



Weekly Bulletin

Friday 25 June 2021

WEEKEND ACTIVITY!

Sunday - 27 June - 2.00 pm

WINTER GAMES AFTERNOON



Do you remember those cold or wet winter afternoons when you were a child? I certainly do when, with my siblings and neighbours, we would gather in the lounge room and play various games – Monopoly, Scrabble, Old Maid, fiddlesticks, jacks (or perhaps you knew it as knuckles).



Why not come to Club on Sunday 27 June at 2.00 pm and join fellow members in a game or two? I am not promising the above games but there will be plenty for you to choose from or bring your own favourite game. This month we will be meeting in the main building not Gumnut Cottage. Afternoon tea will be supplied – bring a plate if you wish.

Anne Meade

Sunday - 4 July - 2.00 pm

SOCIAL SUNDAY BINGO

Bingo is on the first Sunday of each month. We know that Bingo is a fun game – but as it turns out, this good old-fashioned game packs major mental and physical health benefits. Playing increases mental flexibility and alertness (needed to stay in the game!) and exercises hand-eye coordination (due to the fast-pace and repetitive nature of the game). There is also a lot of laughter involved (the best medicine of all) and it promotes socialisation. Face-to-face contact is like a vaccine, making us more resilient to stress, improve memory and even lessen pain.

So why not come and discover why this game is so popular and give your brain a workout at the same time! Games prizes are in keeping with the flavour of the day with a special prize for the last game thrown in for good measure; bingo sheets/pens will be available on entry.

As always, please register your intention to attend by either ringing the office: 6293 4004 or email: tugg55plusclub@gmail.com



SLOW DOWN, UNWIND & EXPLORE A LITTLE!

LEISURELY LUNCH – JUGIONG

Wednesday – 28 July

We have decided to try again and are responding to members' requests to start day trips to local regions incorporating a 'leisurely lunch'.



On Wednesday, 28 July, we will slow down, unwind and explore a little of the regional areas of Yass and Jugiong. Travelling with Malcolm from Monaro Coaches, we will stop for morning tea in Yass at the beautiful main street Coronation Park.

From there we will journey on to our lunch destination, The Sir George Hotel in Jugiong. Built in 1845, the building has been lovingly restored as an old-fashioned pub, serving locally sourced produce from the Riverina. Our simple delicious menu will be roast lamb with potatoes, pumpkin, greens and gravy, followed by a selection of cakes and slices. Drinks will be available for purchase on the day.



Jugiong is a pretty, historic village set just off the Hume Highway and is enjoying an exciting revival. Old buildings have been restored and new buildings are springing to life, making it a picturesque place to stop for a while. We hope you will agree!

The bus will leave from the car park near the Burns Club in Kett Street, Kambah at 9.30 am and return around 4.00 pm.

The cost of \$65.00 is inclusive of coach trip, morning tea and lunch. Drinks at lunch are at your own cost. Bookings with payment at the Club office (Monday to Friday 9.30 am – 2.30 pm) by Friday 23 July.

EARLY JUGIONG

The first people to live in the area were the Wiradjuri people. The name 'Jugiong' is believed to derive from the Wiradjuri word *dyagang* meaning *boys without mothers*. It is believed that the Wiradjuri people used the land around Jugiong for ceremony, particularly for boys, to celebrate their transition to manhood.

The first Europeans were the explorers Hamilton Hume and William Hovell who travelled through the area in 1824.

Henry O'Brien, an Irishman, started farming sheep in 1825. His farm, called the Jugiong Run, was 125,000 acres.

Explorer Charles Sturt reached the Murrumbidgee at Jugiong in 1829 at the start of his travels down the river.



CLUB CLIPBOARD

ON THIS COMING WEEK

Wednesday - 30 June – 10.00 am
'TAKE 55' –Coffee 'Catchup'



A small group braved the cold to meet on Wednesday and we all warmed up with coffee and conversation.

As the school holidays are starting next week, all the interesting movies are in the gold class cinema. So again, we will meet on Wednesday morning for 'Coffee Catchup' at **Vikings Club, Tuggeranong at 10.00 am.**

Come and join us for good company and morning tea in a lovely warm environment.

Pam Hall

Thursday – 1 July – 10.15 am
POOL GROUP - Burns Club, Kambah

This 'outside' activity is held on 1st and 3rd Thursday mornings of the month at the Burns Club in Kambah – normal table fees apply. Why not join your fellow Club members, both men and women, as they enjoy this low impact activity which gets you walking and stretching around the pool tables, making social connections and enjoying the mathematical challenge? And if you are tempted to take up a cue for the first time, there will be someone to show you how to play!

John Williamson

HOLIDAY TIMETABLE

Yoga

Term finishes **Thurs 17 June**
 and resumes **Mon 19 July**

Zumba Gold & Movement & Memory

Terms finish **Mon 21 June**
 and resume **Mon 12 July**

Ten Pin Bowling

Term finishes - **Wed 16 June**
 and resumes - **Wed 14 July**

TIMETABLE

Sunday 27 June – Sunday 27 June

***GC Gumnut Cottage *TSC Tugg Seniors Centre**

Day / Date	Time	Activity
Sun 27 June	2.00 pm	Games Afternoon - TSC
Mon 28 June	9.30 am	Bolivia (cards) - GC
	10.30 am	'Graphites' - GC
	2.00 pm	Social Bridge - GC
Tues 29 June	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W - TSC
	10.00 am	LL Cycling Group
	9.30 am	Euchre - GC
	1.00 pm	Mah-jong - GC
Wed 30 June	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls - TSC
	10.00 am	Take 55–Coffee C'up
	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
	3.00 pm	Beginners Bridge - CG
Thurs 1 July	9.30 am	500 (cards)- GC
	10.00 am	Family History - TSC
	10.15 am	Pool Group
	1.00 pm	Mah-jong - GC
	2.00 pm	Book Club - TSC
	3.30 pm	Improvers Bridge - GC
Fri 2 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
	2.00 pm	Carpet Bowls- TSC
Sun 4 July	9.20 am	Walking Group
	2.00 pm	Social Bingo - TSC



GIRLS ON BIKES!



