



'Tugg Talks' Weekly Bulletin Friday 28 June 2024



CLUB CLIPBOARD!



GARDEN GOSSIP

'Tool Time' – Leo Sawicki

Tuesday – 2 July – 10.00 am



It's not rocket science - looking after your garden tools means they will last the distance and save you money in the long run.

The internet is full of advice and videos on how to maintain your tools but as our guest speaker, Leo Sawicki, will show us - there are a few simple things to do that don't take much time and will do the trick nicely. I had never thought of sharpening my spade or hoe until I met Leo and realise now that would save me effort!

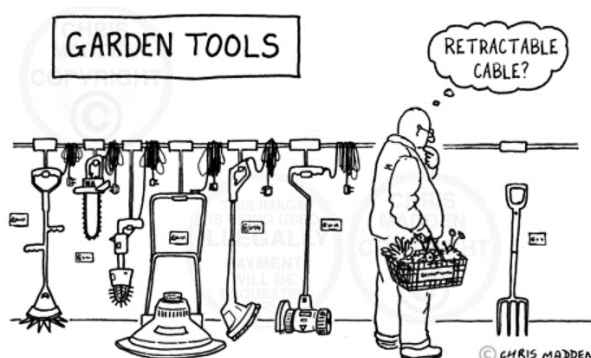
As Leo will show you, all you need is a rag or two, a stiff brush (I use an old pot brush), some 3 in one oil (or sewing machine oil), a bit of metho for sterilising (or vinegar) and maybe some wet and dry sandpaper then you are set to go. If you want to get fancy, you can buy a small sharpening blade or a metal file and then you can sharpen to your hearts content.

Leo and I will bring some cleaning and sharpening gear, so if you have anything that needs a tidy up bring it along for us to use as a demo piece.

Meanwhile, if you have the inclination have a look at just two of the many pages of advice you can find online!

<https://www.bunnings.com.au/diy-advice/garden/planting-and-growing/how-to-maintain-your-garden-tools>

<https://www.rhs.org.uk/garden-jobs/cleaning-tools>



CLUB CLIPBOARD!

TIMETABLE

Sunday 30 June – Sunday 6 July

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 30 June	9.20 am	Discover Canberra WG*
Mon 1 July	9.30 am	Bolivia – GC
	9.30 am	Crafty Corner – GC
	9.30 am	Zumba – TSC
	10.30 am	Mov 4 Mem – TSC
Tues 2 July	1.30 pm	Table Tennis – TSC
	2.00 pm	Casual Bridge – GC
	8.00 am	Active Ex – Men – TSC
	9.10 am	Active Ex – W – TSC
	10.00 am	Garden Gossip - GC
	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 3 July	2.15 pm	Meditation – TSC
	8.30 am	Intro to Bird Watching
	9.30 am	Cribbage – GC
	9.30 am	'Take 55' Movie Gp - GC
	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
Thurs 4 July	1.30 am	Dance for Wellbeing-TSC
	9.30 am	500 Cards- GC
	10.00 am	Pool – Social - GC
	10.00 am	Info Session-OPALS-TSC
	1.00 pm	Mah-jong – GC
	2.00 pm	Book Club - TSC
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga – TSC
Fri 5 July	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
Sun 6 July	2.00 pm	Carpet Bowls – TSC
	9.20 am	Discover Canberra WG*
	2.00 pm	Social Bingo - TSC

***Walking Group**



INTRO TO BIRDWATCHING

Wed – 2 July – 8.30 am

Last month we went to The Australian National Botanic Gardens and saw twenty-seven species of birds, including six different honeyeater species and an Olive Whistler, which was a very special find.

Our walk through the Banksia Garden was very special too, with lots of varieties in flower and attracting Eastern Spinebills and New Holland Honeyeaters.

At this time of the year Superb Lyrebirds are most active and so we will go to the Cascade Trail in Tidbinbilla Nature Reserve, where they have been seen at close quarters.

We will meet at the Sea Scouts Hall carpark on the eastern side of Lake Tuggeranong at 8:30 am for carpooling. Alternatively, participants may wish to meet us at the visitor's centre at Tidbinbilla at 9.00 am.

Wear sturdy shoes and bring a hat, water, binoculars and sunscreen.

