



Weekly Bulletin

Friday 5 Nov 2021

CLUB CLIPBOARD

ACTIVITIES UPDATE

RETURN OF CLASSES

Zumba Gold and Movement 4 Memory are returning to face-to-face classes starting Monday 8 November at 9:30am. Instructor Susan Innis is looking forward to seeing everyone again. To book your spot please use the links below:

ZUMBA GOLD

<https://Dance4FitnessFun4FitnessSchedule.as.me/Tugg55plusZUMBA>

MOVEMENT 4 MEMORY

<https://Dance4FitnessFun4FitnessSchedule.as.me/tugg55movers>

Two weeks of classes have been scheduled with new classes being added each week. However, if the Movement 4 Memory class does not receive enough bookings it will be cancelled after week 2.

Remember numbers are strictly limited, (we are starting with 12 rather than the usual 15 to give us all enough space). We ask that you wear a mask to class, but if you feel more comfortable dancing without it on you are permitted to remove it in line with ACT government guidelines.

If you have an queries please do not hesitate to contact
Susan: dance4fitness.susan@gmail.com



LAKESIDE WATERCOLOUR GROUP

2nd and 4th Thursday

12.45 pm – 3.15 pm

Class bookings have reached the cut off number of 15 members.

But there are still vacancies in the **ACRYLIC WORKSHOP**

Details on page three!



CLUB CLIPBOARD!

ON THIS COMING WEEK!

Wednesday – 10 November – 10.00 am

TAKE 55 – Coffee Catchup

It was great to see everyone on Wednesday after such a long time. Over a dozen members returned to the Coffee and Movie morning and caught up with what we have all been doing over lockdown.

The movie, 'Respect' showcased the story of Aretha Franklin's life and we all enjoyed the great music.

As there is not a suitable movie next week, once again we will meet for coffee at the Tuggeranong Vikings Club at 10.00 am so the conversations can continue!



Pam Hall



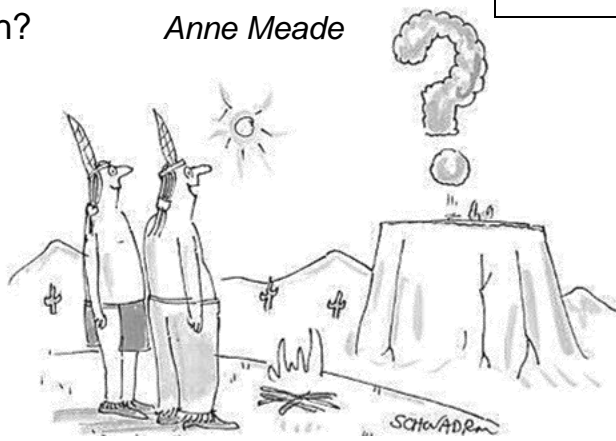
Thursday – 11 Nov – 7.30 pm

TRIVIA WITH FRIENDS

Our on-line trivia nights are becoming popular and numbers have increased. Joining forces with Tuggeranong Probus members, they are held on the 2nd Thursday of the month commencing at 7.30 pm.

Our next session will be held on **Thursday 11 November**. We have 3 or 4 sets of 10 questions in each, covering a wide range of topics. There are sure to be questions you can easily answer. There are no prizes, just the satisfaction or realising how much general knowledge you have, or in my case haven't!! New competitors are always welcome so why not contact me at ameade@pcug.org.au and join us next month?

Anne Meade



TIMETABLE

Sunday 7 Nov – Friday 11 Nov

GC Gumnut Cottage *TSC Tugg Seniors Centre

<i>Day / Date</i>	<i>Time</i>	<i>Activity</i>
Sun 7 Nov	9.20 am	Walking Group
Mon 8 Nov	9.30 am	Bolivia - GC
	9.30 am	Zumba - TSC
	10.00 am	iPad SIG - TSC
	10.30 am	M 4 M - TSC
	5.15 pm	Yoga - TSC
Tues 9 Nov	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
	1.15 pm	Seated Yoga - TSC
Wed 10 Nov	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls - TSC
	10.00 am	Take 55–Coffee C'up
	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 11 Nov	9.30 am	500 (cards)- GC
	10.00 am	Android SIG - TSC
	12.45 pm	Lakeside Art - TSC
	1.00 pm	Mah-jong - GC
	1.15 pm	Lawn Bowls
	3.30 pm	Improvers Bridge - GC
	3.45 pm	Yoga - TSC
	7.30 pm	Online Trivia
Fri 12 Nov	9.15 am	Tai Chi - TSC
	9.00 am	Cycling Group
	11.45 am	Sit n Be Fit - TSC
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls- TSC

**"They're inviting us over
to play a trivia quiz game."**

DATES FOR YOUR DIARY!



