



Weekly Bulletin

Friday 19 August 2022



CANBERRA, MASK UP TO PROTECT OUR COMMUNITY

This week the ACT government released new advice with this heading.

The government is urging us to wear a face mask when entering a public indoor setting or when we can't physically distance from others. Both these conditions apply to Club activities wherever they are held indoors.

The government advice is that face masks provide another layer of protection along with other [COVID Smart behaviours](#). These are:

- stay up to date with your vaccinations
- stay home if you are unwell, and get tested
- practise good hygiene, and
- keep a safe distance from others.

There is no legal requirement to wear a mask except in specific settings such as public transport and aged care facilities. Also, some people cannot wear a mask for health reasons. Please treat those who do not wear a mask with respect. If you are not wearing a mask, please be sensitive to those around you, and keep a physical distance as much as possible.

Please note that if you are unwell or have any symptoms, such as a cough, sore throat or runny nose, you must not attend the Club, even if you have tested negative for COVID.

Many Club members have returned to wearing masks in recent weeks so please continue to be alert and careful to help protect ourselves, other Club members and the whole Canberra community.

Phil Burns - President



CLUB CLIPBOARD!

TIMETABLE

Saturday 20 Aug – Friday 26 Aug

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 20 Aug	1.30 pm	Games Afternoon - GC
Sun 21 Aug	9.20 am	Discover Canberra WG
Mon 22 Aug	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
	2.00 pm	Improvers Bridge - GC
Tues 23 Aug	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 24 Aug	1.15 pm	Seated Yoga - TSC
	9.00 am	'Take 55' Movie Group
	9.30 am	Cribbage – GC
	10.00 am	Carpet Bowls – TSC
	12.15 pm	Line Dancing-AB-TSC
	1.00 pm	K-nit 'n' K-natter – GC
Thurs 25 Aug	1.30 pm	Line Dancing-Beg -TSC
	2.45 pm	Line Dancing-Imp – TSC
	9.30 am	500 (Cards)- GC
	10.00 am	Family Treemaker - GC
	10.00 am	Pétanque
	1.00 pm	Mah-jong – GC
Fri 26 Aug	1.15 pm	Lawn Bowls
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga - TSC
	9.15 am	Tai Chi – TSC
	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	
3.00 pm	Uke 55 - GC	



WHAT'S ON THIS WEEK!

Saturday – 20 August - 1.30 pm GAMES AFTERNOON



The Games Afternoon is on again next weekend and will be held this month at Gumnut Cottage.

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 afternoon. 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!

Anne Meade



Wednesday – 24 Aug – 9.00 am 'TAKE 55' Movie/Coffee Group

Due to a very foggy, cold morning, a small number braved the weather and enjoyed coffee and a chat at the Vikings Club last Wednesday.

This week, we will meet at Cherry Bean at 9.00 am for coffee before going to Limelight Cinema to see "Good Luck to you Leo Grande" at 10am. Everyone is welcome to join us.

Pam Hall



*In **Good Luck To You, Leo Grande**, two-time Academy Award winner Emma Thompson embodies the candour and apprehension of retired teacher Nancy Stokes, and newcomer Daryl McCormack personifies the charisma and compassion of sex worker Leo Grande. As Nancy embarks on a post-marital sexual awakening and Leo draws on his skills and charm, together they find a surprising human connection!*

CLUB CLIPBOARD!

INAUGURAL SESSION OF THE TUGG 'CHUKKERS' PÉTANQUE GROUP



The inaugural session of the Tugg Chukkers Pétanque group got off to a good start on Thursday morning 11th August, only to be rained out halfway through.

Nevertheless, the twelve participants agreed they had fun, a positive in light of the weather.

We played on the piste in front of the Canberra and Districts Servicemen's Memorial by the lake, about 300 metres north of the club, starting with a skills session with the boules where many were thrown in pursuit of the cochonnet ("little pig" or the jack).

Before we could get to a round robin match the rain came down so we had no option but to retreat to the clubrooms to enjoy (as Marie-Antoinette would have it) cake as we didn't have any bread - unlike the peasants who had neither!

Still, the consensus was that we were off to a good start. We took a group decision to make it a fortnightly event, coming on the second and fourth Thursdays of the month (where possible), so the next Tugg Chukkers event will be held on Thursday 25th of August where we hope, weather permitting, to play a game or two of pétanque. Come warmer weather we might have a few evening games on other days as special events.

Please feel free to join us if you wish. There is no club charge for these outdoor events. To join, simply come along, either to the club carpark on Thursday morning at 10.00 am sharp or to the piste (located at <https://goo.gl/maps/XbVznPpNMx53CLPQ70>) which can be seen from the club. Bring some morning tea for yourself - thermos etc. The club has several sets of boules available on the day and some participants have their own. Hopefully the weather will be kinder: unlike the Scots pétanque players, we won't play in the rain! At least not yet.

