



# Weekly Bulletin Friday 25 November 2022

## TIMETABLE

Monday 28 Nov – Sunday 4 Dec

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 28 Nov	9.30 am	Bolivia - GC
	9.30 am	Zumba - TSC
	10.30 am	Graphites DG - TSC
	10.30 am	M 4 M - TSC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Social Bridge - GC
Tues 29 Nov	4.30 pm	Yoga - TSC
	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
	1.00 pm	Mah-jong – GC
Wed 30 Nov	1.15 pm	Seated Yoga
	9.15 am	'Take 55' Movie Group
	9.30 am	Cribbage – GC
	10.00 am	Carpet Bowls – TSC
	12.15 pm	Line Dancing-AB-TSC
	1.00 pm	K-nit 'n' K-natter – GC
Thurs 1 Dec	1.30 pm	Line Dancing-Beg -TSC
	2.45 pm	Line Dancing-Imp – TSC
	9.30 am	500 (Cards)- GC
	10.00 am	Family History - TSC
	1.00 pm	Mah-jong – GC
	2.00 pm	Book Club - TSC
Fri 2 Dec	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
	11.45 am	Sit n Be Fit – TSC
Sun 4 Dec	12.00 pm	Learning Circle – TSC
	2.00 pm	Carpet Bowls – TSC
	9.20 am	Discover Canberra WG
	2.00 pm	Christmas Bingo - TSC

## CHRISTMAS COLLECTION BASKET

You may have noticed that it's 'beginning to look a lot like Christmas' – Norm Swanwick has put up the Christmas tree and decorated the hall. The little knitted nativity scene (courtesy of the talented KNK ladies) adds the final touch as the 'reason for the season'.

We are collecting again this year for 'The Little Pantry' and there is a trolley next to the Club office for donations of non-perishable food and other items.

The Little Pantry is a not-for-profit emergency food relief service which is run primarily on donations with the items given to those accessing services provided by the Woden Community Service.

Every month the Little Pantry helps members of your local community with a small number of non-perishable food and hygiene items when they are in emergency situations.

### Most needed items:

Canned fish / meat - Tea / coffee - Pasta sauces - Pasta / rice - Long life milk - Canned fruit / vegetables / Noodles / beans - Personal items - Feminine hygiene products - Toiletries - Nappies - Baby wipes



# CLUB CLIPBOARD

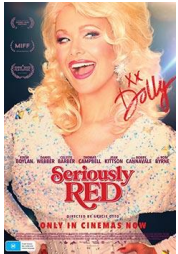


**Wednesday – 30 Nov – 9.15 am**

## **'TAKE 55' Movie/Coffee Group**

We had a nice meetup for coffee at Cherry Bean on Wednesday, followed by *Glass Onion* at Limelight Cinema. An interesting movie that started slowly with a complicated storyline and well-known cast members.

Next week we will see *Seriously Red* at 10.15 am at Limelight and meet at Cherry Bean at 9.15 am for coffee. Come and join us for a nice morning out. *Pam Hall*



***Seriously Red*** is a rowdy, rambunctious and utterly enjoyable Australian musical dramedy, where we meet Red (Krew Boylan), a vivacious, clumsy and occasionally misguided redhead who is at a crossroads in her life.

After misreading her work party's dress code, Red trades her 9-to-5 job in real estate for a new career as a Dolly Parton impersonator. When she dons the fake hair and rhinestones and steps up to the mike, it's the beginning of a tumultuous journey. Watching her embrace her Dollyness and find her true self is a total pleasure!



## **LATEST FAMILY HISTORY GROUP NEWS**

We have now reached the end of the year! The last meeting of the year will be on **Thursday 1 December at 10.00 am** in the Parkview Hall. As is our custom at the last meeting we will have a more festive morning tea (with rock cakes as usual!).

If you haven't been for a while, or just want to join the Group, you are most welcome to come along. The topic will be '**Childhood Christmas**' with some ideas how to fill in the gaps in our knowledge of our own very early childhood Christmas.



There will not be a meeting in January and the Group will meet again on the first Thursday of February – Thursday 2 February.

The DNA Workshop Group and the Family Tree Maker Working Group will not meet in December and will resume in February. **The DNA Workshop Group** meets on the third Thursday of the month – the next meeting is **Thursday 16 February 10.00 am to 12.00.**

**The Family Tree Maker Workshop Group** meets on the fourth Thursday of the month – the next meeting is on **Thursday 23 February 10.00 am to 12.00 noon.**

If you have a laptop with your DNA results or Family Tree Maker on board, bring it along as the aim is to help each other with any issues we may have.