ACRYLIC ART WORKSHOP No. 9 with Maria Polmeer

THE COLOURS OF OUR COUNTRY

**BEGINNERS & CONTINUING
BEGINNERS**

SATURDAY

27 November 2021

10.00 am to 1.30 pm

Cost \$55.00

Bookings and payment at
the office by
Monday 22 November 2021
**Book early to avoid
disappointment**

CANVAS & PAINTS SUPPLIED

BYO: jar for water, apron/old shirt,
towelling rag, paper palettes or
China plate



'CHRISNIC'

Sunday 12 December

3.00 pm

As the end of the year looms on the horizon, we are celebrating the season with a 'ChrisNic'.

Bring your picnic basket (with food!) and enjoy one of the best views in town as the afternoon rolls on. Weather permitting, we will be able to spill out into the sunshine – fingers crossed!

Designed to be a 'casual' affair, the focus is on conversation and relaxation as the Club year draws to a close.

There will be a complimentary glass of bubbly on arrival, a piece of Christmas cake and a Pinata (which might help get rid of a few frustrations that have built up over past months!)

Please let us know you are coming to this free event by registering with the Club office:

Phone - 6293 4004

Email tugg55plusclub@gmail.com)

by Friday 3 December.



CLUB CLIPBOARD

DISCOVER CANBERRA WALKS

This is our Club's own walking group, with enthusiastic members who enjoy at least two walks a month – weather and Covid restrictions permitting! We do not limit these walks only to the ACT. Our latest foray was to London Bridge Arch and Homestead in Burra.



London Bridge & Arch & the Club's 'Happy wanderers'!

It was a huge success – perfect weather and 13 of the 19 walkers have not previously been to this site, thus the use of the word “Discover” for our group. One of our walkers is also a keen birdwatcher and she saw or heard many different species, both at the arch and Tin Hut Dam where we enjoyed our picnic lunches.

If you are interested in joining us on a walk on the first and third Sundays of each month, contact the office and leave your name and email address.

Anne Meade

INTRODUCTION TO BIRDWATCHING – 3 NOV 2021



Wednesday was a sunny, still, cloudless morning for our birdwatching trip to the foothills of Mt Taylor. There were only three of us, but we didn't let that deter us. In the carpark as we arrived there were several bird species feeding in the flowering eucalypts.

As we continued on, the reserve was a carpet of yellow, with paper daisies everywhere and large patches of Leopard Orchids and Bulbine Lilies amongst them. The highlight of the morning was watching a pair of **Leaden Flycatchers** building their nest, and watching a **Common Bronzewing** which had come down to drink from the dam. We saw 30 species in all. Next month we plan to visit Campbell Park; why not join us



Lia Battison

TALKING 'TIME OUT'!

SENSORY GARDENS

Many have returned to their gardens during recent lockdowns not only to fill in the time but to engage their senses. Our gardens can provide a private sanctuary, stimulating through planting, sight, touch, scent and taste.

THE SENSORY GARDEN - RAY MORTON PARK, QUEANBEYAN

The Sensory Garden and Play Space covers about 2ha next to the Queanbeyan River. Officially opened in 2013 during Queanbeyan's 175th birthday, it was designed to enhance the sensory experience of being in a garden, for all ages and abilities.

The community was involved in integrating sensory aspects of the design, such as the 'Connect, Grow, Celebrate' Ceramic Tile Installation. Over 200 hand-crafted tactile ceramic mosaic tiles are set on the low walls around the garden beds, created by mental health group Richmond Fellowship, coordinated by local artist, Dianne Quiggin. Each tile tells its own unique story: the hand-print of a local toddler; nature themed tiles with impressions of leaves, gumnuts, other local flora; messages in text and images.

As well as the tile project, the garden features the Jullergung Totem Poles by the local Ngambri people, sculptures, Morty the snail and 'Queany' the Platypus by Neil Dickinson, and the Gardener's Gate by Alan Neal, Council Head Gardener. There are also three musical instruments – the UFOnium created by local musician/artist Jack Waring-Dallwitz from a recycled gas cylinder, an accessible Marimba and a Sonic Bench sound sculpture, both by Kim Bowman. This garden appeals to everyone.



