



Weekly Bulletin

Friday 18 September 2020

CLUB CLIPBOARD

TIMETABLE

Sunday 20 September – Friday 25 September

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 20 Sept	9.20 am	Walking Group
Mon 21 Sept	9.30 am	Bolivia (cards) - GC
	9.30 am	Zumba Gold - TSC
	10.00 am	Crafty Corner - GC
	2.00 pm	Social Bridge - GC
Tues 22 Sept	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W - TSC
	10.00 am	LL Cycling Group
	1.00 pm	Mah-jong - GC
Wed 23 Sept	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-Beg -TSC
	2.45 pm	Line Dancing-Imp - TSC
Thurs 24 Sept	9.30 am	500 (cards)- GC
	12.45 pm	Lakeside Art Gp - TSC
	1.00 pm	Mah-jong - GC
	1.15 pm	Lawn Bowls
	3.30 pm	Improvers Bridge - GC
Fri 25 Sept	10.00 am	Cycling Group
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls- TSC



Trails provide a gateway
to experience
“the wonders of nature”

ACTIVITIES UPDATES HOLIDAY TIMETABLE



YOGA – TERM 4

All Yoga classes will finish on
Thursday 17 September
and will recommence from
Monday 12 October.



ZUMBA GOLD

Zumba Gold term will finish on
Monday 21 September
and will recommence on
Monday 12 October



EXERCISE CLASSES **JACKIE YOW**

Jackie Yow's Exercise class term will finish on
Tuesday 22 September
and will recommence from
Tuesday 13 October.

WHAT'S ON THIS WEEK!

Monday – 21 September – 10.00 am

CRAFTY CORNER

Crafty Corner meets on the 1st and 3rd Monday of each month between 10.00.am to 2.00 pm in Gumnut Cottage.

Crafty Corner is a group for people who want a place to meet and share their crafting, enjoy a cuppa, good conversation and meet like-minded people. Meetings have an informal format where you can drop in anytime and stay as long as you want.

So if you're an experienced crafter or want to learn a new skill come along, bring your current project, UFOs, or materials to start a new project, whether its card-making, quilting, scrapbooking, appliqué, embroidery, rubber stamping, jewellery-making or any other craft activity. We hope to see you there!



Lois Good

Thursday – 24 September 2020 - 1.15 pm

AFTERNOON LAWN BOWLS

Our free afternoon lawn bowls activity, courtesy of the Tuggeranong Vikings Bowls Club, is on this coming Thursday and from **October, will be held on both 2nd and 4th Thursdays.**

Please note the earlier time – this will allow for familiarisation of new procedures which the Bowls Cub have introduced. Please also be on time as you may not get a game if you are late.

If you have not played lawn bowls before, why not come along and join us as your fellow lawn bowls club members will be only too pleased to show you how. There is plenty of free car parking available at the rear of the main club building. Please wear flat sole shoes, or if you like, just go bare foot and don't forget to wear a hat.



John Williamson

DATES FOR YOUR DIARY!

Saturday – 26 September – 12 noon

SPRING PICNIC BY THE LAKE

Celebrating the arrival of spring with a social event has been part of the Club's calendar for the past few years and the Social Committee has decided not to let the current Covid climate be a deterrent.

We are inviting you to pack your picnic basket and come on down to enjoy one of the best views in town.



We are throwing in a few rounds of our beloved Bingo to keep those brain cells ticking over and there will be the customary door prizes with a seasonal flavour.

This BYO everything will be a free event and there will be table allocation to ensure that we remain 'social distance' compliant and numbers will be limited to 32.

Tea, coffee and cake will be available and if the weather permits, we will be able to spill out into the spring sunshine.

To reserve your place, please click on the following link

<https://www.eventbrite.com.au/e/spring-picnicby-the-lake-tickets-119393377807>

Saturday – 10 October – 10.00 am

ACRYLIC ART WORKSHOP

The next workshop is the first in a series called "Paint Modern Art Like the Masters. Maria promises this workshop will be colourful and fun.

It will be held on **Saturday 10 October 2020** commencing at 10.00 am to 1.00 pm.



Numbers are limited so register your interest by Friday 2 October at the Club's office with payment of **\$50.00**. See noticeboards for full details.

Anne Meade



As many of you are aware, the Club has a variety of books available to borrow all of which have been donated by Club members. Spread across the two buildings, there are many authors and genres to choose from, as well as a selection of audio books and DVDs.

