



'Tugg Talks' Weekly Bulletin

Friday 10 Nov 2023



CLUB CLIPBOARD!



**'NOT SO OLD'
OPEN DAY!**



TIMETABLE

Saturday 11 Nov

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Time	Activity	Location
	BE CREATIVE!	
10.00 am	Crafty Corner	GC
	Knit n Knatter	
10.00 am	<i>Find Your Voice</i>	TSC
	Heart n Soul Singers	Hall
10.00 am	Graphite Drawing Group	TSC Lounge
11.00 am	<i>Revive your Rhythm</i>	
	Zumba & Movement 4 Memory	TSC Hall
	BE GAME!	
1.00 pm	500 Cards	GC
	Bolivia	
	Bridge	
	Cribbage	
	Mahjong	
1.00 pm	Social Pool	GC
1.00 pm	Carpet Bowls	TSC
	Pitch n Putt	Hall
	Table Tennis	
1.00 pm	Family History	TSC Lounge
1.00 pm	Cycling	TSC
	Tai Chi	Outside
1.00 pm	Pétanque	Outside
	(Canberra Servicemen's Memorial – near TSC)	

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!

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!

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, Bridge, 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!

TIMETABLE

Saturday 11 Nov – Saturday 18 Nov

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 11 Nov	10.00 am - 3.00 pm	Southfest - 'Not so old' Open Day
Mon 13 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
Tues 14 Nov	2.00 pm	Improvers Bridge - GC
	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
Wed 15 Nov	10.30 am	Heart & Soul - TSC
	1.00 pm	Mah-jong – GC
	9.30 am	Cribbage – GC
	10.00 am	Ten Pin Bowling
	10.00 am	Carpet Bowls – TSC
Thurs 16 Nov	10.00 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
Fri 17 Nov	9.30 am	500 Cards- GC
	10.00 am	FH Working Grp - TSC
	10.00 am	Pool – Social - GC
	1.00 pm	Mah-jong – GC
	1.00 pm	Reading Group - TSC
Sat 18 Nov	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga - TSC
	9.15 am	Tai Chi - TSC
	9.30 am	Pitch n Putt
	10.00 am	Cycling Group
Sat 18 Nov	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
Sat 18 Nov	1.30 pm	Games Afternoon - GC



'TAKE 55'

MOVIE/COFFEE GROUP

Wed – 15 Nov – 10.00 am

A small group enjoyed coffee and conversation at Cherry Bean on Wednesday before going to *The Dive* at Limelight. This suspenseful movie had us on our seats for a lot of the morning!

As we do not have anything to see next week, we will meet at Vikings Tuggeranong at 10.00 am for a 'chat and a chai'! Why not come and join us!

Pam Hall



GAMES AFTERNOON

Sat – 18 Nov – 1.30 pm

The monthly Games Afternoon is on again this Saturday, 18 November, at Gumnut Cottage commencing at 1.30 pm till 4.00 pm.

For board game enthusiasts and others and those who are looking for a fun afternoon, it is a chance to learn a new game while socialising with fellow members.

Afternoon tea is part of the socialising, and any contributions of food are always welcome!

Anne Meade

Be grateful that no matter how many pieces of cake you eat, your earrings will always fit!



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 strength bones, improve balance, and improve 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 Nov – 19 Dec

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.

DATES FOR YOUR DIARY!



ACRYLIC ART WORKSHOP No. 15

with Maria Polmeer



Saturday 2 December

10 .00 am - 1.30 pm

Cost \$55.00

Beginners & Continuing Beginners

By popular request this workshop will have an

ABORIGINAL THEME

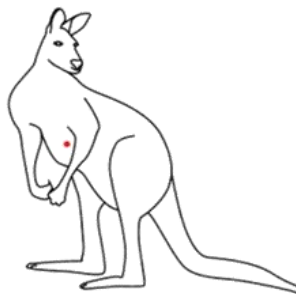
**LIMITED TO 12 MEMBERS
REGISTRATION and PAYMENT
by 27 NOVEMBER 2023**

PLEASE BRING:

A jar for water

Apron or old shirt to protect clothing

**All painting supplies (canvas, paints, etc.)
included in the cost**



*At our last workshop there were five people who had never painted before and all turned out work they could proudly take home and hang.
We keep it simple but always exceptional.
In fifteen workshops we've never had a botched painting.*

ACTIVITY 'ANTICS'!

