



'Tugg Talks' Weekly Bulletin Friday 20 Oct 2023



CLUB CLIPBOARD!

\$5.00 Bargain!

With AGM behind us, you might be asking where does my \$5.00 activity fee go? Here are a few of the amazing and important things your \$5.00 activity fee helps to pay (list not necessarily in order of importance)☺:

- Tea, coffee, milk, sugar and yummy biscuits (note: not all senior clubs provide these free!)
- Electricity to heat the water for those drinks, light your day, to cool/warm your room and wash your mugs, etc.
- Electricity for the powerhouse that is known as “The Office”, as well as printer toner, paper and stationery that are all necessary to keep our club operational.
- Toilet paper, soap and sanitiser
- Dishwasher tablets
- Water and sewerage
- Rubbish collections
- Cleaning services and materials
- Insurance
- IT services and support
- Auditor (to keep us legal)
- Rainy day funds for new equipment and furniture when required such as a bike rack and new cushions for Lakeview Lounge.



But wait there is more!!!, for \$3.00 extra you get a paid instructor for such popular activities as Line Dancing, Zumba Gold, Yoga and art classes.

So, in the spirit of the Monty Python's “*What have the Romans given us?*” – substitute the 55 Plus Club for Romans and we can truthfully say your membership fee and activity fees provide a raft of visible and invisible necessary services that help make the club such a success and a pleasure to visit.

And for a bit of fun – Monty Python and the “What have the Romans given us” can be found here: <https://www.youtubobe.com/watch?v=Qc7HmhrqTuQ>



FREE INFORMATION SESSION

Housing & Aged Care Options

Council of the Ageing

Thurs - 26 Oct - 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.



TIMETABLE

Monday 23 Oct – Sunday 29 Oct

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 23 Oct	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
Tues 24 Oct	2.00 pm	Improvers Bridge - GC
	8.00 am	Active Ex – Men - TSC
Wed 25 Oct	9.10 am	Active Ex – W – TSC
	10.00 am	LL Cycling Group
	10.00 am	Pool – Beginners - GC
	10.30 am	Heart & Soul - TSC
	1.00 pm	Mah-jong – GC
	9.30 am	Cribbage – GC
	10.00 am	Ten Pin Bowling
Thurs 26 Oct	10.00 am	Carpet Bowls – TSC
	10.00 am	Graphites DG - TSC
	10.15 am	'Take 55' Movie Group
	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
9.30 am	500 Cards- GC	
Fri 27 Oct	10.00 am	Housing & Ageing Care Options – COTA - 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
	9.15 am	Tai Chi - TSC
Sun 29 Oct	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
	9.20 am	Discover Canberra WG
Sun 29 Oct	2.00 pm	Sunday Trivia Quiz - TSC

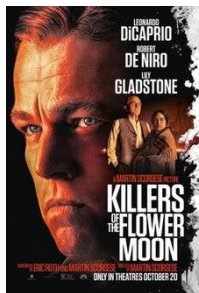
CLUB CLIPBOARD!

'TAKE 55' MOVIE/COFFEE GROUP

Wednesday – 25 October – 10.15 am



We had a very nice coffee meetup at the Vikings Club on Wednesday. Next week we will meet at Cherry Bean at 10.15 am and then go to Limelight to see ***Killers of the Flower Moon*** at 11.00 am. Why not come and join us for a great morning! *Pam Hall*



Killers of the Flower Moon is a 2023 American epi Western crime drama film directed and produced by Martin Scorsese, who co-wrote the screenplay with Eric Roth, based on the 2017 book of the same name by David Grann. Its plot centres on a series of Oklahoma murders in the Osage Nation during the 1920s, committed after oil was discovered on tribal land. Leonardo DiCaprio, Robert De Niro, and Lily Gladstone lead an ensemble cast and for trivia buffs, it is the sixth feature film collaboration between Scorsese and DiCaprio & the tenth between Scorsese & De Niro.



**SUNDAY
TRIVIA
QUIZ**

**2.00 PM
SUNDAY
29 OCTOBER**

**\$5.00
ENTRY**

**FORM A TEAM
OR
JOIN A TEAM**

SUNDAY TRIVIA QUIZ DATE CHANGE TO 29 OCTOBER!

Due to a previous booking for the hall, our trivia quiz scheduled for 22 October has been put back a week and will now be held on Sunday 29 October.

As previously advised, Rhonda Jolley will return as our quiz master. The format for Rhonda's quiz will be similar to our past Sunday trivia quizzes. Eight rounds each of ten questions plus a table quiz sheet your team can work on while Phil rounds up your answers and enters the scores on the whiteboard.

As usual, there will be chocolates for everyone, a great afternoon tea and a couple of door prizes to win. Our overall team winners will each receive one of our coveted "Winners' Certificates" plus a couple of other goodies and most importantly, bragging rights for a few weeks. All this for our regular \$5.00 activity fee.

