



# 'Tugg Talks' Weekly Bulletin Friday 6 Oct 2023



## CLUB CLIPBOARD!



### **ANNUAL GENERAL MEETING MONDAY - 9 OCTOBER 2023 - 1.00 pm**

The AGM is on this coming Monday and attending the meeting is important because without a quorum the meeting cannot proceed. The Club has now over 800 members and 5% of the membership is needed for a quorum which is 42 people. If the quorum is not reached, the meeting will have to be rescheduled to comply with Corporate Legislation.

However, attending is not only about ensuring a quorum. The meeting elects a Management Committee which complies with our Incorporation responsibility, is vital and ensures our survival as a Club. Without the Management Committee, the Club would have to close.

Although you may have no wish to be a member of the Management Committee, you will see who your representatives are and hear from the President about the Club's activities during the past twelve months, as well as a review from the Treasurer of the financial year.

If you wish to stand for the Committee it is still not too late with Nomination Forms available on the [Club website](#). Being a member of the Management Committee gives you the opportunity to participate in the management of the Club, which can be a rewarding experience. However, I respect any decision to not be involved and I look forward to seeing you on Monday.

*Phil Burns, President*



# CLUB CLIPBOARD!

## TIMETABLE

Sunday 8 Oct – Saturday 15 Oct

\*GC Gumnut Cottage    \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
<b>Sun 8 Oct</b>	<b>2.00 pm</b>	<b>Social Bingo - TSC</b>
Mon 9 Oct	9.30 am	Bolivia - GC
	9.30 am	Crafty Corner - GC
	9.30 am	Zumba - TSC
	10.30 am	Mov 4 Mem - TSC
	<b>1.00 pm</b>	<b>AGM - TSC</b>
	1.30 pm	Table Tennis - TSC
	2.00 pm	Improvers Bridge - GC
Tues 10 Oct	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 11 Oct	8.15 am	Intro to Birdwatching
	9.30 am	Cribbage – GC
	9.45 am	'Take 55' Movie Group
	10.00 am	Ten Pin Bowling
	10.00 am	Carpet Bowls – TSC
	10.00 am	Graphites DG - TSC
	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 12 Oct	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 - TSCc
	7.30 pm	Online Trivia
Fri 13 Oct	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
<b>Sat 14 Oct</b>	<b>9.00 am</b>	<b>JUMBLE SALE - TSC</b>
Sun 15 Oct	9.20 am	Discover Canberra WG



## SOCIAL SUNDAY BINGO

### Sunday – 8 Oct – 2.00 pm

Due to Labour Day long weekend, social bingo is on this coming Sunday 8 October. 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!



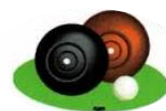
## INTRO TO BIRDWATCHING

### Wed – 11 Oct – 8.15 am

This month we will go to Umbagog District Park in Belconnen, between McGregor and Latham. The park is part of the Ginninderra Creek green corridor and part of the Murray Darling Basin. The native creek habitat is inhabited by many reptiles, birds, frogs, and small native animals.

We will meet at the parking area at the Lake Tuggeranong Sea Scouts Hall at 8:15 am for carpooling.

**\*\* CARPET BOWLS  
WILL NOT BE HELD  
ON FRIDAY 13 OCT**



## CLUB CLIPBOARD!

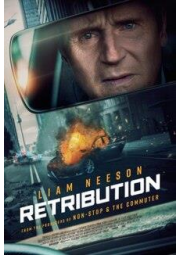
### 'TAKE 55' MOVIE/COFFEE GROUP

**Wednesday – 11 October – 9.45 am**



There was a small group at coffee on Wednesday, we had a lovely time.

On Wednesday 11 October we will meet at Cherry Bean at 9.45 am and then go to Limelight Cinema to see "Retribution" at 10.30 am. Everyone is welcome to join us.



*When a mysterious caller puts a bomb under his car seat, Matt Turner (Liam Neeson) begins a high-speed chase across the city to complete a specific series of tasks. With his children in the back seat, **Retribution** becomes a twisted game of life or death as Matt follows the stranger's increasingly dangerous instructions in a race against time to save his family.*

*Pam Hall*



### TRIVIA WITH FRIENDS

**Thursday – 12 October – 7.30 pm**

Unable to attend the trivia afternoons at the Club? Why not join fellow members and Tuggeranong Probus members for trivia on-line? This is held on the second Thursday of each month, commencing at 7.30 pm. It is a different format to that of the Club's Trivia afternoons, but nonetheless interesting and fun.