A little 'Garden Gossip'

A very interesting and colourful morning was had with the Garden Gossip group on Tuesday Jane presented us with some very well researched and interesting information on the Alister Clarke's roses...



The roses then went on to adorn the tables in the main hall for the Melbourne Cup celebrations!

Appropriate, as Alister Clark was the foundation Chairman of the Moonee Valley Racing Club (not Flemington) and Master of Oaklands Hunt Club from 1901 to 1908.

He was also the pre-eminent Australian rose breeder of the twentieth century.



Alister Clark Memorial Rose Garden

Enjoy a stroll through the magnificent rose garden, located in the heart of Bulla. The rose garden displays a spectacular variety of stunning roses. Located next to the old Bulla Shire offices at the corner of Bulla Road and Green Street.

The Alister Clark Memorial Rose Garden highlights the work of Australia's most prolific rose breeder, the late Alister Clark of Bulla. It is maintained by the garden's dedicated community volunteers, with the assistance of Hume City Council.

The garden is dedicated to growing, displaying and promoting the world-famous roses developed by Alister Clark, and is open to the public during daylight hours every day of the year.

Alister Clark (1864-1949) lived and bred his roses in Bulla. The Alister Clark Memorial Rose Garden contains all 67 of the Alister Clark roses currently available including climbing, pillar, polyantha and hybrid tea bush roses.



ACTIVITY 'ANTICS'!

And the Race that stops the Nation!

The Club held its annual Melbourne Cup gathering on Tuesday and **'yellow'** was definitely the colour of the day.

The sun shone and the room was awash with sunshine from tablecloths to roses.



There were sunny smiles, stunning styles, and the surprise streak of yellow that came from nowhere to take out the coveted cup!

A big thank you to Norm and his entourage who helped make the day happen; Margaret, Faith and Thea and Lorraine 'Mistress of the Sweeps'. Also, to Jill and her Garden Gossipers for the superb roses which are still adding a pop of colour to the office.

As the end of the year looms, watch this space for details of the Christmas 'Swinging' Soiree – sunset, light supper and songs.....



And why the Yellow Roses?

Word has it that several committee member wives came up with the yellow rose tradition for Melbourne Cup when they suggested it to their husbands. The trend took off and remains in place today.



KNOW YOUR NEIGHBOURHOOD!

5 Ways - Community Garden

5 Ways is a community garden located off Bissenberger Crescent, Kambah. The garden was created by a local resident for the everyone to enjoy.

It's Gnomvember over in the 5 Ways Garden. The gnomes have been very busy each night. There has been hatching gnomlings, games, music, and art in the garden. Why not wander over and see what they are up to!



Your mind is like a garden

Your thoughts are the seeds.

*You can plant flowers,
or you can plant weeds!*



TALKING TRADITION....

Joshua Dyer (aged 14) was tasked at school to write a poem for Remembrance Day.

An hour later (without any help) he produced this.

One Thousand Men Are Walking

One thousand men are walking
Walking side by side
Singing songs from home
The spirit as their guide
they walk toward the light milord
they walk towards the sun
they smoke and laugh and smile together
no foes to outrun
these men live on forever
in the hearts of those they saved
a nation truly grateful
for the path of peace, they paved
they march as friends and comrades
but they do not march for war
step closer to salvation
a tranquil steady corps
the meadows lit with golden beams
a beacon for the brave
the emerald grass untrampled
a reward for what they gave
they dream of those they left behind
and know they dream of them
forever in those poppy fields
there walks one thousand men

Joshua Dyer 2019 (aged 14)

Lest we forget