On a Sunday afternoon, whether the skies are cloudy or clear, a group of women come together to ride bikes.

It might not seem out of the ordinary for Canberra – the footpaths are often filled with cyclists on any given weekend – but this group has a deeper purpose.

The women are participants of Girls on Bikes, a free learn-to-ride program which aims to mobilise and connect migrant and refugee women in the Canberra community in a safe and supportive space.

The program is modelled on Pedal Power's *Cycle Well Learn to Ride* program, which teaches basic bike skills to adults who have never ridden a bike or want to refresh their beginner skills. In the Girls on Bikes program, participants are provided with a free bicycle and helmet to help them continue their cycling journey at the end of the course.

Held under the auspices of Pedal Power ACT, the program is run by a team of passionate volunteers, including previous Girls on Bikes participants who have now been trained as cycle instructors. ACT Government Sport and Recreation gave Pedal Power ACT a Women's Sport and Recreation Participation and Leadership Program grant in 2019 to help expand the program.

The idea was formed in 2016 by Canberran Sophie Fisher, who was teaching English to migrant and refugee women when she discovered many of the women had never ridden a bike.

As a keen rider, she knew the benefits of cycling and decided to share her passion while connecting women. Since its launch in 2017, 120 women have successfully completed the program, meeting in groups of about 10 once a week.

Volunteers have the pleasure of seeing the benefits and changes in the women who participate in the program. The participants have not only been grateful for the skill of cycling, but for the lifelong friendships that they have made.

Find out more about the program and how you can volunteer or donate a bike, click on this link: <https://www.pedalpower.org.au/courses/girls-on-bikes/>

COMMUNITY BILLBOARD



PUBLIC ART TREASURE HUNT #9 – TUGGERANONG **Saturday – 3 July 2021**

Have you noticed that really nice tree near the lake? That tree, along with many other pieces of overlooked beauty, is about to be transformed into a piece of valuable art. All thanks to the power of white gallery labels. And your help!

YOUR MISSION (should you choose to accept it!)

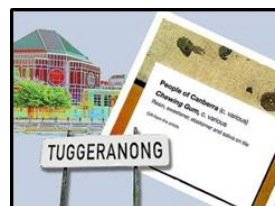
- Come to Art Hunt Headquarters (between Anketell and Cowlshaw streets, outside Cubs Corner) between 11am and 3pm, and bring your smart device.
- Claire and Pablo from PeopleLab will give you a secret link to the digital treasure map, and a gallery label to stick somewhere in the local area.
- Use the treasure map to find the interesting object that matches your label and attach it!
- Return to headquarters to claim your prize (a really nice leaf).

Free to enter. All ages and abilities welcome. You can hunt solo or as a group. Invite your friends!

They will provide hand sanitiser and sunscreen and will be following ACT Health COVID-19 guidelines for your safety. If you have cold or flu like symptoms, please stay home.

They encourage you to wear comfortable shoes for walking. This event is wheelchair accessible. If you have extra accessibility requirements, please message them so they can accommodate your needs.

"I loved seeing the beauty in the little things we never notice. The labels draw other people's attention to the beauty too!"
- Happy customer from previous hunt.



TAX HELP FOR SENIORS

Council on the Ageing (COTA) ACT will have a Tax Help Volunteer again this year. Tax Help is a free and confidential service to help people on a low income (around \$60,000 or less) with simple tax affairs to complete their tax return online with myTax. It is available from July to October.

Volunteers can help you lodge your tax return or amendment online or claim a refund of franking credits.

To make an appointment

If you're eligible for Tax Help, you will need a **myGov account that is linked to the Australian Tax Office**. If necessary, our volunteer can help you create your myGov account for you.

When you are ready to make an appointment, phone us on **6282 3777**.

COMMUNITY BILLBOARD

ENVIRONMENT, PLANNING AND
SUSTAINABLE DEVELOPMENT



HAVE YOUR SAY ON DISTRICT PLANNING

The Environment, Planning and Sustainable Development Directorate is providing an opportunity to help shape the future of Canberra's planning system through the [ACT Planning System Review and Reform Project](#).

They are currently reviewing the ACT planning system and want to know what Canberrans value about their local area and what should be considered in a new layer within our planning system – District Planning.

Throughout June they have been hosting workshops in each of Canberra's eight urban districts, asking people to share their thoughts on what's important for their area.

They have now launched an [online activity](#) so that more Canberran's can have their say, and they invite you to participate, and encourage your networks to have their say also.

Their District Planning activity asks people to work through a series of maps of their district and leave comments related to five themes:

- Compact and efficient city
- Diversity
- Sustainable and resilient city
- Liveability
- Accessibility

Click on this link, to access this activity:

<https://yoursayconversations.act.gov.au/act-planning-system-review-and-reform/district-planning>

This activity is open until **Friday 18 July 2021**, so check out the page to have your say now.

Environment, Planning and Sustainable Development Directorate | ACT Government
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www.environment.act.gov.au or www.planning.act.gov.au



ACT
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Environment, Planning and
Sustainable Development