



Weekly Bulletin

Friday 15 July 2022

WHAT'S ON THIS COMING WEEK!

Saturday – 1.30 pm

GAMES AFTERNOON



The Games Afternoon is on again tomorrow and Sandra has agreed to be activity leader in Anne's absence.

Starting at 1.30 pm, this relaxed afternoon is a chance to play a game or two, possibly learn something new and while away a winter's day. And it exercises a few brain cells at the same time!

There is usually a 'good spread' for afternoon tea with plenty of time for socialising with fellow members!

Why not come along and get addicted!

Wednesday – 20 July – 9.30 am

'TAKE 55' Movie/Coffee Group

Another lovely coffee meetup on Wednesday, with a few of us having lunch afterwards. On the Wednesday, 20th, we will meet at Cherry Bean at 9.30, before going to Limelight to see *The Phantom of the Open* at 10.15 am. Come and join us for good company and a very funny movie.

Pam Hall



*The extraordinary story of an ordinary man, **THE PHANTOM OF THE OPEN** is an uplifting and moving comedy-drama about pursuing your dreams and shooting for the stars, no matter what hand you're dealt.*



Friday – 22 July - 3.00 pm
UKE 55 – UKULELE GROUP

The Club's Ukulele group, Uke 55 is on again this week at 3.00 pm in the Banksia Room in Gumnut Cottage.

Garry Owen, Ukemeister extraordinaire, will lead the group again on, **Friday, 22 June.**

All music and words are projected onto the big screen so if you have not been for a while, why not dust off your uke and come along and join the fun!

And if you have wanted to learn but never got around to it, Garry is holding another Beginner series – information is included in the Bulletin!

WHAT'S ON THIS COMING WEEK!



TIMETABLE

Saturday 16 July – Sunday 24 July

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 16 July	1.30 pm	Games Afternoon-TSC
Sun 17 July	9.20 am	Discover Canberra WG
Mon 18 July	9.30 am	Bolivia - GC
	9.30 am	Zumba - TSC
	9.30 am	Crafty Corner - GC
	10.30 am	M 4 M - TSC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Improvers Bridge - GC
Tues 19 July	4.30 pm	Yoga - TSC
	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	10.00 am	Pool - Beginners - GC
	10.00 am	LL Cycling Group
	1.00 pm	Mah-jong – GC
Wed 20 July	1.15 pm	Seated Yoga - TSC
	9.30 am	Cribbage – GC
	9.30 am	'Take 55' Movie Group
	10.00 am	Carpet Bowls – TSC
	10.00 am	Ten Pin Bowling
	12.15 pm	Line Dancing-AB-TSC
Thurs 21 July	1.00 pm	K-nit 'n' K-natter – GC
	1.30 pm	Line Dancing-Beg -TSC
	2.45 pm	Line Dancing-Imp – TSC
	9.30 am	500 (Cards)- GC
	10.00 am	Pool – Social - GC
	10.00 am	DNA W/Shop - TSC
Fri 22 July	1.00 pm	Mah-jong – GC
	1.30 pm	Reading Group - TSC
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga - TSC
	9.15 am	Tai Chi – TSC
	10.00 am	Cycling Group
Sun 24 July	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 - GC
Sun 24 July	2.00 pm	Sunday Trivia - TSC

SUNDAY TRIVIA QUIZ

SUNDAY - 24 JULY – 2.00 pm

Our Sunday trivia quiz is not far away now with only nine days to go.

Why not come and join us for a fun afternoon's activity with plenty of prizes and a great afternoon tea to enjoy. It is also a good opportunity to meet some of your fellow club members.

Teams are made up of 5 – 6 players and there are eight rounds with each round having ten questions. There is also a quiz sheet of twenty questions that your team can work on between rounds. Each correct answer is worth one point and if you get a perfect score, that's 100 points all up. No team has reached that goal yet. We also have a number of prize questions where clues to the answer are given one at a time and the first person to give the correct answer, will win a Coles gift card.

To make our quiz even more entertaining, there will be movie trailers, a classic TV comedy sketch, picture quizzes and a few tunes to test your music knowledge and to get your toes tapping. You can form a team with your friends or family or just come along and join a team with other club members. Worried about parking? No problem as the public carpark opposite the club is free on a Sunday. To enjoy this fun afternoon, it will only cost you our normal \$5.00 activity fee.

I hope that you are able to join us!

Norm Swanwick.



Did you know that Tic Tac mints are named after the sound their container makes?

DATES FOR YOUR DIARY!



Beginner Ukulele Lessons

Ukemeister Garry Owen is conducting another five-week series of **Beginner Ukulele Lessons**, commencing **12 August and concluding 9 September 2022**.

No prior skills or abilities required - we start "from scratch".

These sessions are not only for "local folk", but also for "remote students".

