



'Tugg Talks' Weekly Bulletin

Friday 17 Nov 2023



**'OPEN DAY'
A LOT TO SEE & DO!**



PHOTOS BY FAITH & NORM

TAKEN 13 NOVEMBER 2023

CLUB CLIPBOARD!

TIMETABLE

Saturday 18 Nov – Saturday 18 Nov

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 18 Nov	1.30 pm	Games Afternoon - GC
Sun 19 Nov	9.20 am	Discover Canberra WG
Mon 20 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 21 Nov	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
	10.30 am	Heart & Soul - TSC
	1.00 pm	Mah-jong – GC
Wed 22 Nov	9.30 am	Cribbage – GC
	10.00 am	Ten Pin Bowling
	10.00 am	'Take 55' Movie Group
	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 23 Nov	9.30 am	500 Cards- GC
	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
Fri 24 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 Ukelele Gp - GC



GAMES AFTERNOON

Sat – 18 Nov – 1.30 pm



The monthly Games Afternoon is on again tomorrow, 18 November, at Gumnut Cottage - 1.30 pm - 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

'TAKE 55'

MOVIE/COFFEE GROUP

Wed – 22 Nov – 10.00 am



While a prior arrangement meant I wasn't available this week, a small group met for coffee at Vikings Club on Wednesday.

As we do not have a movie to see next week, (Wed 22 Nov), we will once again meet at Vikings Club at 10.00 am.

Why not come and join us for coffee/ lunch and good company!

Pam Hall

UKE 55 - UKULELE GROUP

Friday – 24 Nov – 3.00 pm

The Club's ukulele group, 'Uke 55' meets again next Friday afternoon at 3.00 pm at Gumnut Cottage. This small but fun group strums and sings along under the guidance of 'Ukemeister' Garry Owen.

You don't need to be able to read music; songs are projected onto a screen which makes it easy to play along as the chords are also explained. Why not come along and see why ukulele playing is popular all round the world as a fun social activity!

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.*

BEING ACTIVE!



**Lining up
for 'Kilby' rules**

Tugg Chukkers & the 'piste' Open Day - Southfest

Ten Chukkers congregated for the latest pétanque session held on Saturday 11th of November - coinciding with Southfest festival.

It was warm and due to that, less enthusiasm could be mustered post-cake break than before, so the matter was decided by Kilby rules (made up on the spot by Tim K) that the nearest to the cochinnet after two throws each would win the day. Garry took out the honours. A grand day out!

Next Tugg Chukkers will be Thursday 23rd of November from 10am to 12noon on the piste near the club. All welcome. *Andrew Rankine*



STEPPING UP!

A last-minute absence on Tuesday by Exercise instructor, Duncan, due to COVID, did not deter the regular attendees. While most of the men stayed to do their exercise class, only five women decided to have a go at running the session between themselves.

Luckily, they were able to devise a full hour's class based on everyone offering their favourite or in some cases least preferred exercises!

A great testament to Duncan's skill and enthusiasm of working with them all over the years. *Megan Flynn*

Photo courtesy of Lorraine Ricketts – Office Volunteer (Tuesday)





WELLNESS TOOLBOX

The Inextricable Link between Gardening and Happiness

At its heart, time spent in the garden has always been about escape – from the stresses of life, from the chaos of city life, or from mental anguish. In the words of Monty Don, although we may have little control over our lives, ‘in the garden or allotment we are king or queen. It is our piece of outdoors that lays a real stake to the planet.’

One of the many ways to integrate the natural world into your life for better mental health:

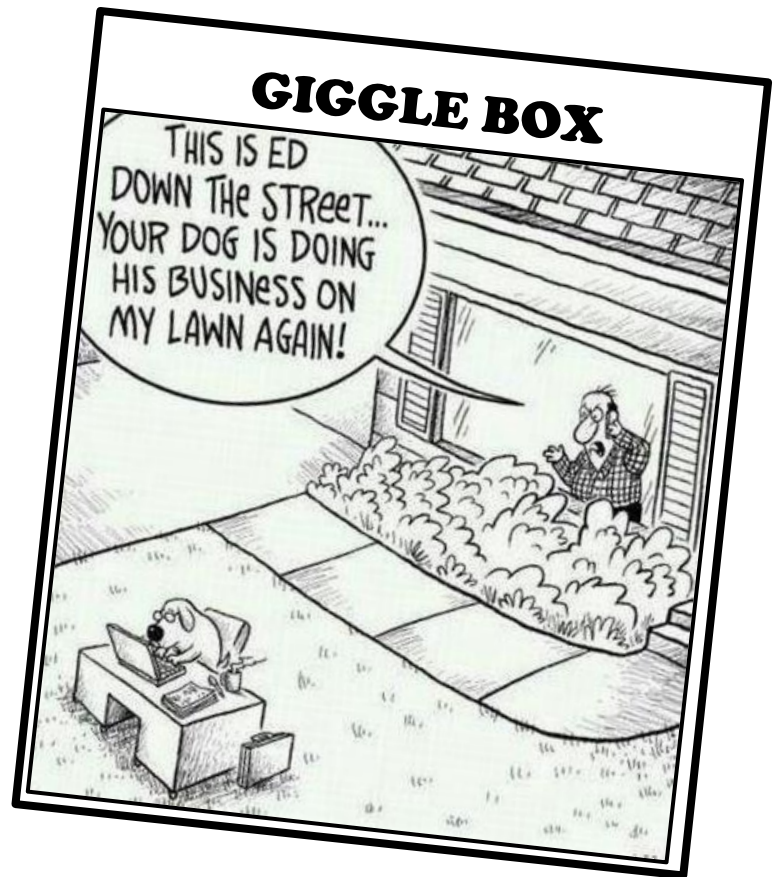
LYING ON THE GRASS OR FOREST BATHING

You don't have to own a garden to reap the benefits of green spaces. Shinrin yoku, or forest bathing – simply lying on the forest floor and tuning into the sensory experience of your environment - first gained popularity in Japan and it is now routinely prescribed as a preventative medicine. Physical connection and immersion in nature, while quietly observing the sounds, smells, and sights of the forest or green space can lower cortisol production, lower heart rate, and boost the immune system.



While I am not a big fan of the world of jargon in which we now live – I refuse to ‘lean in’ (the floor is dangerously close as it is), there is only a lot to ‘unpack’ when I return from holidays, and I am not sure when ‘weapon’ and ‘ise’ became a word!

However, having a few strategies to keep you feeling good under the guise of a ‘Wellness Toolbox’ isn't a bad idea. And perhaps under this heading in coming weeks, you might be inspired to add to your own ‘toolbox’!



ultimately

I just want to be with someone who makes adventures out of missed buses, laughter out of forgotten umbrellas and art out of my mess.