I have also been informed that there will be cake again. We deserve the motto "**Qu'ils mangent du gâteau**" or "**comedant crustulam**". Google translate is a wonder.

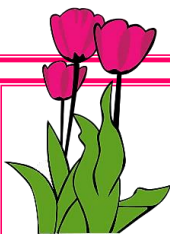
Andrew Rankine



Qu'ils mangent du gâteau - Bon appetit!

Picture by Megan Flynn

'SPRINGING' INTO SEPTEMBER!



WANTED



SUBMIT YOUR FAVOURITE PHOTOS OF "SPRING"

FOR OUR PHOTO DISPLAY & WIN A BUNNINGS GIFT CARD!

As part of our club's spring celebrations, the Shutterbug's Camera Group will be holding a photographic display of club members' favourite "Spring" photos. Each person who contributes will go into the draw for a Bunnings gift card.

Photos can be of your favourite flowers, your garden, blossoms, wattle, birds, a past Floriade or perhaps a spring visit to the Botanical Gardens or Arboretum, whatever way you may interpret Spring. All club members are invited to submit their favourite shots. They don't have to be works of art and may even be just happy snaps taken with your phone. There are no hard and fast rules, photos can be any size up to 8 x 10 although we would prefer a minimum size of 7 x 5.

If you would like to participate, you can leave your prints with the office, but we will need them by COB Friday 2 September. Please include your name on the back of each print, where you took the photo and if you wish, maybe add an appropriate title.

Our display will form part of our *"Spectacular Spring Expo"* to be held on Saturday afternoon 10 September which will also include a selection of spring paintings and craft works from some of our fellow club members.

So, why not pop the date in your diary and come along for a cuppa and view the various displays and fingers crossed, hopefully, our Floriade flowers will be in full bloom.

Please show us your support and start searching through your collection for some suitable shots so we can fill the walls with our favourite Spring photos. *Norm Swanwick*



'SPRINGING' INTO SEPTEMBER!



ACRYLIC ART WORKSHOP No.12

with Maria Polmeer

CELEBRATION OF SPRING



BEGINNERS & CONTINUING BEGINNERS

SATURDAY 3 SEPTEMBER 2022

10.00 am to 1.30 pm

Cost \$55.00

**Bookings and payment at the office by
Monday 29 August 2022**

**Limited numbers so book early to
avoid disappointment**



**PLEASE BRING:
JAR FOR WATER
APRON OR OLD SHIRT**



**WHATEVER BRUSHES YOU HAVE
TOWELLING RAG FOR CLEANING BRUSHES
PAD OF PAPER PALETTES OR CHINA DINNER PLATE**

***** CANVAS AND PAINTS SUPPLIED *****



*Participants will take home
a canvas of great beauty*



CONVERSATION CAFÉ!



As we age, muscle mass naturally decreases. Learn how to modify your diet to accommodate these changes with ACT Nutrition Support Services Talk 'n' Taste sessions. Each one-hour session will provide nutrition information on a specific topic, followed by a food demonstration with taste testing opportunities. All sessions are facilitated by an experienced dietitian, who will equip you with the knowledge and skills to eat well to age well. Click on this link for more information – [ACT Nutrition Support Service](#)

Seniors Talk'n'Taste

Maintaining your Muscles
Thurs 25 August at 10:00am

\$25 per session

- ✓ Understand the role of nutrition in maintaining muscle strength as you age.
- ✓ Learn strategies to meet your nutrition needs.
- ✓ Talk to an Accredited Practising Dietitian.
- ✓ Taste our yummy fancy eggs.

The graphic features a man and a woman in a kitchen, a list of benefits, and a price tag. It is surrounded by illustrations of various fruits and vegetables.

In this session, they will be covering how you can eat to maintain your muscle strength. They will talk about sarcopenia, protein, and some strategies to get you started.

Key nutrients of focus:

- Protein

This talk is paired with a protein rich recipe, Fancy Eggs, for you to try.

To purchase tickets, please [click here](#).

Fancy Eggs



Makes 12

Ingredients

- 6 boiled eggs
- 2 tablespoons reduced fat mayonnaise
- 1 tablespoon white vinegar
- 1 tablespoon mustard
- ½ tablespoon paprika

Method

1. Slice eggs in half lengthwise and remove yolks. Set whites aside.
2. Mash yolks with a fork in a small bowl.
3. Stir in mayonnaise, sugar, vinegar, mustard, and paprika; mix well.
4. Stuff egg yolk mixture into egg whites.
5. Refrigerate until serving.

Tip: instead of using reduced fat mayonnaise you could use reduced fat natural yoghurt.

FRIVOLOUS 'FILL IN'!



*Because they wanted
to be 'Smarties'!*