



# 'Tugg Talks' Weekly Bulletin Friday 14 June 2024



## CLUB CLIPBOARD!

### **FROM THE OFFICE – Times they are a-changin'**



As you are all aware, the Club is fortunate to have five lovely ladies who voluntarily staff the office each day as well as a 'spare' who fills in when needed.

The Club's 'Girl Friday', Laraine Starkey, has decided to move from her weekly commitment to join Fran to be available on call when needed due to holidays or illness.

Laraine has been Friday's office volunteer for over eight years (hard to believe) and over that period has seen not only the Club grow but has been a vital part of the evolution of the office workplace. Her weekly presence will be missed not only by her fellow volunteers, but by the regular Friday members who have come to know her.

On behalf of the Management Committee and Club members, we would like to sincerely thank Laraine for the time she has spent in the Club office and although she will still be part of the Club landscape, her contribution and dependability has been much appreciated.

We hope that she enjoys returning to her Friday sleep-ins (especially on these gloomy mornings) and being able to spend more time with her interstate family. And we look forward to seeing her at Club activities, especially as the scribe for the office trivia team!

### **Congratulations on a marriage 'milestone'!**

In today's world, reaching 60 years of marriage is an amazing feat and one that needs to be acknowledged.

Long term Club members Sandra and Leigh Hyde celebrated this marriage milestone yesterday and are doing it in style. As avid rail enthusiasts, their family is treating them to a week on the tracks although the heavy Queensland rain has caused the trip in parts to be 'de-railed' to bus travel!

We hope that you have a great time and congratulations on your perseverance!



## CLUB CLIPBOARD – WARMING WEEKEND!

With the temperature being in the low teens this coming weekend, why not banish the winter blues and warm your soul with an indoor game or two or finish that craft project – both with good company and the cozy atmosphere of Gumnut Cottage!

### 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 those +which can be completed within an hour or less are best.

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*

### 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' \*\* 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 15 June – Sunday 23 June

\*GC Gumnut Cottage    \*TSC Tugg Seniors Centre

Day / Date	Time	Activity	
Sat 15 June	9.30 am	Crafty Corner-UFO - GC	
	1.30 pm	Games Afternoon - GC	
Sun 16 June	9.20 am	Discover Canberra WG*	
	9.30 am	Crafty Corner-UFO – GC	
Mon 17 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 18 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	
	2.15 pm	Meditation – TSC	
Wed 19 June	9.30 am	Cribbage – GC	
	10.00 am	'Take 55' Movie Group	
	10.00 am	Carpet Bowls – TSC	
	10.00 am	Ten Pin Bowling	
	12.15 pm	Seated Tai Chi – TSC	
	1.00 pm	K-nit 'n' K-natter – GC	
	1.30 am	Dance for Wellbeing-TSC	
Thurs 20 June	9.30 am	500 Cards- GC	
	10.00 am	Family History – TSC	
	10.00 am	Table Tennis – TSC	
	10.00 am	Pool – Social – GC	
	1.00 pm	Mah-jong – GC	
	1..00 pm	Reading Group – TSC	
	3.30 pm	Social Bridge – GC	
	3.45 pm	Yoga – TSC	
Fri 21 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	
	3.00 pm	Uke 55 Uke Gp – GC	
Sun 23 June	2.00 pm	Sunday Trivia – TSC	

## 'TAKE 55' MOVIE & COFFEE GROUP



**Wed – 19 June – 10.00 am**

We had a lovely meetup on Wednesday with quite a big group, great coffee and conversation, with some of us having lunch.

Once again there isn't a movie that interests us on Wednesday 19th so we will meet at Vikings Tuggeranong at 10.00am. Come and join our friendly group for some great company.

*Pam Hall*

## FAMILY HISTORY GROUP



**Thurs – 20 June – 10.00 am**

### 'Thinking outside the Square'

The group's guest speaker this month is Keith McPherson who has been a family historian for more years than he cares to remember!

Keith will talk about his wife's incredible family history and the journey he took to uncover the many nooks and crannies that make up her story which goes back to William the Conqueror. His research has been very lateral in nature and his talk could inspire you to search in places you have not thought of!



Whether an experienced family historian, a beginner or just interested in family history, please feel welcome!

