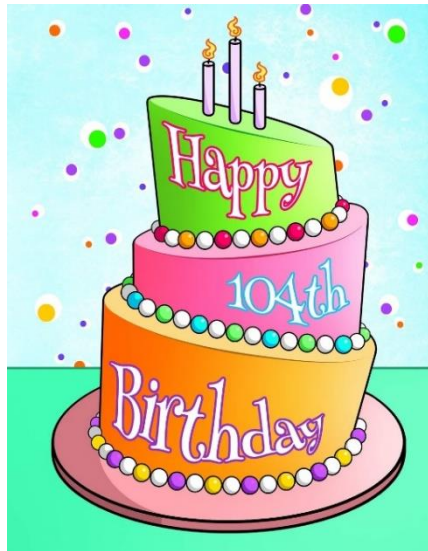




Weekly Bulletin Friday 24 June 2022



104 YEARS YOUNG!

Tuesday 21 June not only marked Winter Solstice but was also the day to celebrate another milestone for member, Anne Sneap, who turned an astonishing **104!** Anne is an active member of both the Knit n Knatter and Learning Circle groups where she shares her knitting expertise and her wit and wisdom. Anne brings great joy to all who enjoy her company; she has a remarkable resilient spirit, always remains positive and is a constant reminder that age is but a number!

HAPPY BIRTHDAY, ANNE!

This article was in the City News 22 June 2016 when Anne turned a mere 98:

Anne puts her busy needles to good work

WHEN you're 98 you need a hobby, says Anne Sneap and, for her, knitting doubles as a pastime and a way to help others.

Anne's work, from hats and scarves to pullovers and bears, was on display at the Worldwide Knit in Public event arranged by the Knit and Knatter group of the Tuggeranong 55 Plus club.

"I started knitting when I was four with my mum, and I made a dishcloth, though it was probably more holes than knitting!" she says.

Anne says she has knitted on and off through her life, but the hobby resurfaced during a 14-week stay in hospital a few years ago.

"I needed a way to pass the time, so I started knitting again," she says. "I made things that were sent to Africa, hats and bears mostly, and I also donated bears to Hawker Pathology and the Canberra Hospital."

Anne, 98, has one daughter, five grandchildren and 11 great-grandchildren.

"I enjoy knitting for the kids, but I also like to help others," she says. "It doesn't matter how old or young you are, you can still think of people other than yourself."



Anne celebrating with a Teddy Bear Cake at Knit n Knatter - Anne is well known for her wonderful, knitted teddies!

WHAT'S BEEN HAPPENING!

THE WINTER SOLSTICE SATURDAY 18 JUNE



The burning log fire projected on the screen and the sunny wall banners set the scene for acknowledging the Winter Solstice last Saturday. While the actual Solstice was not until Tuesday, the Club celebrated the coming change of season with songs, soup, and musical Bingo!

A fragrant hot 'toddy' was served as the Heart and Soul Singers began the day's program. Singing songs that focused on the passing of the shortest day and the longest night, the group embraced the spirit of the day with their stunning headpieces.



A choice of three warming winter soups with bread followed – chicken and vegetable, roasted pumpkin and spicy lentil – delicious and served directly to the tables by our hardworking 'serving wenches'!



The solstice is a tangible turning point as the light builds towards spring and the entertaining Musical Bingo, next on the agenda, featured songs referencing the sun and the season. Norm invited everyone to sing along which we all did as many were familiar songs from our collective youth!

Yule logs, snowballs and soul cakes completed the menu and lucky door prizes brought the afternoon to a close.

Another tremendous effort by the social committee; Jill, Margaret, Mandy & Norm who not only made the soup, hot toddy and soul cakes beforehand, but worked tirelessly on the day. Big thank you to Sandra for the Yule logs and to the long-suffering spouses, Mike, Phil and Rob who also did more than their fair share on the day!

And perhaps next time we might do a 'Dark Mofo' and try some naked bathing in our favourite lake?

Roving Bulletin Reporter

ACTIVITIES UPDATE!

TIMETABLE

Monday 27 June – Sunday 3 July

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 27 June	9.30 am	Bolivia - GC
	9.30 am	Zumba - TSC
	10.30 am	Graphites DG - TSC
	10.30 am	M 4 M - TSC
	1.30 pm	Table Tennis - TSC
Tues 28 June	2.00 pm	Improvers Bridge - GC
	4.30 pm	Yoga - TSC
	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	10.00 am	Beginners Pool - GC
Wed 29 June	10.00 am	LL Cycling Group
	1.00 pm	Mah-jong – GC
	1.15 pm	Seated Yoga – TSC
	9.00 am	'Take 55' Movie Group
	9.30 am	Cribbage – GC
Thurs 30 June	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
Fri 1 July	9.30 am	500 (cards)- GC
	10.00 am	Social Pool - GC
	1.00 pm	Mah-jong – GC
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga – TSC
Sun 3 July	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
Sun 3 July	2.00 pm	Carpet Bowls – TSC
	9.20 am	Discover Canberra WG
	2.00 pm	Social Bingo - TSC