Please let Lia know if you will be attending, and if you will meet at the Scout Hall or at Tidbinbilla.

Her email address:

liabattisson@outlook.com.



CLUB CLIPBOARD!

'TAKE 55' MOVIE & COFFEE GROUP

Wed – 3 July – 9.30 am



We had our first showing of a movie in Gumnut Cottage on Wednesday and saw “Under the Tuscan Sun”, a film based on the 1996 memoir by Frances Mayes. The group have decided to continue with the movies at the Club until something comes up at Limelight.



On Wednesday 3 July, we will meet for coffee/tea at 9.30 in Gumnut Cottage with the movie starting at 10.00. Next week we will screen the 1967 film *Guess who is coming to Dinner*.

The movie has a strong cast, Spencer Tracy, Sidney Poitier and Katharine Hepburn who give excellent performances. When Mat and Christina Drayton's daughter brings home her new fiancé, they are naturally apprehensive about meeting him. But when Joanna and John arrive for dinner, the Draytons discover that they aren't as broad-minded as they thought they were.

Come and join us: the room at Gumnut Cottage is heated with comfortable chairs and a big TV!

Pam Hall



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 aged care fees.

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

DATES FOR YOUR DIARY!



QIGONG WORKSHOP

The Twelve Steps Dao Yin

Health Preservation Exercise



Saturday – 13 July

10.00 am – 1.00 pm

The 12 movement Qigong can be practiced in both seated and standing positions. The movements are graceful and easy to learn and are based on the principles of Chinese medicine. The 12 step preservation exercises form a complete set of meridian exercises combining mental concentration, breath control and body movement life vitality. The set of qigong exercises combines Dao Yin with healthcare and is effective for keeping good health.

The movements not only increase the flexibility of all the joints of the body, but also strengthen the muscles, bones and ligaments. Even more important is its reflections the coordination between the rise and fall of the movements and the qi circulation of the internal organs, and the harmonious relationships between man and nature, which means the "harmony of man with nature". This undoubtedly has certain effects on improving the physique, preventing and treating illnesses, and prolonging life.

Cost - \$55.00

**Bookings with payment
at Club Office
by Wednesday 10 July**

Presented by Tunde, from Tunde-World, this workshop is an introduction to the ancient healing practice of Qigong.

Tunde is an International qualified instructor of Health Qigong and Yang style Tai Chi, a natural healing therapist and meditation teacher.

DATES FOR YOUR DIARY!



VISITING LOCAL VILLAGES

Historic Hall & Scenic Sutton

Wednesday 17 July



As the temperature lowers and the cold weather sets in, we have organized a jolly jaunt to two local villages to shake off the winter blues. The day will be a very relaxed one, leaving at 9.00 am from Burns Club carpark in Kett Street, Kambah and will be travelling with Andrew from Horizon Coaches.



We will make our way to the historic village of Hall where we have organized a guided tour of the Hall Heritage Centre. Run solely by passionate volunteers, they are opening the Centre just for our group. Beginning life as the Hall School Museum, the Centre's interests and activities now expand well beyond the old school museum with exhibits also covering the history and heritage of the Ginninderra District.

Our second village visit is scenic Sutton, where lunch will be courtesy of the local Little Sutton Bakehouse. There is a variety of delicious options available, and we ask you to choose your preference when you book, from the list in the office.



On the way home, warmed by food and beverage, we may take a detour to 'The Henge' on Mac Reef Road (the area's own Stonehenge) and Farmer Brown's Self-Serve Eggs in Hall (please make sure you have cash if you wish to purchase).

Time and weather will be our guide on the day.



Cost for the day is

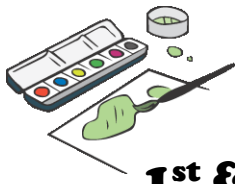
\$75.00

(bus, lunch, museum donation)

Booking with payment

Friday 12 July

'HIGHLIGHTING' HIRERS!