**A big thank you to everyone who has supported the groups throughout the year and to everyone, very best wishes for the festive season and for the New Year.**

And if you are interested in coming along to any of these groups you are most welcome!

*Liz Dean*

# WHAT IS COMING UP IN DECEMBER!

## **A CELEBRATION OF 'SEASONAL' SUNDAYS**

During the month of December, we will be celebrating the season each Sunday.



### **CHRISTMAS BINGO SUNDAY**

**4 DECEMBER – 2.00 pm**

Christmas Bingo heralds the start of the Club's 'celebration of the Season'. With a Christmas theme, and John and Phil as your 'hosts', sheets / dobbers are available on entry.

While there is a lot of laughter, this game gives your brain a gentle workout at the same time. Why not come along and discover why this game is so popular!



### **AUSSIE CHRISTMAS BARBACUE SUNDAY**

**11 DECEMBER - 5.00 pm**

Christmas is not far away so it is time to light the barbie and celebrate the coming Festive Season in true 'Aussie' fashion.

On Sunday 11 December, we will provide a sausage or two, onions, bread, bubbly and juice, tea and coffee, Christmas cake and some sweet treats. We ask you to bring your own salads and tableware (plates/cutlery to be taken home to wash!) and any extra drinks that you might desire. If you would prefer something more exotic than a sausage, please feel free to bring it which you are welcome to cook.

Starting from 5.00 pm will allow us to enjoy the magical view of the lake as the day draws to a close and the Heart and Soul Singers and Leo Laverty will sing for us and lead us in our own 'Carols by the Lake'.

A perfect way to end another Club year and all this for \$5.00!

Please book with payment by Thursday 8 December.



### **CHRISTMAS TRIVIA SUNDAY**

**18 DECEMBER – 2.00 pm**

The last social event of the Club calendar year has been Sunday Trivia and this year, fortunately, is no exception.

Norm will have a variety of questions, film clips and lots more around the Christmas and holiday season – more information to follow....



# TALKING TECH!



Get your questions answered, and share your Tech Achievements :)

## **TECH TALK SATURDAY**

### **AN ONLINE TECH CHAT**

**26th Nov - 9:00 am**

Garry Owen is continuing his *"Tech Talk Saturday"* sessions to answer your tech questions. These are conducted using ZOOM and are free to join

This session will feature a general discussion on topics of the day, as well as time for some general Q&A. Please feel free to add your question at the time you **REGISTER** for this session.

To find out more about using Zoom, here is a [Short Video](#) showing how to join a Zoom meeting for the first time.

You need to **REGISTER** for this session using this link...

[Click Here to REGISTER](#)

Hope to see you there, and *"May the Tech be With You!"*



# TALKING 'DOWN & DIRTY'!

## ONE YEAR'S SEEDS = SEVEN YEARS' WEEDS!!

On Tuesday 8 November, members of the Garden Gossip got little dirt on their hands learning about weeds and weeding, under the expert tuition of club member Leo Sawicki.

After a general chat about weeds and the different ways they grow and seed, the group headed outside to the front of Gumnut Cottage. Leo Sawicki, helped us identify weeds and learn the best ways to remove them. Bad news folks, the best way is to manually remove them by digging under them and wriggling them out or using a Dutch hoe!! Leo recommended weeding with your bare hands for best grip and so you can feel how loose you are working out that weed. If you don't have the puff or time to do a full weed, then at least remove the seed heads as that will help stop the cycle.

As a side benefit of our session, a start has been made on removing some of the verdant weeds outside Gumnut Cottage. Following on from the monthly meeting, four GG members gave the garden near the front entrance a good weed and planted up some native plants, which will hopefully spread and reduce the number of weeds. More plants are still to go in, including some hellebores in the shady difficult areas.

As the saying goes "Without hard work, nothing grows but weeds. ..." and as Leo says "it won't happen overnight, but it will happen "



*Club member and horticulturist, Leo Sawicki helping to identify and remove persistent weeds!*



*Enthusiastic 'Garden Gossipers' Weeding & Planting Party – 22<sup>nd</sup> November!*





I received the below feedback from Lake Tuggeranong College Teacher, Lisa Garner. I was very surprised and delighted by the content and thought it was worth sharing!