SCHOOL HOLIDAYS TIMETABLE

ZUMBA



MOVEMENT 4 MEMORY



Finishes - Monday 27 June

Restarts - Monday 18 July

TEN PIN BOWLING



Finishes – Wednesday 22 June

Restarts – Wednesday 20 July

YOGA (all classes)



Finishes - Thursday 30 June

Restarts - Monday 18 July

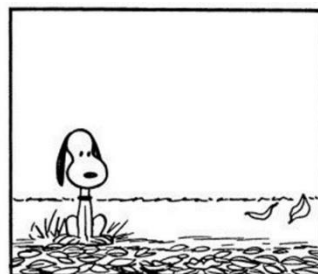
Wednesday – 29 June – 9.00 am 'TAKE 55' Movie/Coffee Group

We had a lovely coffee meetup on Wednesday morning, great company and good conversation.

On Wednesday 29 June we will go to the movie, *Elvis*, at Limelight at 10.00 am, meeting at Cherry Bean at 9.00 am for coffee before going to the movie. *Pam Hall*



*The standard rock biopic formula gets all shook up in **Elvis**, with Baz Luhrmann's dazzling energy and style perfectly complemented by Austin Butler's outstanding lead performance.*



WHAT'S ON THIS WEEK!



DID YOU KNOW?

That Bingo aids Better Emotional and Physical Health?

In addition to mental stimulation, playing Bingo also has some pretty impressive emotional and physical benefits! A game of Bingo is typically a fun-filled event where players have the opportunity to laugh and enjoy each-other's company.

Laughter triggers the release of endorphins, the body's "feel-good" chemicals. This creates an over-all sense of well-being and can even have some pain-relieving effects. Laughter also relieves stress and can even boost the immune system!

Bingo can help to form and maintain important social connections. Seniors who remain socially active typically enjoy better health and happier lives. They have lower risk of loneliness or depression, lower blood pressure, and stronger immune systems.

Getting to know other regular Bingo players contributes to a sense of community and belonging. It may even lead to forming friendships that extend beyond the game.

So, why not come along on **SUNDAY 3 JULY AT 2.00 PM** and enjoy an afternoon of Bingo – all materials are provided as well as half time nibbles and John and Phil (Bingo caller) will be your hosts! Your endorphins will thank you!



WHAT'S COMING UP - **BANISH THE WINTER BLUES!**

BY ENJOYING A CHARMING RURAL ESCAPE! **THURSDAY – 28 JULY**

On Thursday 28 July, we are going to enjoy a slice of country tranquillity when we escape to the picturesque village of Bungendore. A cosy lunch at The George at the Lake George Hotel will await us and the menu selection below is designed for 'inner' warmth, complimenting the dining room's feature fireplace.



Please choose from the following:

- 1 - Beef Sausages, three country-style beef sausages, mash, vegetables, onion jam and gravy (GF)
- 2 – Grass fed Black Angus, Black Ale and Mushroom Pie with mash potato and seasonal vegetables
- 3 - Traditional Spaghetti Bolognese beef mince ragu, Bolognese sauce, parsley and parmesan
- 4 - Beer Battered Fish and Chips, double hake fillet with house chips, salad, lemon and tartare sauce (GFA) (DF) *May contain bones*.
- 5 - Beetroot and Goats Cheese Salad, cous-cous, sundried tomato, pecan, rocket, raisins, balsamic (N)

There will be time before and after lunch for a stroll around Bungendore's many heritage-listed buildings and we will provide you with a town map as a guide.

Leaving from the car park near the Burn's Club in Kett Street, Kambah at 10.00 am, we will be travelling again with Horizon Coaches. The day will not be too long as we will return around 3.00 pm.

Cost is \$55.00 which includes lunch.

Bookings with payment and menu choice by Thursday 14 July.



TALKING 'TODDIES'!



THE HOT TODDY THROUGH HISTORY

This simple, and soothing creation can provide inner warmth and has been praised for centuries as a go-to treatment for seasonal illnesses.

Winter is in full swing, and so is flu season. A hot toddy can be a magical cure for cold and flu symptoms and is simple to make – basically all you need is hot water, sugar and spices. Nutmeg, cinnamon, and ginger are popular, in combination with a brown liquor like whiskey or rum. Cultures around the world have their own versions, and because of the drink's simplicity, its history is a little muddled.

