



# 'Tugg Talks' Weekly Bulletin

## Friday 8 Sept 2023



### DATES FOR YOUR DIARY!

## BLOOMIN' BOWRAL



### Wednesday - 20 September

To celebrate the arrival of Spring, we are visiting the charming Southern Highlands town of Bowral. Each year the Highlands hold a *Tulip Time Festival* with the focus being the spectacular display of 80,000 mass planted tulips in Corbett Gardens, Bowral.

The day will be a very relaxed one, leaving at 8.30 am from Burns Club carpark in Kett Street, Kambah, travelling with Andrew from Horizon Coaches.

Stopping at Goulburn for coffee and 'comfort', our aim is to arrive at Corbett Gardens by 11.30 am. This will allow time to wander around the garden at your leisure before a light lunch courtesy of the local Country Women's Association. They are running a café in the gardens as their major fundraising for the year and we will be enjoying what they have to offer. The fare will be simple and delicious! You are then free to browse Bowral boutique shops and the homemade delights available in the garden before we head for home.

Cost for the day is **\$75.00** (bus, lunch, garden admission) and is limited this time to 30 people due to garden ticketing.

### **Booking with payment by Friday 15 September**



Since the late 19th century, the residents of Bowral had been gardeners, planting many decorative European trees and plants. This legacy paved the way for the construction of **Corbett Gardens** in 1911. The gardens are named after Ada Corbett, due to her quest to turn an old paddock in Bowral into a park for the community with a bandstand and beautiful gardens. She rallied local politicians, hounded the press for awareness and exposure, and raised funds to get the project off the ground.

The gardens were established as a public garden with a large band rotunda. The rotunda was dismantled in the 1950s and rebuilt in the 1990s by donation from the Springett family.

In 1958, Corbett Gardens put Bowral on the map with cultivation of thousands of tulips that would bloom during September. This annual tradition became known as "Tulip Time".

# CLUB CLIPBOARD!



## SOCIAL SUNDAY BINGO

**Sunday – 10 Sept – 2.00 pm**

Due to Father's Day, social bingo is on Sunday 10 September. John and Phil are your hosts again for the afternoon with the bingo numbers projected on the big screen.

Social by name and nature, there are lots of groans when just missing out on that elusive last number! The prizes are modest, but the entertainment is priceless!

Bingo pens and pads are provided and there is always a delicious afternoon tea on offer - so why not come along and join the frivolity!

## 'TAKE 55'

### MOVIE/COFFEE GROUP

**Wed – 13 Sept – 9.30 am**

A lovely chat over coffee before going to the movies on Wednesday. *The Equalizer* was good and followed on from the other two movies. It was a bit violent, but not too bad.

Next Wednesday, we will go to see 'My Big Fat Greek Wedding 3' at Limelight at 10.20 am. We will meet at Cherry Bean at 9.30 am for coffee and a chat. why not come along and join us for a great morning out.

Pam Hall



In this romantic comedy, **My Big Fat Greek Wedding 3** revisits the past with Nia Vardalos (Toula) and John Corbett (Ian) revising their roles amid the idyllic settings of Corfu and Athens.

Toula and her entire extended family must honour their father's dying wish by returning to his village in Greece and attending a reunion with his childhood friends. The hilarious and heartwarming trip is full of love, twists & turns.

## TIMETABLE

Saturday 9 Sept – Sunday 17 Sept

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 9 Sept	10.00 am	Acrylic Art W/S - TSC
Sun 10 Sept	2.00 pm	Social Bingo - TSC
Mon 11 Sept	9.30 am	Bolivia - GC
	9.30 am	Crafty Corner - GC
	9.30 am	Zumba - TSC
	10.00 am	iPad SIG - TSC
	10.30 am	Mov 4 Mem - TSC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Improvers Bridge - GC
Tues 12 Sept	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 13 Sept	9.30 am	'Take 55' Movie Group
	9.30 am	Cribbage – GC
	10.00 am	Carpet Bowls – 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
	2.45 pm	Line Dancing-Imp – TSC
Thurs 14 Sept	9.30 am	500 Cards- GC
	10.00 am	Android SIG - TSC
	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
	7.30 pm	On-Line Trivia
Fri 15 Sept	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
Sat 16 Sept	1.30 pm	Games Afternoon - GC
Sun 17 Sept	9.20 am	Discover Canberra WG

# CLUB CLIPBOARD!



## ANDROID USER GROUP

**Thursday – 14 September – 10.00 am**

If you have a mobile phone or tablet which is NOT Apple, then you may like to join us for a chat and maybe share some of your experiences with your device.