*The students certainly enjoyed the experience. I used the experience as part of an assessment task and below are some of the comments from the students. Just a snapshot, but the overall response was very positive and I was very happy and proud of how it all came together. Thank you so much for your support in getting it up and organised from your side of things.*

- Megan is very funny. I told her a few of my problems in life and she give me advice that is going to change my mind set on how to handle my problems and money. If I have a lot of time I would definitely go back in there and I would ask a lot of questions to them and have more time to know them.
- I liked asking questions about life advice and how they grew up and their story. I liked these questions because it was so cool hearing their different stories and how they were able to do different things growing up than what we are today. Some advice we got given was to make good choices because our life is an outcome of our choices. I think this was good advice because I think it's true. If you make the right or wrong choices, it's going to show because those choices do impact your life.
- Lately I've been considering going into aged care. Uplifting, giving and having someone to talk to and making a unique connection are things that have inspired me to consider this option, and my experience at the over 55's has just confirmed those beliefs. I really enjoyed that experience. My favourite questions to ask were about their life mottos, kids and grandkids, and careers. I found that those sparked a lot of conversation and I found myself naturally asking a lot of questions that weren't on the list. I spoke with one woman, named Megan, about her experience as a performer and how she organically followed her life path, taking opportunities as they came. This was very inspiring for me as that's how I'm planning my near future and it's good to know that you don't have to know what's going to happen next to live a fulfilled life.
- They all gave really good advice. I loved this one motto. I don't remember her name, but she said "Don't give up what you love. Thrive for it". They made me see that I should try getting out there and do things I've never done before. They were really kind and made you feel comfortable, they all had great advice for younger people.
- One of the funny stories was about how one of the ladies stalled her car and back then you could have to get out of the car and start it back up from the outside if you stalled. I am pretty sure she said you had to crank it with a lever or something. But she said that the man behind her was on the horn and she was too scared to get out. A police officer saw what was happening and made the guy in the car behind her get out of his car and start her car again. This was funny because you don't have to do that for cars anymore.

# COMMUNITY BILLBOARD!

## Latest COVID-19 updates



Our region is experiencing another COVID-19 wave, with increases in case numbers expected over the coming weeks.

There are no changes to public health restrictions at this stage. In the ACT, masks continue to be required for staff and visitors on entry to high-risk settings, and for staff providing in-home disability and aged care services.

### Important COVID-19 reminders

- We strongly encourage you to [wear a face mask](#) if you can on public transport and in public indoor spaces where you can't maintain physical distancing.
- If you have COVID-19 symptoms, you should stay at home and get tested.
- If you [live with someone who has COVID-19](#) you're at highest risk of getting COVID-19, and should monitor for any COVID-19 symptoms.
- Stay up to date with your [COVID-19 vaccinations](#). Ask your GP if you are not sure if you should have another dose.
- Practice good hand and respiratory hygiene.

[More COVID-19 health advice](#)

## Have your say on the Seniors Card program



A review of the ACT Seniors Card Program is underway. As Canberra continues to grow, the ACT Government wants to ensure the Seniors Card continues to provide benefits that you find valuable and that the card itself is easy to use.

The review is looking at the partnership experience for business, membership experience for cardholders, administration of the program and opportunities for digital transformation. The review also evaluates the awareness of the program among community members and local business community that support older people in the ACT.

The community has until 6 February 2023 to respond to a survey and let us know your thoughts. Go to [www.yoursayconversations.act.gov.au/seniors-card](http://www.yoursayconversations.act.gov.au/seniors-card) for more information. The security of your personal information is important to us. This survey **will not** ask for any personal information.

To ensure your feedback is assessed without bias and to ensure a fair process of improvements, the ACT Government has partnered with an independent consultant to do this review.

*Office for Seniors and Veterans*

# COMMUNITY BILLBOARD!

**Digital Health Record**  
Connecting your care across  
the ACT public health system

dhr.act.gov.au



Digital Health Record, or DHR, is now live across the ACT.

DHR is the ACT's new digital health system. It will be used to keep all health records on a person who uses any of our ACT public health services. This will include:

- Canberra Hospital
- Calvary Public Hospital Bruce
- Centenary Hospital for Women and Children
- University Canberra Hospital
- Community Health Centres
- Walk-in-Centres in the ACT
- Clare Holland House

This means your public health records will be stored safely in one system – instead of multiple IT systems and paper records. This will help our health professionals find your information faster, so they can spend their time focusing on what's most important – you.

Most of the health information that will be stored in the Digital Health Record is already being collected, either on paper or in existing clinical IT systems.

The Digital Health Record is hosted in multiple secure data centres in Canberra.

These data centres have well established security controls that enable them to store secret data belonging to the Australian Federal Government.

Find out more [health.act.gov.au](http://health.act.gov.au)