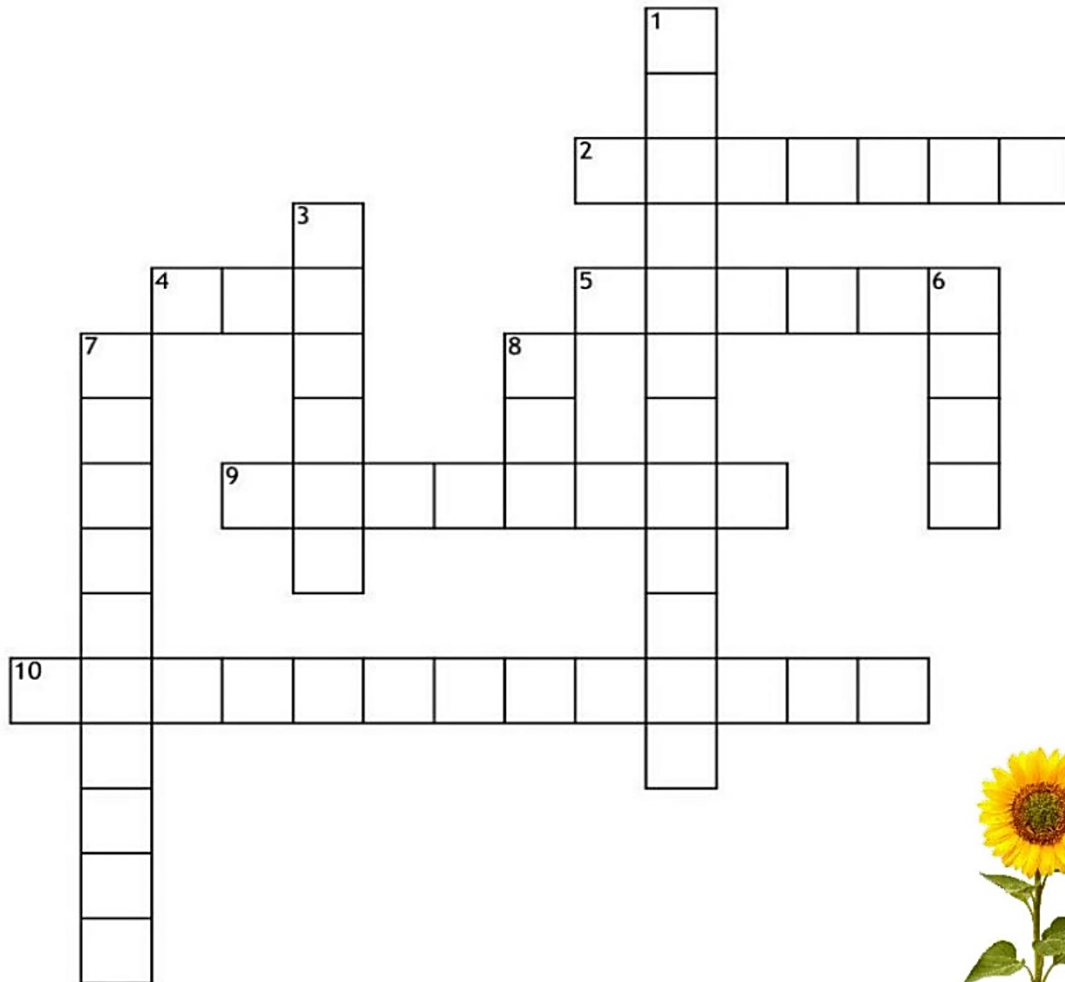
The garden is planted with scented flowering shrubs and trees, herbs with aromatic foliage, several Magnolia trees with a velvety underside to their leaves, groundcovers soft to the touch, grasses with a slight prickle to their seed heads, succulents that look and feel juicy, citrus trees with their dark yet glossy leaves. Fully accessible, the garden has broad paths with a firm surface, raised beds to make it easier for everyone to touch and smell the plants, and retaining walls for the weary to sit upon. Even the ground surface in places offers a subtle sensory experience to your feet or your wheels.

The Sensory Garden is enhanced by its beautiful surrounds: established Chinese elms, attractive planting in the nearby carpark off Waniassa Street, the large open spaces of Ray Morton Park and playground. Located next to Queanbeyan River just across from the City Centre, the Sensory Garden also has interesting neighbours: the historic O'Neill's Cottage, now home of the Queanbeyan Art Society, and the Riverbank of Queanbeyan café with its lovely outdoor setting.



TALKING TEASERS!

VINCENT VAN GOGH



Across

2. Last name of the artist friend that joined Vincent in Aries
4. Number of paintings that Vincent sold in his lifetime
5. Occupation that Vincent is remembered for
9. The painting of a person
10. Opposite colours on the colour wheel

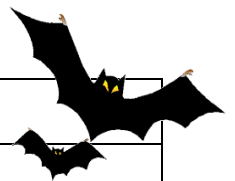
Down

1. Title of Vincent's most famous painting
3. Colour house in Aries
6. The name of Vincent's brother
7. Flowers Vincent loved to paint
8. Body part that Vincent cut off his own body

Solution next week's Bulletin

HALLOWEEN WORD GAME ANSWERS

1 Halo	2 Allow	3 Ewe	4 Alone
5 Hall	6 Eel	7 Hallow	8 Lane
9 New	10 One	11 Whale	12 Heel
13 Lean	14 Whole	15 Lawn	16 Awol (yes, it is a word!)
17 Ale	18 Wean	19 Owl	20 Hola



‘Songs of Witches’ comes from William Shakespeare’s ‘**Macbeth**’