



# Weekly Bulletin

Friday 24 July 2020

## **THANK YOU.....**

As the Club moves towards re-opening, the Management Committee would like to sincerely thank the many Club members who have helped to keep the Club connected and to make the Covid-19 closure time more bearable.

The 'home fires' have been kept burning by the production of the Bulletin every week by Janelle. Members have been kept in touch with events and entertained with a diversity of articles, brain teasers and activity ideas. Thanks also to those who contributed articles.

The office emails have also been monitored with those re-occurring club bills for e.g. power, cleaning, maintenance, etc. being paid by Club Treasurer, Lia Battisson.

Some of our activities continued successfully online thanks to the enthusiasm and expertise of Susan Innes, (Zumba), Margaret Kennedy (Bridge), Catherine Alexander (Lakeside Art) and Gary Owen (Uke 55). Exercise groups were encouraged to keep active with material both written and online by instructor Jackie Yow and have continued to meet, walking together each week. A wonderful effort by everyone which did much to exercise brains and bodies as well as helping to keep up members spirits.

As Covid-19 restrictions eased and allowed, some club members participated in outdoor activities on their own volition. Thank you to the activity leaders for providing advice on start locations; Norm Collings (Cycling Group), Anne Meade (Walking Group) and Barbara Dromgool, (Pitch n Putt). Thanks also to Valda Semets who kept the Book Club discussions going each month.

Once restaurants and clubs opened for sit down meals, various groups met for lunch and morning tea which is a testament to the connections that have been made within these activities.

Whilst some activities could not function because of Covid-19 restrictions, contact has continued. Activity leaders kept in touch with their groups and there have been many instances of members communicating by phone and the internet to keep in touch, enquiring about members' welfare. The care and consideration shown by members to each other reflects well on the club and what it stands for.

So, again 'THANK YOU', your efforts have been very much appreciated by all of us!

*Management Committee*



**Thank  
You!!!**

## CLUB CLIPBOARD



### WELCOME BACK!

It has been four long months since the doors of the Club were closed and I am sure that many of you are looking forward to reconnecting with each other.

For a Club that was founded to bring people together in a social setting, keeping a 'social distance' seems to go against all that the Club is trying to achieve. However, we can still get together, enjoy each other's company, play a game or two and comply with the restrictions that must be applied. It will take time to get used to the adjustments that are being made to various activities but as recent events in Victoria and NSW have shown, this virus is real and relentless. Working together will help to stop the spread.

Some activities unfortunately, will have to wait for a while, Bingo and Trivia and active Table Tennis. Tai Chi will also not return until further notice as instructor Jim is undergoing surgery; I am sure you will join me in wishing him well for a speedy recovery. The Friday Gentle Exercise class will not be returning as instructor Yvette is no longer available to take the class. An alternative arrangement, however, is being explored.

By now, you have received emails detailing the guidelines regarding re-opening and all documents related to Covid-19 are on the website [www.55plusclub.org.au](http://www.55plusclub.org.au) for your information.

It goes without saying however, that each member needs to think seriously about their own personal circumstances and whether they are comfortable about returning to activities.

We are looking forward to resuming activities and adapting to this new 'normal'!

### TIMETABLE

Monday 27 July – Sunday 2 August

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 27 July	9.30 am	Bolivia (cards) - GC
	9.30 am	Zumba Gold - TSC
	5.15 pm	Yoga - TSC
Tues 28 July	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W - TSC
	<b>10.00 am</b>	<b>LL Cycling Group **</b>
	1.00 pm	Mah-jong - GC
	1.15 pm	Seated Yoga - TSC
Wed 29 July	9.30 am	Cribbage - GC
	12.10 pm	Seated Stretch - TSC
	1.00 pm	K-nit 'n' K-natter - GC
	1.30 pm	Line Dancing - TSC
Thurs 30 July	9.30 am	500 (cards)- GC
	1.00 pm	Mah-jong - GC
	3.45 pm	Yoga – TSC
Fri 31 July	10.00 am	Cycling Group
	12.00 am	Learning Circle - TSC
	2.00 pm	Carpet Bowls- TSC
Sun 2 Aug	9.30 am	Walking Group

**\*\* New activity**

### MEMBERSHIP RENEWALS

As all members need to be financial to attend activities, this is a courteous reminder that if you have not paid your Membership Renewal fee (\$15.00) it is now due and must be paid by the extended period of 15 August 2020

Once paid, your membership will now carry through until the 2022 renewal period.

Office hours: 9.30am – 2.30pm

Direct Deposit: Bendigo Bank BSB 633-000  
Acc No: 159575455. *(If paying via Internet, please make sure that you put your name on your deposit so we can register and receipt your payment).*

Lia Battisson, Treasurer

**SPOTLIGHT ON**  
**NEW 'CYCLING' ACTIVITY**

**Tuesdays – 10.00am**

**LEISURELY LADIES' CYCLING GROUP**

A new activity has been added to the Club's repertoire. Lia Battisson will take ladies who prefer to cycle at a leisurely pace on a group outing each Tuesday morning, setting out from the **Sea Scouts Hall on the eastern side of Lake Tuggeranong**.