We are a friendly, chatty group who share our experiences with our devices and, on occasion, help one another solve problems we have experienced. A couple of our attendees are more experienced and more knowledgeable.

Come and join us and check out what we do. This activity fee is only \$5 and you also get to have a cuppa!

*Margaret Lester*



## GAMES AFTERNOON

**Sat – 16 Sept – 1.30 pm**

The monthly Games Afternoon is on again this Saturday 16 September at Gumnut Cottage commencing at 1.30 till 4.00 pm.

For board game enthusiasts and others and those who are looking for a fun afternoon, it is a chance to learn a new game while socialising with fellow members.

Afternoon tea is part of the socialising, and any contributions of food are always welcome.

*Anne*

## 'TAKING A LONG WAY ROUND...'

Members of the Men's Tuesday morning fitness group 'taking the long way round' to morning coffee - around Lake Tuggeranong on Thursday morning.



**Murray wonders  
whether the thrill of  
his next move will be  
worth the inevitable  
end of household**



## **DATE FOR YOUR DIARY!**

### **QIGONG / TAI CHI – 8 WEEK SESSIONS - \$64.00**



**Tuesdays starting 26 Sept**

**1.00 pm – 2.00 pm**

To enable continuity for attendees, these sessions will no longer be available through EventBrite but are now being booked in an 8-week block.

The class does not require any previous experience and can be done seated if required.

The focus is on what you can do with the sessions helping to:

- \* Harmonized mind and body
- \* Improved balance and posture
- \* Increase your energy
- \* Reduce stress & tension

The training builds up with three generally systems, the mixed Tai chi and Qigong movements focusing on group body problems; includes Knee Activation, Kidney/Internal Organs Activation and some block opening Qigong movements.

For information form and what to wear, please click on this [link](#).

### **MEDITATION – 8 WEEK SESSION - \$64.00**



**Tuesdays starting 26 Sept**

**2.15 pm – 2.55 pm**

The first four-week Meditation sessions will finish next week, and the current attendees look extremely 'relaxed' as they leave each week! We are extending these sessions to an 8-week session and bookings are now open.

Meditation is an active training of the mind to increase awareness, and can benefit the body, mind and spirit.

Meditation helps to lower the heart rate and blood pressure by slowing down the breathing which lowers the amount of oxygen needed for the body. Our mental processes are also slowed down, muscles relax, and the body begins to function at a calmer and more natural level, this assists in relieving muscle pain, improving the function of the immune system and returning the entire body to its natural perfect balance.

The weekly sessions, covers guided healing and relaxation meditation for beginners. You will need to bring a yoga mat, pillow and blanket for the sessions. Please click on this [link](#) for more information.

**BOTH EIGHT-WEEK SESSIONS WILL BE CAPPED AT 15 PEOPLE  
PLEASE BOOK WITH PAYMENT AT THE CLUB OFFICE.**

*Tunde Takacs, from Tundeworld will be conducting these classes.*

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

## DATE FOR YOUR DIARY!



# HUMBLE JUMBLE



**Sat - 14 Oct - 9.00 am-12.00 pm**

Downsizing, spring cleaning, and a COVID cleanout, has left many members with items that they do not know what to do with.

The Club holding a 'Humble Jumble' Sale for members on **Saturday 14 October, 9.00 am - 12.00 pm.**

For the modest sum of \$20 we will provide you with a table in the hall and you can turn your unwanted items into some spending money. You will need of course, to man your spot, have your own cash float and whatever you do not sell will go home with you!

We will do all the publicity via posters and social media. This is not intended to be a money-making exercise for the Club but is a way to give members an opportunity to get together for a common cause!

We are organizing a Coffee Cart for sustenance which should bring in the crowds!

Please register with the Club office if you would like to have a stall and find a home for your unwanted goods!

### A POETIC TAKE ON CLUTTER & STUFF

2 pans, 2 cups, 2 bowls, 2 plates

God forbid if one of them breaks.

The shelves are bare and drawers are empty

We've cleared a space, where once there was plenty

All that clutter that anchored us down

Was donated to others so we can leave town.

How many shoes does one girl need?

What's truly sufficient, and what's just pure greed?