So why not join us at 2.00 pm on Sunday 29 October for a fun and friendly afternoon activity? Even if you are not a trivia fan, it is a great way to get to know some of your fellow club members and you might get hooked and even win a prize. Don't forget that the public car park opposite the Club is free on Sunday so there is no need to worry about parking. There is no need to book, just come along on the day and we usually finish around 4.00 pm. We hope that you can join us.

Norm Swanwick for the Trivia Team.

DATES FOR YOUR DIARY!

Join us
to celebrate the Race that stops the Nation!
Tuesday - 7 November – 1.00 pm

The big race is not far away now and to celebrate the occasion, we will be holding a Melbourne Cup afternoon on Tuesday 7 November from 1.00 pm.

You can come early and bring along a picnic lunch or just drop in when you like, grab a sweep ticket, maybe enter our raffle, and then watch the event on our big screen. There will be nibbles on the tables and a glass of bubbly on arrival.

Sweep and raffle tickets will be available on the day and you can also grab them from the office during the week prior to race day.

The cost is \$5.00 and bookings with payment can be made at the office by Friday 3 November.

So why not dust off those dashing outfits and dress up, grab the form guide, and join us to celebrate Australia's most famous horse race.



OUR TUGGERANONG
COMMUNITY DAY

SATURDAY 11 NOVEMBER
10.00 – 3.00



'NOT SO
OLD'

OPEN
DAY!

TUGGERANONG 55 PLUS CLUB
101 Cowlshaw St Greenway

More details to come.....

WHAT'S BEEN HAPPENING!

THE 'HUMBLE' JUMBLE – LAST SATURDAY

While the weather was a little overcast, the slow but steady crowd of bargain hunters were not disappointed by the array of items offered for sale at last weekend's Jumble Sale.



Fourteen tables lined the hall walls, and the atmosphere was warm and friendly with Laraine setting the tone for the morning!

Kev and Clarries Coffee Cart cheerfully provided caffeine boosts and the paved area was a perfect spot to enjoy the beverage and the view!



A happy social morning, we hope that stall holders had a lighter load to take home and a bit of cash in their pocket!

DEADLY TREADLES

Friday's Cycling Group's Friday Ride – 13 October

The ride started on time from Lake Tuggeranong BBQ area with the route meandering along cycle paths through Isabella Plains, Calwell, Richardson and Gowrie until they reached the Gowrie shops for coffee at the Common Grounds cafe.



The rides are a very social activity and always include a coffee stop. Their routes start from Lake Tuggeranong and use shared walking/cycling paths in the surrounding

COMMUNITY BILLBOARD!



Best in Show 2022: Wendy Fraser (Batlow Hills)

ARTISTS SOCIETY OF CANBERRA **SPRING EXHIBITION 2023**

Saturday 21 - Sunday 29 October

Saturday 21 October - Sunday 29 October: 10am - 4pm | Monday 23 October closed

OFFICIAL OPENING: Saturday 21 October at 6pm

Fitters Workshop, Wentworth Avenue, Kingston Next to Bus Depot Markets

www.asoc.au



PICTURE
FRAMERS



Artists Society of Canberra (ASOC) aims to encourage practice in and appreciation of the visual arts in Canberra and the surrounding region. They take pride in being a welcoming and supportive creative community for visual arts and artists. Professional and non-professional artists alike are welcome, and they have members at all levels of development in their arts practice.

Their quality classes ([workshops and courses](#)) and the annual members' exhibition are highlights of their program. Regular untutored workgroups offer members opportunities to connect with other artists with similar interests and to learn from each other. Many of their members take part in small group or solo exhibitions throughout the year.

Members also have opportunities to meet at events in the studio, where they often have a speaker or demonstration, and through other social activities such as visits to galleries, arts cinema, and plein air sketching and painting excursions.

The Society is run almost entirely by volunteers. Their contributions are very much appreciated, and volunteering is an excellent way to stay connected with their community.



COMMUNITY BILLBOARD!

Mental Health Month

Exploring Seasons & Cycles

Join us for **free weaving workshops**, which are encouraging mindfulness and self-care

**Saturday 28 October
1pm – 4pm**



Gumnut Cottage, 101
Cowlishaw Street,
Greenway, ACT, 2900

Please register via the email below:

communitydevelopment@commsatwork.org



Collaborating with
**communities
at work**

Supported by



ACT
Government

COMMUNITY BILLBOARD!



COGS Kambah Community Garden 2023 OPEN DAY & SEEDLING SALE

SATURDAY
NOVEMBER 4

10AM ~ 3PM

CNR Springbett St & O'Halloran Cct, Kambah
Email: kambah_convenor@cogs.asn.au

- * Garden-related stalls * Kids treasure hunts *
- * Sausage sizzle and tea/coffee stall * Raffle *
- * Plus much more! *

Expert speakers presenting:

- * Growing from seed * Indigenous plant use *
- * Benefits of bees * Seed Savers *



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



GC - 97 Cowlshaw Street, Greenway
Email: tugg55plusclub@gmail.com

Website: 55plusclub.org.au