With input from the group, a route will be chosen which will include a stop for refreshments. For the winter months, the starting time is 10.00 am, but when it gets too hot to cycle at that time it will be revised to an earlier timeslot.

This activity does not attract any fees, as it doesn't incur any expenses for the Club. Lia will need to provide the Club with a list of participants and their phone numbers, so if you would like to join in, contact Lia by email: [liabattisson@grapevine.com.au](mailto:liabattisson@grapevine.com.au)

*Four wheels  
move your body,  
two wheels  
move your soul!*



**BE ADVISED:**

- **Avoid crowded spaces = Ride Bicycles**
- **Keep a safe distance from people who sneeze and cough = Ride Bicycles**
- **Do not use public transit = Ride Bicycles**
- **Expose yourself to sunshine = Ride Bicycles**
- **Avoid recirculated air = Ride Bicycles**
- **Boost immunity with fresh air = Ride Bicycles**
- **Missing your exercise class? = Ride Bicycles**
- **Staying home from work or school? = Ride Bicycles**
- **Maintain a positive and prudent attitude = Ride Bicycles**

**A BIT**  
**OF BICYCLE FUN**

courtesy of  
Norm Collings  
Friday's Cycling Group!

## **THE CRAFT GUILD**

### **The World's Largest Group of Animal Rescue Crafters**



#### **Do you have Animals? Do you need Craft?**

The Craft Guild is a global community of innovative creators that work together to make custom supportive products for animals in need. Through this they save lives, improve care, reduce the burden on rescuers and bring awareness to their global plight.

ARC has a lot of crafty people, so they created the Craft Guild! Sewing, making, designing and recycling “everything” to make products which help animal rescue; beds, crates, containers and support equipment to help rescuers.

#### **Where does the craft go?**

This is one of the most innovative and useful programs on the planet. 250,000 people joined the Craft Guild in 2020 and as the need comes up, they turn out custom craft items that are physically used in day to day rescue.

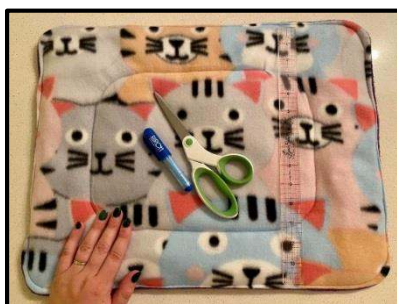
This is not a wasted effort, everything from Possum Dreys (nests) to Bat Wraps are created by people all over the world and are then used in the field. You can't buy these items, they can only be made and that's what the Craft Guild does.

The ARC Craft Guild has a large team of national moderators, with central clearing and logistics to get the craft where it is needed. They talk to wildlife rescuers to find out what seasons they are heading into and what is needed. Then they ship the craft free of charge (along with other items they may need).

Often this is the only care that is received in months, so the Craft Guild can be a vital lifeline to supporting them. It's important as the work of wildlife rescuers matter.

#### **Want to make animal craft?**

Join the Craft Guild, learn from craft masters in the guild and get your supportive products to people in need. [CTRL + Click here to join.](#)



## WHY PLAY IS IMPORTANT

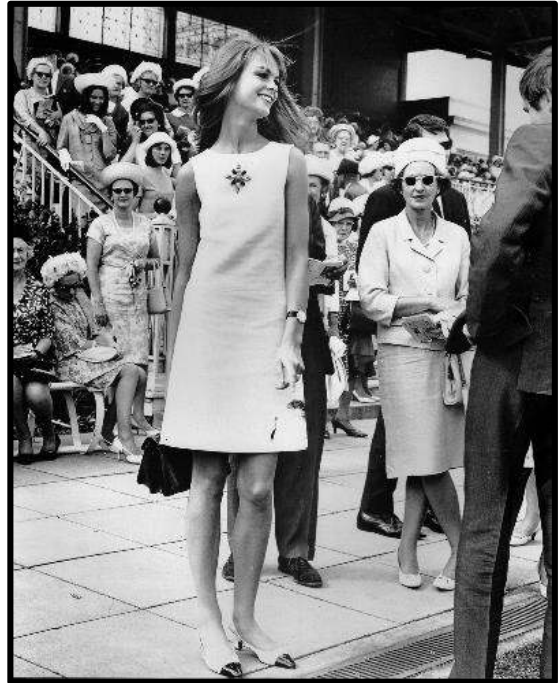
Scientific studies continue to show that enjoyable activities can have several major benefits. For example, they have the power to help:

- **Improve how your brain works.** Do you want to maintain your memory and optimize your ability to learn new things? Engaging in play on a regular basis can enhance your creativity and mental sharpness.
- **Heal, establish, or maintain relationships.** A lot of seniors are lonely. In fact, on average, seniors without spouses or partners spend about 10 hours alone each day. But having fun can enable older adults to make new friends or improve existing relationships. Things like laughter and friendly competition are known to increase harmony, trust, empathy, and intimacy among people who experience them together.
- **Improve your mental and emotional well-being.** Do you like the way you feel when you have a brighter outlook on life and your sense of time recedes into the background? Engaging in activities you enjoy can expand your optimism, multiply your moments of joy, and reduce your stress. It can even help prevent depression.
- **Extend your life and improve your physical vitality.** Who doesn't want to feel younger or more energetic? Creating plenty of fun moments in your life can be a good way to boost your immune system, reduce your risk of illness, and minimize your perception of any pain you might already have.