When's enough just enough to keep you afloat.

Why do we hoard, and leave clutter untouched,

When all that we need just isn't that much.

We've turned the corner, to flee with essentials.

And the long path ahead, is paved with potential.

# **COMMUNITY BILLBOARD!**



## Health & Wellbeing Expo



Next week Marigal Gardens are holding a Health and Wellbeing Expo, designed specifically for people over the age of 55 and their pets, to age mentally, physically and financially well.

When: **Thursday, 14 September 2023**

Time: **10.00 am to 2.00 pm**

Where: **Marigal Gardens Village, 21 Snodgrass Cres, Kambah**

Come and say hi, and take the time to meet other experts who can offer advice and services on the day, including:

- Free hearing and blood pressure checks
- Home meal delivery service and tasting
- Downsizing experts including Financial Advisors and Aged Care planners, selling and moving experts
- Services to support seniors living with pets including a mobile veterinary clinic
- Local physio services including advice on falls prevention and nutrition
- Travel and tour information
- Tuggeranong 55 Plus Club.

These exhibitors and services are explained in more detail [here](#).

While you're there, wander the village grounds, visit their apartment display suite, and sip a **free barista coffee**.

**Please note, due to the construction of new apartment buildings in the village, there is currently limited parking on-site which is reserved for those with a disability. However. There will be a complimentary shuttle bus running regularly from Action Indoor Sports Kambah car park, home to Aqua Harmony Swim School and Inflatable World at 6 Jenke Circuit, Kambah, just down the road. There is plenty of free parking there.**



## **COMMUNITY BILLBOARD!**



### **Overgrowing Canberra with Dr Julian Raxworthy National Library Theatre Thursday - 14 September**

**5:30 pm to 7.00 pm**

In this lecture, Dr Julian Raxworthy will explore the intersection between landscape design and garden maintenance, the subject of his book *Overgrown: practices between landscape architecture and gardening*.

Crawling through hedges and scrambling down slopes around the world, Julian will discuss how gardeners and designers have used gardening as a creative practice and propose that private gardening might be the greatest public good we can provide in our cities to combat climate change.

**Tickets: in person** at the National Library (light refreshments included)

- \$20 for Friends members / \$25 for non-members.

**Tickets: livestream via Zoom**

- \$12 for Friends members / \$17 for non-members.

**Book your tickets:**

**<https://www.nla.gov.au/whats-on/events/overgrowing-canberra-dr-julian-raxworthy>**

### **Minders of Tuggeranong Homestead (MOTH) third CEW Bean Memorial Lecture**



**Tuggeranong  
Homestead  
Sunday – 24 Sept  
2.00 pm – 4.00 pm**

Anne Carroll, granddaughter of the war historian Charles Bean will speak on "*Turning the pages with C.E.W. Bean*", reflecting upon aspects of the life, influences and works of her grandfather.

Entry fee of \$20 (cash only) includes a delicious Devonshire tea after the talk

**Bookings essential**

**Please book by 21 September**

**[robhorsfield@bigpond.com](mailto:robhorsfield@bigpond.com)**

# **COMMUNITY BILLBOARD!**



# **Seniors Expo** *in Spring*

**21 Sept 2023** Exhibition Park in Canberra  
**9:30am-3pm** Entry by gold coin donation

**More than 130 stallholders**  
featuring services, programs, advice and products

**Smart Energy Hub**  
courtesy of SolarHub  
and ActewAGL

**Advice from**  
Canberra gardening  
expert Tracey Bool

**Informative**  
talks and  
workshops

**Entertainment by Canberra's own**  
Leisa Keen, plus community group  
performances and demonstrations

**Free travel for Seniors**  
Card holders on buses  
and light rail

**Free parking**  
and disabled car  
parking at EPIC

**Chance to win an 8 Day Vietnam and**  
**Cambodia Mekong River Cruise!**  
Courtesy APT travel. Valued at \$11,880



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For More Information: Contact Council on the Ageing (COTA) ACT Ph: 6282 3777 Email: [contact@cotaact.org.au](mailto:contact@cotaact.org.au) or visit [cotaact.org.au](http://cotaact.org.au)

TSC -101 Cowlshaw Street, Greenway  
Phone: 02 6293 4004



Website: [55plusclub.org.au](http://55plusclub.org.au)

GC - 97 Cowlshaw Street, Greenway  
Email: [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com)