



CAR PARK UPDATE

You will have noticed that the carpark line markings have been repainted recently and this is a courteous reminder for us all to be

'Polite' Parkers!

If we all endeavour to do the following:

- **Do not** park too close to other cars
- **Only** take up one designated spot
- **Park** between the lines
- **Everyone** will be happy!



TIMETABLE

Monday 14 Aug – Sunday 20 Aug

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 19 Aug	1.30 pm	Games Afternoon - GC
Mon 21 Aug	9.30 am	Bolivia - GC
	9.30 am	Crafty Corner - GC
	9.30 am	Zumba - TSC
	10.30 am	Mov 4 Mem - TSC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Improvers Bridge - GC
Tues 22 Aug	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	10.00 am	LL Cycling Group
	10.00 am	Pool – Beginners - GC
	10.00 am	Bridge – Beginners - GC
	10.30 am	Heart & Soul - TSC
	1.00 pm	Mah-jong – GC
Wed 23 Aug	9.30 am	Cribbage – GC
	10.00 am	Carpet Bowls – TSC
	10.00 am	Graphites DG - TSC
	10.00 am	10 Pin Bowling
	12.15 pm	Line Dancing-AB-TSC
	1.00 pm	K-nit 'n' K-natter – GC
	1.30 pm	Line Dancing-Beg -TSC
	1.30 pm	'Take 55' Movie Group
	2.45 pm	Line Dancing-Imp – TSC
Thurs 24 Aug	9.30 am	500 Cards- GC
	10.00 am	Tugg Chukkers
	1.00 pm	Mah-jong – GC
	1.15 pm	Lawn Bowls
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga - TSC
Fri 25 Aug	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
	2.00 pm	Carpet Bowls - TSC
	3.00 pm	Uke 55 - GC
Sun 27 Aug	2.00pm	Fun Trivia Quiz - TSC



CLUB CLIPBOARD!

GAMES AFTERNOON



Sat – 19 August – 1.30 pm

Would you like to drop-in for a fun afternoon to play old favourite card or board games, learn a new game or put together a jigsaw?

This is an informal, social get together to enjoy a game of Uno, Rummikub, Up Words, Tri-Ominos, Qwirkle or one of several other games members bring along. We generally do not play games which are held regularly during the week.

It is also a chance to make new friends and learn new skills. Why not bring along a favourite game you wish to play or even teach. Afternoon tea is provided, and contributions are always welcome.

Anne Meade

'TAKE 55'

MOVIE/COFFEE GROUP

Wed – 23 August – 1.30 pm



There was lots of laughter and good conversation at our coffee group meetup on Wednesday.

We are going to venture further out for a movie on Wednesday 23 and we will go to

Dendy in Civic to see 'The Miracle Club' at 1.40pm.

This movie is not showing at Limelight, and we are all missing going to the movies!

We will all find our own way to the Theatre and meet in the foyer at 1.30 pm. The easiest way to get to Civic is to catch the Rapid bus from Tuggeranong, or Wanniasa (where there is free parking). The bus stops at the Canberra Theatre or at the tram stop.

Everyone is welcome to join us.



Set in 1967, *The Miracle Club* follows the story of three generations of close friends, Lily (Maggie Smith), Eileen (Kathy Bates), and Dolly (Agnes O'Casey) of Ballygar, outside Dublin, who win a pilgrimage to the sacred French town of Lourdes, that place of miracles that draws millions of visitors each year. Just before their trip, their old friend Chrissie (Laura Linney) arrives for her mother's funeral.

Filled with heart and humanity, it is a story of faith and forgiveness, heartbreak and healing, regret and redemption with this magnificent ensemble cast never missing a beat.



CLUB CLIPBOARD!



OUR NEXT FUN TRIVIA QUIZ SUNDAY 27 AUGUST - TWO WEEKS TO GO!