Play should be a major part of life for everyone. We can all probably use many more joyful experiences. It's who we are, no matter our age.

## A MOMENT IN TIME

Do you remember when, in 1965, English model Jean Shrimpton—the highest paid model in the world at the time—caused a stir by wearing a white minidress to Derby Day at Flemington Racecourse in Melbourne?



Shrimpton was engaged to judge Fashions on the Field, and her appearance was paid for by textile manufacturer DuPont de Nemours International in order to promote its new acrylic fabric, Orlon.

DuPont sent Shrimpton rolls of Orlon so she and her London dressmaker, Colin Rolfe, could design a special outfit for the event.

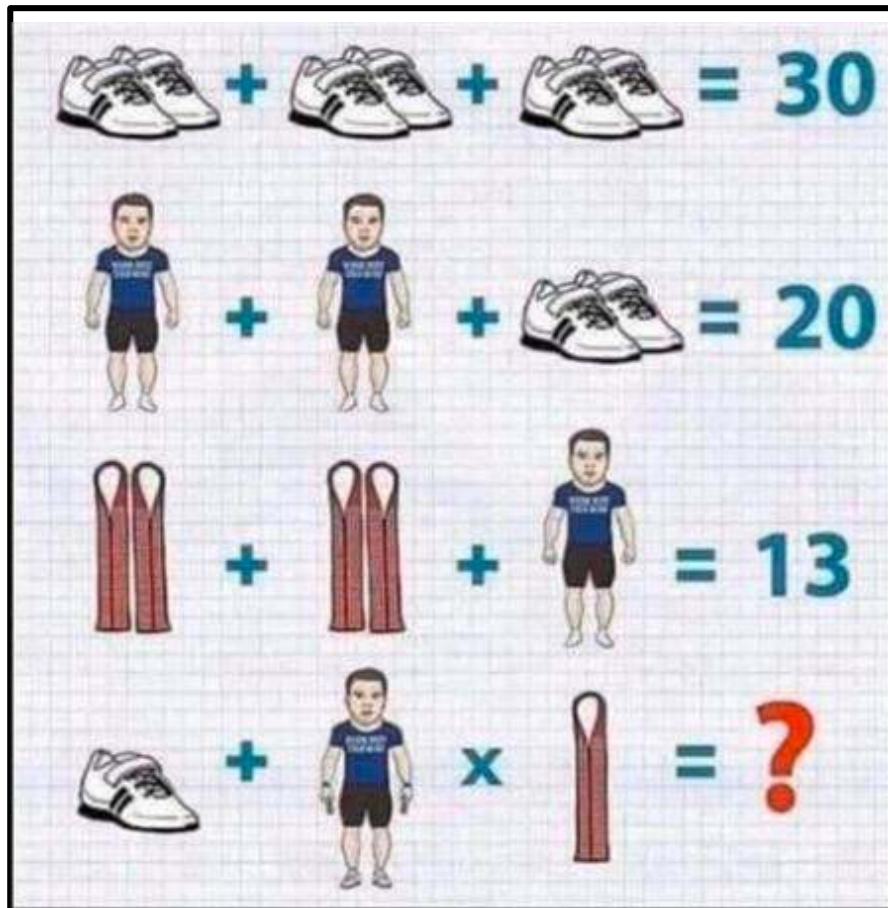
In what became a pivotal moment in women's fashion, Shrimpton's minidress was hemmed a daring 10cm above the knee. Many assumed it was an intentional move. However, it turns out Rolfe simply ran short of fabric to complete the design.

Shrimpton later claimed to have told Rolfe not to worry, saying,

“Nobody's going to take any notice...”

**The Shrimp →  
shocked them**

## A MATHAMATICAL PUZZLE



***Solution in next week's Bulletin***

### FRIVOLUS FRIDAY - WHY TEACHER'S DRINK

These are genuine answers (from 16 year old's).....and just remember they WILL breed.

Q. Name the four seasons.

A. *Salt, pepper, mustard and vinegar*

Q. Explain one of the processes by which water can be made safe to drink.

A. *Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.*

Q. How is dew formed?

A. *The sun shines down on the leaves and makes them perspire.*

Q. What causes the tides in the oceans?

A. *The tides are a fight between the earth and the moon. All water tends to flow towards the moon, because there is no water on the moon, and nature abhors a vacuum. I forget where the sun joins the fight.*