There is some consensus that the drink was created in India during the 1600s and known as a *tārī*, made with fermented palm sap, and served cold. In the 1700s, while India was under British rule, the *tārī* was officially recorded as a “beverage made of alcoholic liquor with hot water, sugar and spices.” As British trade routes expanded, the drink became popular in the United Kingdom, and was subsequently used as a cure-all against the harsh rigors of winter.

That said, there are other origin stories that lay claim to the hot toddy. Some Scots believe it's not a real hot toddy unless it's made with water from Tod's Well in Edinburgh. Others say an Irish doctor named Robert Bentley Todd invented the beverage to ward off illness (he reportedly prescribed a mix of hot brandy, cinnamon, and sugar water).

By the 19th century, the concoction was in wide use throughout Europe and Colonial America when American colonists during the Revolutionary War would drink hot toddies as a form of “liquid courage” before needing to fight.

As time passed, the popularity of this special drink continued to spread as many people began to believe in its preventative measures. In fact, in 1837, it was hailed as a “cure-all” by the Burlington Free Post in Vermont.

Today, a traditional hot toddy will contain a shot of alcohol (often whiskey, but it could also be brandy or rum), as well as a blend of honey, lemon, water, and cinnamon (often in the form of a cinnamon stick). Some variations may add ginger, star anise, cloves, apple cider vinegar, maple syrup, lime juice, or bitters. Some people even like to brew a tea bag into the mix for extra flavour and as an herbal home remedy.

11 January is National Hot Toddy Day and a good excuse to brew up your favourite type of hot toddy and enjoy!

We enjoyed a ‘hot toddy’ on Saturday at the Winter Solstice, courtesy of Mandy – it was delicious, and comforting – the recipe is below for you to try at home!



TALKING 'TASTY'!

And what is a warming hot toddy without a sweet treat
and what better accompaniment than a finger of shortbread!

Recipes courtesy of Mandy Cox and one of our favourite 'hens', Betty Beatie!



Mulled Apple Juice

Ingredients

- 1 litre apple juice
- strips of orange peel
- 1 cinnamon stick, plus extra to garnish, if you like
- 3 cloves
- Sugar or honey, to taste

Method

STEP 1

Simmer the apple juice with the strips of orange peel, cinnamon stick, and cloves for about 5-10 mins until all the flavours have infused. Sweeten to taste.

STEP 2

Serve each drink with a little orange peel and a piece of cinnamon stick, if you like.

Note from Mandy:

I adapted slightly instead of putting in strips of peel I put the whole orange in it. Plus, I used a few squeezes of honey (to taste)!



Scottish Shortbread

Ingredients

- 250g Butter
- 150g Caster sugar
- 200g SR flour
- 200g Plain. flour

Method

Beat sugar and butter till light and fluffy.

Add sifted flours, mix to soft dough.

Press into 2, 18 x 28 cm trays, cut into fingers, prick with fork, sprinkle with sugar.

Bake for 20 to 25 mins at 185 Celsius until golden brown.

Cut into fingers again and remove from trays. Leave in trays for only a few minutes. This keeps them crisp.

Keeps very well in airtight container. Enjoy!

Note from Betty:

I line my trays with foil or baking paper. Easier to lift out of trays. 1/2 can be wrapped and kept in freezer for cooking later!

COMMUNITY BILLBOARD!



UFO - UNFINISHED OBJECTS

(2nd Saturday of the Month - Tuggeranong)

9 July 2022 - 1:00 PM to 3:00 PM

Tuggeranong Library

Description

What in the world does a UFO have to do with crafting? Let us tell you. 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.

We suspect that the many lockdowns in 2021 and 2022 have also produced a growing number of UFO's at home!

Life happens. Priorities come up and those creative projects get to sit on the back burner. It happens to all of us, so bring in your unfinished projects and get them done as part of our UFO Unfinished Objects series!



Basketball ACT runs a weekly program called Walking Basketball; a program which is focused for adults over 50 to come along and participate in playing basketball in a low intensity manner. The focus is also to have fun in an inclusive environment while getting active.

Each session contains a skill element and finishes up with a game at the end. After the session finishes, hot drinks and a cake are provided giving an opportunity to socialize.

Basketball ACT have been running this program at Belconnen Basketball Stadium which has been a huge success, and they are now currently expanding their program to the Tuggeranong Southern Cross Basketball Stadium, Court 1.

And they would love to engage seniors in this program on the south side of Canberra. The sessions are held Tuesday mornings – 10.00 am – 11.00 am. The cost is \$10 per participant which also covers the cost of the hot drinks and cake of each session. For more information: www.basketballact.com.au

RHYMING RIDDLES ANSWERS

1. Fight	2. Right	3. Height	4. Kite	5. Fright	6. Bite
7. Might	8. Night	9. Bright	10. Sight	11. Tight	12. White
13. Site	14. Flight	15. Invite	16. Delight	17. Write	18. Ignite
19. Alight	20. Knight				