I once read an article about the benefits of playing trivia and quiz games. It mentioned how every year we grow a little bit older, and we realise that our mind is not as sharp and fast as it used to be (certainly the case with me). If we do not train our brains, it gets harder for us to remember, concentrate, and learn new skills and information. The so-called experts tell us that one way we can slow down this process and exercise our brain is via the use of quiz questions. It is also a great way of expanding our knowledge on a wide variety of subjects. Friendly competitiveness can enhance our mood, increase our ego, and make us feel good – especially if we get the answers right.

Our club President, Phil Burns and club member Rob Peresan will be teaming up to exercise our brains when they present our next trivia quiz on Sunday 27 August starting at 2.00 pm. So, get your team organised or just come along on the day and join a team with your fellow club members. We have a number of prizes to give away, chocolates for everyone and a great afternoon tea to enjoy. All this plus a fun afternoon's activity for just a \$5.00 entry fee. Bookings are not necessary, just come along on the day.

Norm Swanwick for the Trivia Crew



And just to get you in the 'zone', here are some of the questions courtesy of last week's interesting selection from

ONLINE TRIVIA WITH FRIENDS

1. Who invented the Barbie Doll?
2. Where is the 'Big Bogan'?
3. Where is the Executive Committee Mountain range?
4. What shape is a wombat's poo?
5. Who was known as the 'Wizard' of Menlo Park?
6. What was the name of the Beatles first album?
7. What is the Salvation Army's moto?
8. What is in a 'cuba libre'?
9. What year was the guillotine last used?
10. Which 1940's film star invented the precursor of Wi-Fi technology?

ANSWERS ON BULLETIN'S LAST PAGE

DATE FOR YOUR DIARY!



ACRYLIC ART WORKSHOP No. 15

with Maria Polmeer

Saturday 9 September

10 .00 am - 1.30 pm

Cost \$55.00

For Beginners & Continuing Beginners

THE LIGHTHOUSE



PLEASE BRING:

A jar for water

Apron or old shirt to protect clothing

A tear-off Palette Pad or dinner plate

All painting supplies (canvas, paints, etc.)

Included in the cost

LIMITED TO 12 MEMBERS

REGISTRATION and PAYMENT

by 4 SEPTEMBER

COMMUNITY BILLBOARD!

'SWOOPING SEASON' SUGGESTIONS

Magpies can swoop from July through to December (usually for about 8 weeks) during the spring while they build nests, lay and protect eggs and raise nestling and fledgling birds. Not all magpies will swoop but some will as a natural instinct to protect their territory (area around their nest) and their young.

People can protect themselves from swooping birds by:

- walk through the bird's territory quickly, don't run
- take a different route next time
- protect your head with an umbrella, hat or helmet
- wear glasses to protect your eyes
- watch the birds while walking away quickly from the area - magpies are less likely to swoop if you look at them
- protect your pet and do not leave them alone or off-lead in an area with a swooping bird
- don't let your pet attack birds as this may trigger swooping
- attach a flag or streamers on a stick to your bike or backpack and
- walk your bike through the bird's territory, don't ride.



All native birds, their eggs, young and their nests are protected by the *Nature Conservation Act 2014* and the *Animal Welfare Act 1992*. It is illegal to interfere with them in any way. The ACT Parks and Conservation Service have a policy to manage swooping birds which takes into account legislation and public safety.

For further information visit the [Environment, Planning and Sustainable Development Directorate website](#) or phone the Access Canberra Contact Centre - 13 22 81 to report a swooping bird.

<https://www.accesscanberra.act.gov.au/s/article/magpies-tab-overview>

FUN FACT

The Australian magpie produces a loud musical flute-like song, often performed as a duet or by groups.

An uncommon alternative name for the Australian Magpie is Flute Bird.

