouraged to bring along their favourite games; we never know what games will appear! So, why not come along and perhaps try a new game, or an old game. Games should be for 3 or more people, and which can be completed within an hour or less.

There is usually a 'good spread' for afternoon tea and there is ample time for socialising. I look forward to welcoming new gamers!  
*Anne Meade*

## CLUB CLIPBOARD!



### **A CRAFTY CORNER 'UFO' WEEKEND**



**Saturday 15 & Sunday 16 June  
9.30 am – 4.00 pm**

Members of the Crafty Corner group are having a 'UFO'<sup>\*\*</sup> weekend on Saturday and Sunday 15 and 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 "UFOs" and the acronym stands for unfinished objects or projects.*



## **CYCLONE TRACY SPECIAL INTEREST GROUP**



There has been enough interest to start this Special Interest Group – would you like to join them 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.

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.

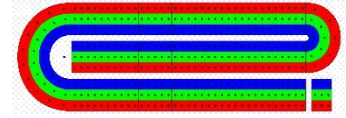
There are other special interest groups in Canberra i.e. Snowy Mountains Hydro Scheme who meet monthly over lunch to stay connected, reminisce and visit any exhibits that relate to their group or that they share a common interest in.

If you or anyone that you know (does not need to be a Club member), would like to be involved in a similar friendship group centring around Cyclone Tracy, please contact the Club office – [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com)

## DATES FOR YOUR DIARY!



### CRIBBAGE FOR BEGINNERS



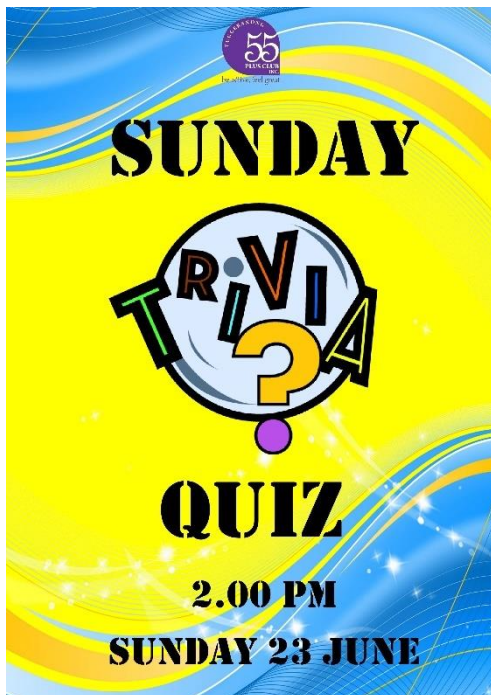
**STARTS Thursday – 20 June - 10.00 am**

Are you interested in learning to play this stimulating and addictive card game? If so, I will be holding cribbage classes for beginners starting Thursday 20 June at 10.00 am in the library room in the Seniors Centre.

It is not a difficult game to learn but can be challenging for some. Why not come along and see how you go? It is good exercise for the brain, and you will most likely enjoy the opportunity of learning a new game and you might get hooked. Most people can learn the game within a couple of sessions.

If you wish to, you can then join our regular Cribbage card group who meet each Wednesday morning. They welcome beginners and will be only too pleased to help you improve your cribbage card-playing skills. The cost for the beginner's class is just our normal \$5.00 activity fee and the kettle will be bubbling for a cuppa.

*“Cheers” - Norm Swanwick.*



### SUNDAY TRIVIA QUIZ

**Sunday – 23 June – 2.00 pm**

Our next trivia quiz is only two weeks away. So, get your team organised or just come along on the day and join a team with your fellow club members. Friends and family are always welcome to join us. Our quiz master for our June quiz will be club member Rob Pereson ably assisted by our scorekeeper and judge, Club President, Phil.

The prize cupboard is bursting with giveaways including chocolates for everyone, a couple of door prizes and a few other goodies to give away during the quiz.