**\*Walking Group**

## CLUB CLIPBOARD!



### **CRIBBAGE FOR BEGINNERS**



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

Are you interested in learning to play this stimulating and addictive card game?

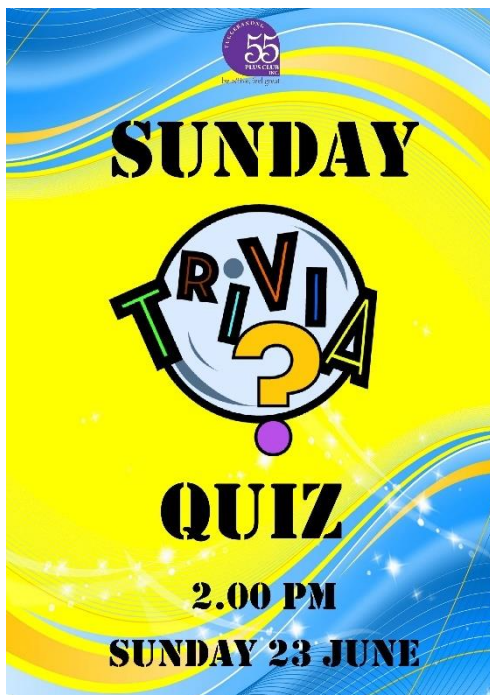
If so, I will be holding cribbage classes for beginners starting Thursday 20 June at 10.00 am in the Lounge room in the Seniors Centre.

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; 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 COUNTDOWN CONTINUES**



**Sunday – 23 June – 2.00 pm**

Our next trivia quiz is now only one week away. Get your team together 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 Peresan, 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.*

# DATE FOR YOUR DIARY!

## **NEXT INFORMATION SESSION**

**OPALS (Older Persons ACT Legal Service)**

**Thursday 4 July – 10.00 am**



Our next Information session is being delivered by OPALS (Older Persons Legal Service) and covers the following two areas:

### **Planning for the future: Wills, EPOAs, and Advance Care Plan Statement of Choices:**

By making future health, accommodation, and legal decisions now, you can plan for a safer old age and decide who you would like to make decisions for you if you can no longer do so. In this presentation, learn about the various tools you can use to plan ahead.

### **Care for your assets:**

As you age, living independently in your own home can become difficult. Because of this, many older people choose to exchange their assets for care from family members. It is important not to rush or feel pressured into this decision, as it can lead to complex legal issues. This presentation will teach you how to protect your interests by outlining the effects trading assets for care may have on your relationships, pension, tax, and future

**Please let the office know that you would like to attend!**

*Older Persons ACT Legal Service (OPALS) is a specialist service within Legal Aid ACT. OPALS provides legal help to older people in Canberra. They can help you with legal issues involving elder abuse, enduring powers of attorney, guardianship and financial arrangements with family members. They will also refer you to other services if needed.*

*They are a confidential legal service, and they will not take any action without your consent first. They are able to assist you by advocating on your behalf with your family or services, through letters or if necessary, through mediation and court proceedings. They are very flexible with how they provide their service and understand that a legal issue does not always mean that you need to end up in court.*

*Please note, while they are able to provide limited advice about wills and estates, they do not assist in drafting or preparing wills.*

You can contact the Older Persons ACT Legal Service (OPALS) on **6243 3436** (Monday to Thursday 8:30 am to 7 pm and Friday 8:30 am to 5 pm) or via email on [opals@legalaidact.org.au](mailto:opals@legalaidact.org.au)

OPALS can also be reached on the national hotline: **1800 ELDERHelp (1800 353 374)**.

## **CLUB – IN REVIEW!**



## **GELLI PRINTING WORKSHOP**

Eight members joined me for the Gelli Printing workshop recently.

We had an hilarious morning on Saturday, mixing and Microwaving inedible jelly! In fact we made our own very durable printing plates and set them in readiness for the creative day on Sunday.



Armed with brand new rollers, paint and lots of paper, we explored one, two and three colour prints. We used a big variety of leaves and other objects as the stencil shapes.

The colour combinations from multiple layers were experimental, and mostly beautiful.

We covered lots of options for reserving white spaces, making different focus points, and black and white top layers.



We ran out of time and energy by late Sunday afternoon and have more skills to explore next time.