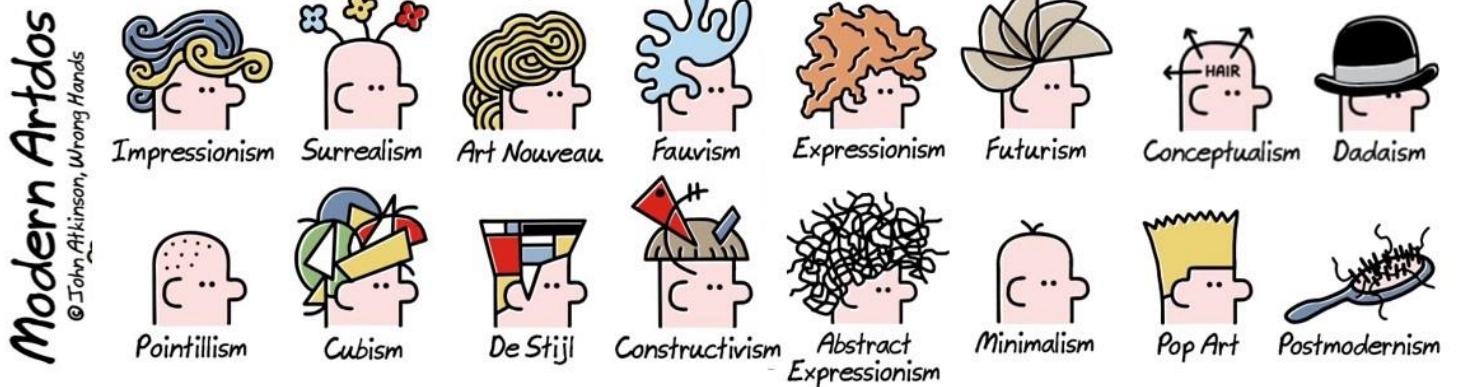
Talking Art



1st & 3rd Thursdays – 12.30 pm – 3.00 pm

Art teacher Catherine Alexander's casual 'Drop in' art group has become part of the Club's hiring community and meets in the Parkview Hall at the Tuggeranong Seniors Centre on 1st and 3rd Thursday afternoons – 12.30 pm – 3.00 pm.

Designed as an opportunity to create, have fun and chat over coffee, this group is open to anyone, member or non-member who wishes to continue with their art projects in a friendly group environment. For the small amount of \$1, why not take the time to explore your artistic endeavours at your own pace, with like-minded people!



Women's Neighbourhood Group

Fridays – 10.00 am – 12.00pm

The Women's Neighbourhood Group is a friendly, informal social group for women of all ages who meet every Friday morning at Gumnut Cottage from 10.00 am for chats, friendship and fun!

The group have ongoing projects that help people in need and supports the Australian Federal Police and Canberra Hospital with donations of hand-made Trauma Teddies and rugs.

They also provide handmade donations to the homeless and make adult bibs and crochet knee rugs for residential aged care facilities.

If you would like to join them,
Marlene will make you feel very welcome!



COMMUNITY BILLBOARD!



PELVIC FLOOR WORKSHOPS

Dates for 2024

The Community Care Physiotherapy Service provides Pelvic Floor Workshops at Community Health Centres in Canberra. The aim of these sessions is to provide information, education and self-help strategies for women who are wishing to prevent continence problems.

Dates for 2024

Venue

Monday 1 Jul 2024

1.00pm-3.30pm

Tuggeranong Community Health Centre

Thursday 8 Aug 2024

1.00pm-3.30pm

Gungahlin Community Health Centre

Wednesday 4 Sept 2024

9.30am-12.00pm

Phillip Community Health Centre

Tuesday 8 Oct 2024

9.30am-12.00pm

Belconnen Community Health Centre

Thursday 7 Nov 2024

9.30am-12.00pm

Tuggeranong Community Health Centre

Thursday 5 Dec 2024

1.00pm-3.30pm

Gungahlin Community Health Centre

To book a place, please contact Community Health Intake on **(02) 5124 9977**.

Click on link for more information - **[Pelvic Floor Workshops](#)**



COMMUNITY BILLBOARD!

FREE!

ACT 2024 Veteran's and Families' EXPO



Saturday 20 July, 10am-3pm
Hughes Community Centre (Wisdom St Hughes)

Join us for a free Expo with:

- Activities for kids of all ages
- Information seminars
- Interactive activities and entertainment
- Food and drink vendors
- Free parking
- Connect with businesses and services
- Explore support services available for veterans
- Visit the Hughes Community Shed/ Recyclery and Garden



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