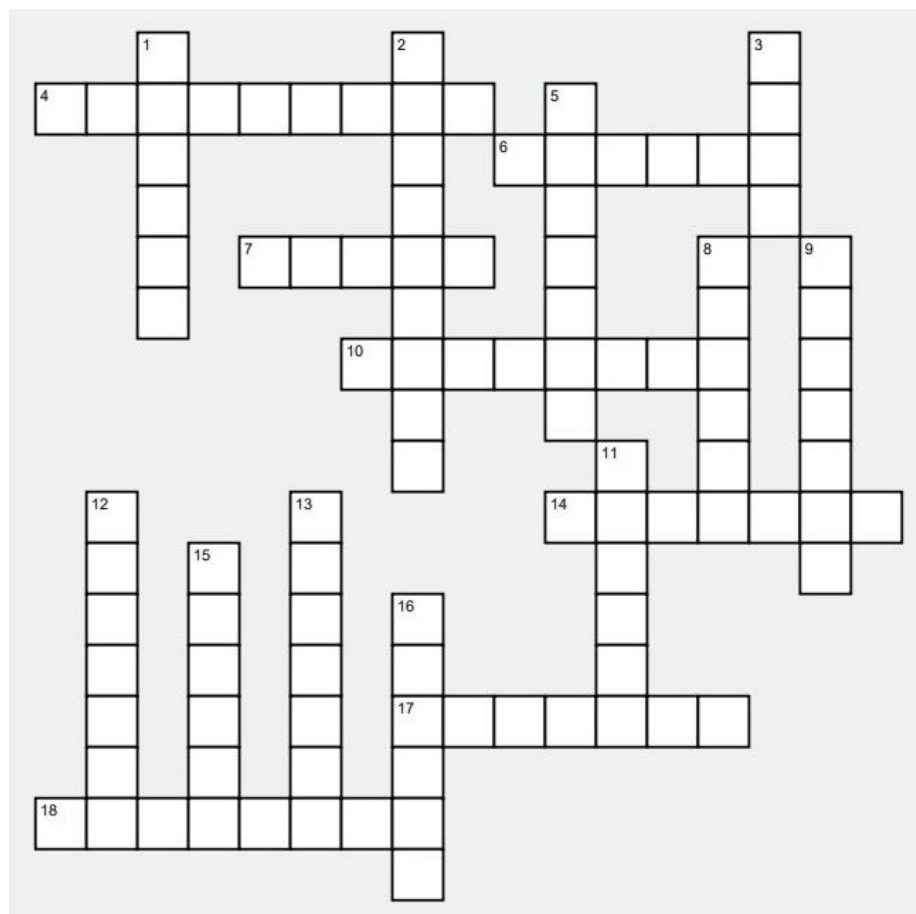
As an added bonus, there will be a great afternoon tea to refresh the brain (and maybe the waistline) during a halftime break.

All this including a fun afternoon activity will only cost you our normal \$5.00 activity fee. We start at 2.00 pm and finish around 4.00 pm. There is no need to book and the public car park opposite the club is free on Sundays. If you have not previously been to one of our trivia quizzes or are one of our regular attendees, I hope you can join us for our next Sunday trivia quiz on Sunday 23 June.

*Norm Swanwick for Team Trivia.*

# TALKING TRICKY!

## Periodic Table Crossword



### ACROSS

- 4) Last row of the table
- 6) Basis of organic chemistry
- 7) High-minded like neon
- 10) Element like oxygen or carbon
- 14) Periodic Table entry
- 17) Mass-to-volume ratio

### DOWN

- 1) Kind of clock
- 2) Arsenic or silicon
- 3) Copper's partner in brass
- 5) Fluorine or chlorine, e.g.
- 8) Second lightest element
- 9) Going from solid to liquid
- 11) Acid's opposite
- 12) Barometer filler
- 13) Seething or bubbling with heat
- 15) Brimstone
- 16) Thyroid need

Solution in next week's Bulletin

## BRAIN TEASERS ANSWERS



### Brain Teaser 1

Answer: He's playing Monopoly



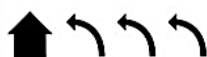
### Brain Teaser 2

Answer: White. The only place you can hike 3 miles south, then east for 3 miles, then north for 3 miles and end up back at your starting point is the North Pole. Polar bears are the only bears that live at the North Pole, and they are white.



### Brain Teaser 3

Answer: His son.



### Brain Teaser 4

Answer: The catcher and the umpire.