You need to download zoom.com on your computer, iPad or tablet and the link for the session is emailed on the night. If you would like to give it a go, send an email to the Club [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com) and we will make sure you receive the link.

It is a lot of fun in the comfort of your own home; good company, a variety of questions with a glass of wine welcome!

Why not gather the family together or invite a friend or two to join you? Teams or individuals are welcome – the more the merrier!!

*Anne*





## **DATES FOR YOUR DIARY!**

# **JUMBLE SALE**

**ON**

**Saturday  
14 October  
9.00 am – 12.00 pm**

**Come along  
and support  
your fellow  
Members**

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**Why not call  
in after you  
cast your  
vote!**



## **FREE INFORMATION SESSION**

### **Housing and Aged Care Options**

#### **Council on the Ageing**

**Thursday - 26 October – 10.00 am**

Do you need help with housing and ageing options?

We have arranged for one of COTA ACT's experienced staff members to do a presentation about housing and aged care support options.

Knowing the options available to you as you age can be confusing and overwhelming. COTA's Housing and Ageing Options program can assist you to identify the options available to you as you age - ranging from housing, retirement living, help in your home, respite and residential aged care, connection with community and more.

If you would like to attend this Information Session, please register your attendance with the Club Office.

*COTA ACT's Housing Options Advisory Service is a free service delivered by COTA ACT with funding from the ACT Government. This funding is for the provision of housing-related counselling and support and advocacy to assist older people in the ACT to access appropriate housing options or sustain their current housing.*

## DATES FOR YOUR DIARY!

# Landscapes for the heart, mind and spirit

# The garden by day/the garden by night

A joint exhibition of photography by Justin Flynn and Andrew Rankine



**Awakening** Rwetyepne (Mt Sonder) sunrise. Western Arrente lands NT  
Justin Flynn



**The Garden Path** Sarah's garden, ACT  
Andrew Rankine

### Meet the Makers

On **Thursday 19th of October** commencing at 11.30am a "**Meet the Makers**" will be held in the hall with Justin and Andrew on hand to talk about their work and provide some detail on how and why they captured the images on display, with light refreshments to be served afterward.

RSVP by the 17th of October to  
[meganflynn@iprimus.com.au](mailto:meganflynn@iprimus.com.au)

### About the exhibition

There is a great variety of images on show: Justin's eight works examine landscape from around Australia and the world and is titled **Landscapes for the Heart, Mind and Spirit** while Andrew's eight works investigate the growing abundance of the garden around us: both earth-bound and extra-terrestrial, and is titled **The Garden by Day/ The Garden by Night**.

The exhibition will be up until the end of October.

# **COMMUNITY BILLBOARD!**



## **NUTRITION FOR AGEING IN PLACE The NAP Project**

***Are you aged 65 years or  
over and receiving a  
Home Care Package?***

### **WE WANT TO SPEAK TO YOU!**

- Share your views and experiences in an interview with one of our researchers to help us understand the priorities you place on food and nutrition
- Participation is voluntary



For more information and to register your interest contact Caitlin  
([wyma0010@flinders.edu.au](mailto:wyma0010@flinders.edu.au))



*Flinders University  
Human Research Ethics  
Approval Number 5263*

As part of the Nutrition for Ageing in Place (NAP) Project, researchers from Flinders University are interested in speaking to people aged 65 years or over, who receive support services under the Government Home Care Package scheme, in order to understand how food and nutrition plays a role in their lives and services.

They aim to give HCP recipients a voice and gain insight into their experiences, to help inform the development of future interventions which can help older adults maintain optimal nutritional health and remain living at home for longer.

If you or someone you know receives a Home Care Package, the researchers would love to have a chat with them!

For more information and to register your interest please contact Caitlin on 0404 233 352 or [wyma0010@flinders.edu.au](mailto:wyma0010@flinders.edu.au)

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