



'Tugg Talks' Weekly Bulletin Friday 3 Nov 2023



CLUB CLIPBOARD!



OUR TUGGERANONG COMMUNITY DAY

'NOT SO OLD' OPEN DAY!

**SATURDAY 11 NOVEMBER 2023
10 AM - 3 PM**

COME VISIT AND

**BE
ACTIVE!**

**BE
CREATIVE!**

**BE
GAME!**

**TUGGERANONG 55 PLUS CLUB
101 COWLISHAW ST GREENWAY**



As part of SouthFest's Our Community Day, Tuggeranong 55 Plus Club is throwing open the doors to show that age is just a number!

Retirement gives time to rediscover a past passion or try something new!

This is an open invitation for everyone to come pay us a visit!

If you have recently joined the Club, this is an opportunity to find out about the many activities that occur weekly, fortnightly, and monthly other than the one that you attend!



CLUB CLIPBOARD!



'NOT SO OLD' OPEN DAY PROGRAM



BE CREATIVE

| TIME | TUGG SENIORS CENTRE | | TIME | GUMNUT COTTAGE |
|----------|---------------------------|------------------------|----------|----------------|
| | Hall | Lounge | | |
| 10.00 am | Find your Voice – | Graphite Drawing Group | 10.00 am | Crafty Corner |
| | Heart n Soul Singers | | to | Knit n Knatter |
| 11.00 am | Revive your Rhythm - | | 12.00 pm | |
| | Zumba & Movement 4 Memory | | | |

BE GAME

| TIME | TUGG SENIORS CENTRE | | TIME | GUMNUT COTTAGE |
|---------|---------------------|----------------|---------|----------------|
| | Hall | Lounge | | |
| 1.00 pm | Carpet Bowls | Family History | 1.00 pm | Bolivia |
| | Table Tennis | | | Cribbage |
| | Pitch n Putt | | to | Mahjong |
| | | | | 500 Cards |
| 1.00 pm | Paved Area | | | Pool |
| | Tai Chi | | 3.00 pm | |
| | Cycling | | | |

| TIME | OUTSIDE |
|---------|--|
| | Canberra Serviceman's Memorial near TSC |
| 1.00 pm | Petanque |

During the morning you can **Be Creative** with our Knit n Knatter & Crafty Corner at Gumnut Cottage and at the Seniors Centre, you can find your voice with Heart n Soul Singers, revive your Rhythm with Zumba & Movement 4 Memory and discover your Drawing skills with Graphite's Drawing Group.

In the afternoon it is **'Game On'** – at the Cottage there will be Bolivia, Mahjong, 500 Cards and Cribbage and our Pool table will be manned and ready to roll. Down at the Seniors Centre, you can try your hand at table tennis, carpet bowls and Pitch n Putt (putting only though!) and outside there will be members of our Cycling group and Tai Chi. And, if you are game, our Family History Group will show you how to begin your family's story.

And **'Outside'** at the Canberra Servicemen's Memorial, a stone's throw from the Centre, the Tugg Chukkers Pétanque group will be doing battle on the 'piste'.

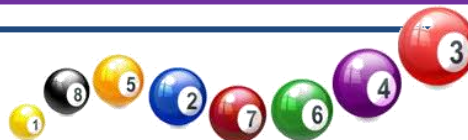
A taste of what is on offer and why there is no time to think of growing old!

Tea & Coffee will be available at both centres so come on down and say hello!

CLUB CLIPBOARD!

SOCIAL SUNDAY BINGO

Sunday – 5 Nov – 2.00 pm



Social bingo is on again on Sunday 5 November; John and Phil are your hosts 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!

GARDEN GOSSIP

Alister Clark, Roses & Melbourne Cup

Tuesday – 7 Nov - 10.00 am



Australian rosarian Alister Clark's childhood home and garden, 'Glenara' in Victoria, was painted by Eugene von Guerard. When Alister Clark grew up he bought 'Glenara' and developed his own beautiful garden where he propagated roses and daffodils. And his other passion? Horse racing! He was the chairperson of the Moonee Valley Racing Club. The Alister Clark Stakes, held at Moonee Valley in March each year, is named for him.

Jane has seven Alister Clark rose bushes in her garden and hopefully will have a small bunch of his roses to bring in on the Tuesday.

She will talk about Alister Clark and how she became interested in him. She will also mention some of his roses, including the ones she has and who they were named for, and how his roses were lost and then found again in the 1990s. If time allows, she will then branch out (excuse the pun) into the artist Sir Arthur Streeton who painted Alister Clark roses and after whom Alister Clark named a rose.

Members are invited to bring a rose they love, and after morning tea the group could do an 'around the circle'.