Catherine Alexander – Art Instructor

**Watch this space  
for details of future inspiring and informative workshops**

**Art is often created  
through the re-imagining of ordinary things**

## **DATES FOR YOUR DIARY!**

Susan Innes from Fun4Fitness and the Club's Zumba Gold and Movement4Memory instructor is part of another exciting dance opportunity!



FREE Dance classes for women of all ages, abilities and backgrounds.

THURSDAYS - 2:45- 3:30PM  
WESTON CREEK COMMUNITY CENTRE



**COUNT  
HER  
IN** 5/6  
7/8

I'm super excited to be part of [The Stellar Company](#)'s COUNT HER IN - an exhilarating opportunity for all women to break free from societal norms and make a bold statement! Join me for a series of FREE classes, where you will learn a special routine and perform it "flashmob" style in iconic Canberra locations. Society may overlook women, especially as they age, but COUNT HER IN is here to ensure we're SEEN and celebrated! These classes offer more than just dance – they're a chance to reclaim visibility and showcase the power, vitality, and vibrancy of women at every age. Our choreography is designed to be adaptable for all abilities, ensuring everyone can participate and shine. Get ready to make waves, defy expectations, and be part of something truly extraordinary with COUNT HER IN!

Book your spot in class NOW

Or reach out to Susan if you have any questions

[dance4fitness.susan@gmail.com](mailto:dance4fitness.susan@gmail.com)

**Book Now**

# TALKING TAKE THE OPPORTUNITY!



## Help make Canberra the world's age-friendliest city by having your say!

The ACT Government will develop the next Age-Friendly City Plan 2025–2035 to set the

goals and priorities to make Canberra a place where everyone can age well.

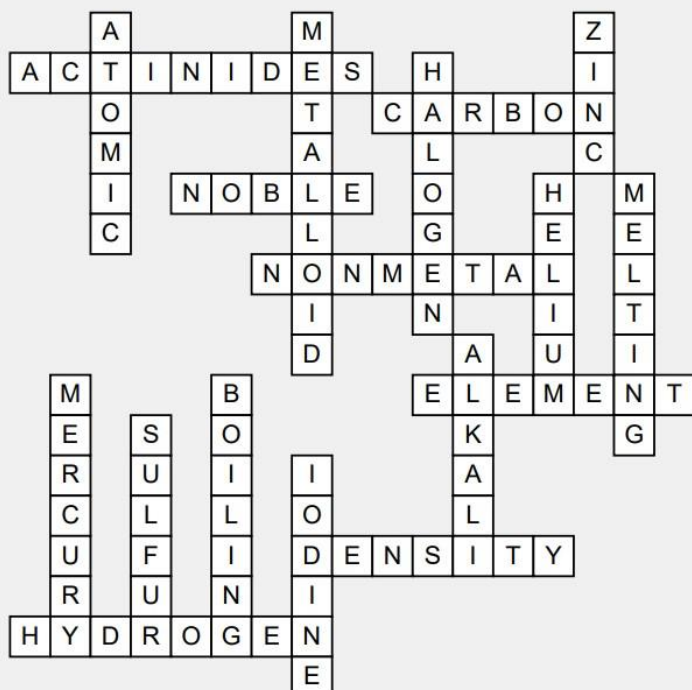
Their vision is for Canberra to be an inclusive, welcoming city, where growing older is celebrated and supported. Learning from the knowledge and experiences of older Canberrans will help ensure that Government services will support their needs.

Canberrans are being asked to share their thoughts and opinions on how to best make Canberra an inclusive, accessible and welcoming city.

Your feedback will be used to develop the next Age-Friendly City Plan which will further embed age-friendly approaches in service design and delivery for the next ten years.

To learn more on how you can have your say and what the community consultation [click here](#)

## Periodic Table Crossword SOLUTION



## FRIVILIOUS FRIDAY!

A 100 year old Hearach Cailleach, when asked about the secret of a long life:-

“For better digestion – I drink brandy.

In the case of appetite loss –

I drink white wine.

In the case of low blood pressure –

I drink red wine.

In the case of high blood pressure –

I drink rum.

And when I have a cold – I drink whisky.”

“When do you drink water?”

“I have never been that sick!”