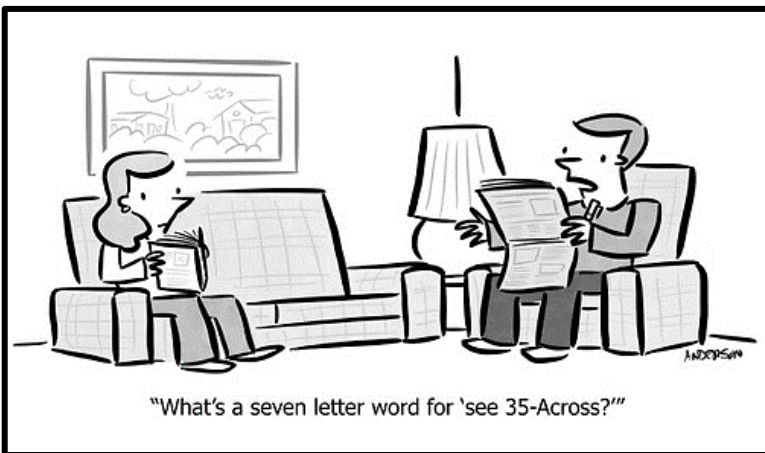
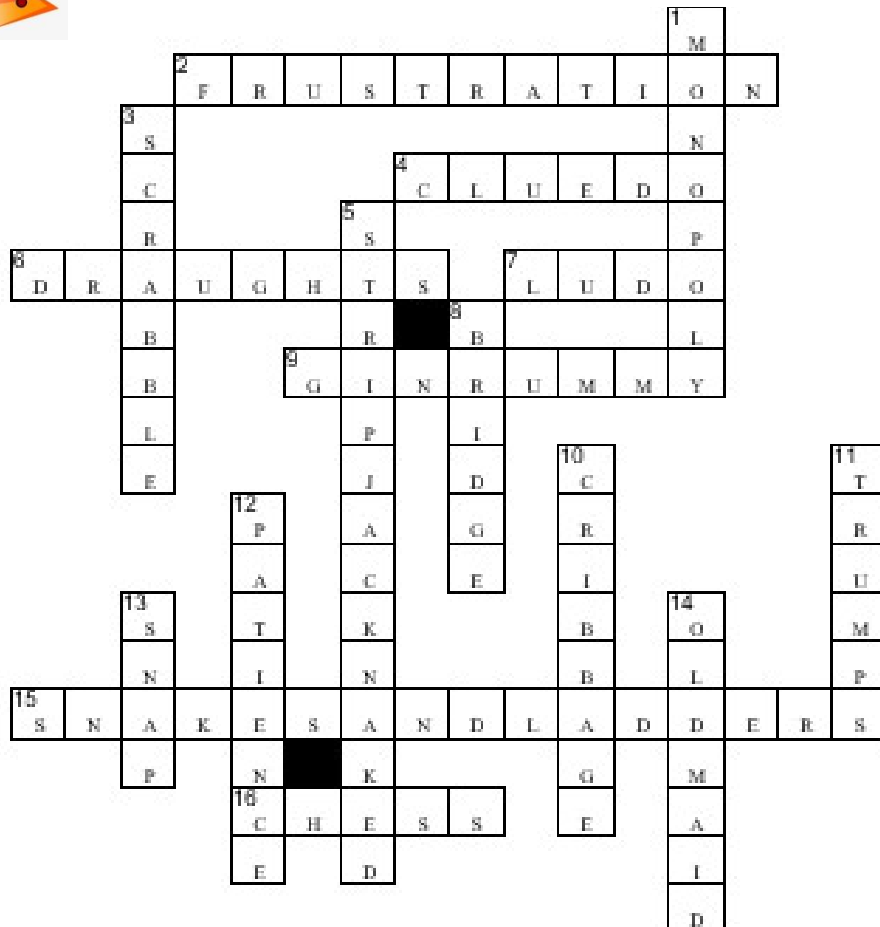
The magpie can mimic over 35 native and introduced bird species, as well as other animal calls, such as those of dogs and horses.



TALKING TEASERS!



Board and Card Games Answers



1. Ruth Handler
2. Nyngan NSW
3. Antarctica
4. Cube-shaped
5. Thomas Edison
6. Please Please Me
7. Blood and Fire
8. Rum, fresh lime juice & cola
9. 1977

Trivia Answers

TSC -101 Cowlshaw Street, Greenway

GC - 97 Cowlshaw Street, Greenway

Phone: 02 6293 4004

Email: tugg55plusclub@gmail.com

Website: 55plusclub.org.au