It all sounds fabulous, and I am sad I am missing this interesting talk. If time allows, you could decide upon the topic or activity for our last meet up of the year in December. Perhaps we can talk about plants that flower at Christmas or what plants we use to decorate at Christmas (pinecone, gnomes?!)

Mandy Cox



CLUB CLIPBOARD!

TIMETABLE

Sunday 5 Nov – Saturday 11 Nov

*GC Gumnut Cottage *TSC Tugg Seniors Centre

| Day / Date | Time | Activity |
|-------------|---------------------------|--|
| Sun 5 Nov | 9.20 am | Discover Canberra WG |
| | 2.00 pm | Social Bingo - TSC |
| Mon 6 Nov | 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 7 Nov | 8.00 am | Active Ex – Men - TSC |
| | 9.10 am | Active Ex – W – TSC |
| | 10.00 am | LL Cycling Group |
| | 10.00 am | Garden Gossip - GC |
| | 1.00 pm | Mah-jong – GC |
| | 1.00 pm | Melb Cup Celebration |
| Wed 8 Nov | 9.30 am | Cribbage – GC |
| | 10.00 am | Ten Pin Bowling |
| | 10.00 am | Carpet Bowls – TSC |
| | 9.00 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 |
| Thurs 9 Nov | 9.30 am | 500 Cards- GC |
| | 10.00 am | Android SIG - TSC |
| | 10.30 am | Heart & Soul - TSC |
| | 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 10 Nov | 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 Ukulele Gp - GC |
| Sat 11 Nov | 10.00 am - 3.00 pm | Southfest - 'Not so old' Open Day |



'TAKE 55'

MOVIE/COFFEE GROUP

Wed – 8 Nov – 10.00 am

A small group enjoyed coffee and conversation on Wednesday at Vikings Tuggeranong.

Next week we will meet at Cherry Bean's for a 'pre-movie' coffee at 9.00 am before going to the 9.50 am session of 'The Dive' at Limelight.

All are welcome to join us!

Pam Hall



A deep-sea diving trip at one of the world's most remote spots becomes a fight for survival for sisters Drew (Sophie Lowe) and May (Louisa Krause) when a catastrophic landslide sends rocks tumbling into the sea. After being struck by the rockfall, May now lies 28 meters below the surface, trapped by debris and unable to move. With dangerously low levels of oxygen, it is up to Drew to fight for her sister's life. She must put her own life in jeopardy and risk paying the ultimate sacrifice. But with no help in sight, time is quickly running out....

ACTIVITIES UPDATE

MELBOURNE CUP

Pool – Beginners

– Cancelled for this WEEK ONLY

Heart N Soul Singers

– THURS for this WEEK ONLY

Qigong / Meditation

– GUMNUT COTTAGE for this WEEK ONLY

SOUTHFEST

Graphites Drawing Group & Tugg Chukkers sessions will be held on **Saturday for this WEEK ONLY**

DATES FOR YOUR DIARY!

QIGONG / TAI CHI - 5 WEEK SESSION - \$40.00

Tuesdays starting 21 November – 19 December

1.00 pm – 2.00 pm



For this five-week session, Tunde is introducing **Tai chi for Osteoporosis**.

This program builds strength, improves balance and health. It can slow down the thinning of bones and reduce the risk of falls. There are many forms of Tai Chi with significant differences between them.

Tai Chi for Osteoporosis is a special program designed by [Dr Paul Lam](#), a physician and a Tai Chi master, together with his medical and Tai Chi colleagues for people with Osteoporosis. It is easy-to-learn, safe and effective.

The program includes warm-up, wind-down, special precautions and a set of 8 forms derived from Yang and Sun style Tai Chi. It helps to strengthen bones, improve balance, and relaxation. Please click on this [link](#) for more information.

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

MEDITATION – 5 WEEK SESSION - \$40.00

Tuesdays starting 21 November – 19 December

2.15 pm – 2.55 pm



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 session can be done either seated in a chair or lying on the floor and covers guided healing and relaxation meditation for beginners. If lying down, you will need to bring a yoga mat, pillow and blanket for the sessions. Please click on this [link](#) for more information.

Both five-week sessions are 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.

ACTIVITY 'ANTICS'!

TUGG CHUKKERS - PETANQUE GROUP

On Thursday 26 October Tugg Chukkers met to play pétanque, chew the fat and consume morning tea.

Twelve players meant we could field six teams of two, and we swapped around after morning tea (gluten free Anzac biscuits) and played with new partners against new opponents. Results weren't recorded but games were close as the pictures indicated with big scores and fun was had.

All are welcome. Tugg Chukkers is free to join, equipment and help is readily available on the day. It's held on the piste near the Club on the second and fourth Thursday mornings of each month from 10.00 am to 12 noon.