Core teaching is via ONLINE teaching videos augmented with ZOOM sessions /workshops. These Zoom sessions have been shown to be very effective and work quite well.

For those residing in the Canberra region, there are two (possibly more) face-to-face sessions / workshops, and an invitation to join the Canberra Ukulele Band Sunday sessions, as well as the Friday sessions at Tuggeranong Seniors Centre.

So, if local OR remote, these lessons and sessions will be quite sufficient to get you up and playing in no time (well, 5 weeks).

The sessions are easy paced, designed to have FUN whilst learning.

[Click here to see what our last students had to say](#)

Have FUN while learning how to play the friendly Uke!

So ... tell me more...

- Five weeks of programmed lessons from **12 August to 9 September**
- No previous knowledge or experience necessary
- Not rushed – a nice easy pace of learning
- The key components are Online Teaching and Explainer Videos
- Access to supporting chord charts, song sheets and other aids
- On Demand Zoom Workshops as required.
- Loan Ukes available – “Try before you Buy”

Consider Joining a Uke Community by hooking into the regular Canberra Ukulele Band (CUB) Meetup Sessions after the lesson.

[More Info and Registration of Interest](#)



BEWARE - WHATSAPP SCAM TO WATCH OUT FOR

Scammers are using WhatsApp to impersonate family members or friends in difficulty and in particular need of money. It starts with a message from an unknown number, claiming to be a loved one who has just lost their phone and got a replacement. It gives them a reason for having a different number and means they can just use a generic term like 'Mum', 'Dad', 'Sis' or 'Bro'. The story they tell varies, but centres on the claim that because they have a new phone, they don't have access to their internet, mobile or banking app and therefore need urgent help to pay a bill. They then ask for money to be transferred to an account.

Below is a link for further information and safety measures:

<https://www.esafety.gov.au/key-issues/esafety-guide/whatsapp>

DID YOU KNOW?

That you can do over 2,000 steps when you play Indoor Carpet Bowls?

Yep, like Lawn Bowls, Carpet Bowls is an enjoyable physical 'workout' but has a yummy social break time as well!

A LITTLE GARDEN GOSSIP

Some snippets of information from this month's get together:

- a free phone app [Plant net](#) that will help you to ID those mystery plants
- the heavy rain will have likely depleted magnesium and calcium in our soil; this could be remedied by using Epson salts and crushed eggshells!

WALKING BASKETBALL TUGGERANONG

**is starting again in Term 3 on
Tuesdays – 10 00 am – 11.00 am from 19 July.**

If you would like to attend, the link to register is:

<https://www.playhq.com/basketball-act/register/44ee72>

It is a fun version of the game – why not give it a try!

TALKING TASTY!

A DIFFERENT WINTER 'WARMER'!



BAKED VEGGIE AND NOODLE FRITTERS

This fritter recipe is budget-friendly and they are baked – not fried – which makes them a delicious, nutritionally approved snack.

Ingredients

Number of servings 12

- 100 gm dried vermicelli rice noodles
- 2 free range eggs, lightly beaten
- 2 cups frozen carrots, peas and corn
- $\frac{3}{4}$ cup wholemeal self-raising flour
- 5 ml olive oil cooking spray
- $\frac{1}{2}$ cup Greek-style yoghurt

Method

Preheat oven to 200°C/180°C fan-forced. Line a baking tray with baking paper. Place noodles in a large bowl. Cover with boiling water and stand for 2 minutes or until softened. Drain and return to bowl. Using kitchen scissors, cut into short lengths.

Add egg, vegetables and flour to noodles. Season with pepper. Stir to combine. Spoon 2 tablespoonfuls of mixture onto tray, leaving a 3 cm gap between each fritter. Spray lightly with oil. Bake for 30 minutes or until golden. Serve with yoghurt. Yum!

COMMUNITY BILLBOARD!

Looking to learn more about accessing aged care?

Whether you're new to My Aged Care or if you're already accessing support – COTA's upcoming Midweek Matters session can provide you with the information you need.

MIDWEEK MATTERS

WEDNESDAY 20 JULY, 1:00PM - 3:00PM, HUGHES COMMUNITY CENTRE



NAVIGATING THE AGED CARE SYSTEM

Learn about the government supported aged care programs and how to access them

The Aged Care system can be overwhelming and confusing. Whether you're totally new to My Aged Care or if you're already accessing support - this session will provide you with information and support to get the assistance you need.

Learn about:

- The steps in accessing aged care
- Understanding types of assessments and packages
 - Help in your home and residential aged care
 - Your rights and responsibilities
- Where you can get help or support to navigate the system
 - Some of the financial implications to consider

There will be Aged Care Navigators from the ACT region - ADACAS, Meridian and MCCI (as well as COTA's own Aged Care Navigation Team) and Services Australia who will provide information, support and advice on all things aged care and support

Tickets are free (with light refreshments provided) but bookings are essential via Eventbrite – book [HERE](#).