To assist the lovely ladies who look after the book stacks and to monitor which items are popular, please return all items to the boxes in the Founders Library or the Grevillea Room, not back on the shelves.

Recently we have received an assortment of puzzle books which can be found in the Founders Library at TSC. If puzzles are your 'quiet' addiction, or you are interested in entering the world of cruciverbalists, please feel free to come and take a book or two!

BENEFITS OF PUZZLE SOLVING FOR ADULTS

Ridiculous riddles, complex crosswords and wicked word searches; some of the most well-loved puzzles across an array of civilisations. The question is, how much do we really benefit from puzzle solving?

For centuries, philosophers have analysed the relationship between puzzle solving and the short- and long-term impact this has on an individual. The results... remarkable! It is thought that puzzles not only inspire deep thinkers but is also the reason for several other benefits. Some of these might seem obvious but, you probably don't realise just how much puzzles have an impact on you.

- 1. Mentally active and fit** - puzzles require a great deal of thought, concentration, and patience. Keeping your mind active, allows you to feel and be more active and helps to reduce stress levels and fatigue.
- 2. Puzzles Inspire Education** - puzzle solving enhances skills such as research; critical thinking; cognitive ability; concentration. When working out a puzzle, whether that be a crossword or a Sudoku, logical reasoning needs to be applied. Puzzles created to be fun and provide entertainment, also inspire education.
- 3. Meditation** – puzzles relax brain cells to contemplate solutions. This puts our mind in a sort of trance – just like meditation. This will allow you to reduce your stress levels, increase productivity and ultimately improve self-confidence.
- 4. Improving IQ** - puzzles make for individuals 'think' about the puzzle, improving general knowledge, cognitive skills, memory, concentration and problem solving.
- 5. Improves Cognitive Ability** - puzzles are fantastic for improving visual performance. Cognitive ability goes beyond the basics of recognition of patterns and allows for more advanced reasoning.
- 6. Concentration** - finally, another benefit of puzzle solving is concentration, a great skill to improve upon, as it is a skill required for everyday life. Puzzles often require you to think analytically and require a great deal of attention and patience to come to some conclusion. It is concentration that allows you to begin a problem and be able to finish it.

So, grab a puzzle book, your brain will thank you!

FOSSIL FRIDAY!



The ACT is choosing a fossil emblem to join existing emblems, the royal bluebell, gang-gang cockatoo and southern brush-tailed rock-wallaby.

The fossil emblem is unique to other emblems in that it “embodies the concepts of deep time and evolutionary transition as being important to understanding the natural history of the particular state” or territory.

As Canberra residents, we can help decide which locally found fossil will become the newest emblem of the ACT by taking part in the [online vote](#).

The five fossil candidates include a graptolite, two trilobites and two brachiopods and each come from a distinct part of the ACT. Being marine invertebrates, they show how much our region has changed over time and are about 430 million years old. They have geological significance, unique characteristics representative of the ACT and interesting stories of discovery.

The ACT will become the fourth Australian jurisdiction with a fossil emblem, following New South Wales, Western Australia and South Australia.

Voting closes during National Science Week, on 13 October with the winning emblem set to be announced on 15 October.

Now, meet the candidates:

The first candidate is ***Retziella capricorniae***, a brachiopod found in Queensland, New South Wales and the ACT. Brachiopods are marine animals that have two different-shaped shells (valves).



The second is ***Monograptus exiguus***, a graptolite important to the Canberra region as it allows scientists to date the State Circle shale back to the early Silurian. Graptolites are tiny, extinct animals that lived together in colonies and shared the same skeleton, as modern-day corals do. Unlike corals, they did not attach to a substrate but instead floated near the sea surface.

A trilobite hailing from Coppins Crossing, ***Apocalymene coppinsensis*** is the third choice. The original discovery site of this fossil has been covered by the lower Molonglo wastewater treatment site. Trilobites form one of the earliest-known groups of arthropods. Arthropods are invertebrates with jointed legs and include spiders, scorpions, crabs and insects.



The second brachiopod was named ***Atrypa duntroonensis***, after the location it was found, at Woolshed Creek near Duntroon. It is the most abundant and complete brachiopod fossil in the ACT.



The final option is the most common trilobite in the ACT, ***Batocara mitchelli***. It is usually found in fragments but an almost complete fossil was discovered during the drilling of foundations of the John Gorton Building, bits have also been found during Braddon's redevelopment.