Pictures by Mary Argall and John Vandine

Please note however that the next Tugg Chukkers will be moved to Sat 11/11/23 from 1pm to 3pm in the usual spot, to coincide with Southfest.

Andrew Rankine

'PUTT' ING A NAME ON THE PITCH N PUTT TROPHY

The Pitch and Putt team have decided to name their perpetual trophy after Stewart Homan. Stewart passed away a few months ago and was a regular pitch and putt player.

I first met Stewart many years ago when I first joined the club. We were both keen table tennis players at the time. One day Stewart approached me wanting to know if it would be okay for him to place a note on the Club's notice board for a partner to join him for an occasional game of pitch and putt. His previous regular partner had moved interstate. I discussed with Stewart the possibility of starting up pitch and putt as a Club activity and as a result, the first game was held in June 2018.

Stewart also came along for an occasional game of pool, and we always had a bit of fun having a "dig" at each other over the standard of our pool skills. Stewart was a pleasure to be with and was well liked by all those who knew him through Club activities, especially by members of the pitch and putt team. Sadly missed.



Kath Richards (left), winner of the Stewart Homan Trophy this year.

Our Pitch and Putt activity is held every Friday at the Canberra International Golf Centre, Corner Hindmarsh Drive & Jerrabomberra Avenue, Narrabundah (behind the Abode Motel). Green fees are \$9.50 for 18 holes and there is no Club activity fee. Tee off time is 9.30 am. The Golf Centre are currently offering a free game including golf clubs to Club members who come along for the first time. Beginners and seasoned players are welcomed and if you are interested, coffee afterwards.

Norm Swanwick.

TALKING TRIVIA!

SUNDAY TRIVIA QUIZ WRAP-UP

Over forty Club members and friends attended our recent Sunday Trivia Quiz. Rhonda Jolley was our quiz master with eight rounds of questions on a wide variety of subjects which proved to be both challenging and entertaining.

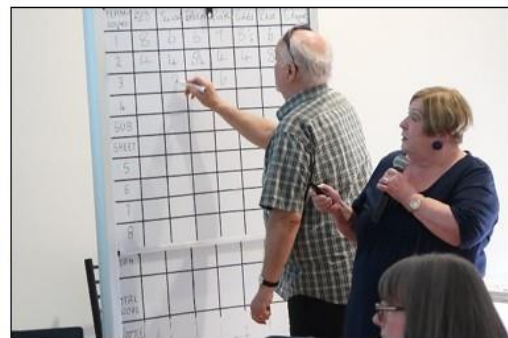
Some fun was had when answers to some of the bonus questions involved the nominated contestant having to sing the opening lines to a popular song. I didn't realise we have a number of fine voices among our trivia contestants. Maybe we should organise a Karaoke competition?

The table quiz sheet had a list of 25 groups of first names for which we had to find the link such as a sport, movie, TV show, etc. Congratulations to our winners, the blue team who scored 81 points out of a possible 105 points. The green team was the only team that scored a perfect 10 for a round, I should add that I was a member of the green team, but I don't want to brag - not that I contributed much towards the ten points!

This year, to add some variety to our trivia quizzes we had a number of guest quiz masters. Many thanks to Rhonda, Rob and Phil for their efforts and I'm sure they will be back again next year to ask the questions.



The winning 'warbling' table!



Quiz Master Rhonda & 'Barrel Boy' President Phil

Our final Sunday Trivia Quiz will be held on **Sunday 17 December**. This is our traditional end-of-year summer fun quiz (with a touch of Christmas added) and our final club activity for the year. Just when you thought it was safe to come to trivia, I will be back. I hope you can join us for a bit of fun to finish up the Club year.

Norm Swanwick for the Trivia team

low-tech gifts

© John Atkinson, Wrong Hands





2024 'Celestial' Calendar



I'm an amateur astronomer specializing in astronomical photography. Over the last few years, I've been producing calendars that showcase my work.

There is a sample 2024 calendar at the office. I have a few of these to sell and can produce more if there is sufficient interest.

My asking price is \$25 per calendar.



The ever popular Trifid nebula in Sagittarius

Please don't hesitate to contact me:

Phone (0404070372) or email (stevec@pcug.org.au) if you have any questions.

Steve Crouch

It's time to get **emergency ready**

With the high-risk weather season approaching, Canberrans are encouraged to prepare their homes and discuss their emergency plan with their families.

Storms and bushfires can develop quickly and without warning.

Take these simple actions to reduce the impact a natural hazard may have on your home and community:

- clear your gutters
- maintain your yard by clearing any debris
- secure or put away loose items that are outside
- trim overhanging branches
- repair previous property damage.

Download or update your emergency Survival Plan and find more information at esa.act.gov.au



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