



'Tugg Talks' Weekly Bulletin Friday 24 Nov 2023



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

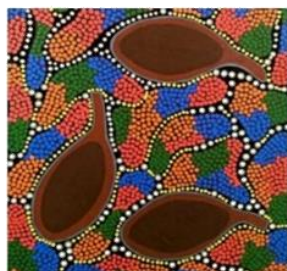
**LIMITED TO 12 MEMBERS
REGISTRATION and PAYMENT
by 27 NOVEMBER 2023**

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.*

DATES FOR YOUR DIARY!



CELEBRATING THE SEASON

During the month of December, there will be a '**sense of the Season**' for our monthly gatherings so get your diaries ready:



Sunday - 3 Dec - 2.00 pm **Christmas Bingo**

John & Phil will host another of their 'Jolly' Bingo sessions with lots of Ho, Ho, Hoing and prizes and afternoon tea having a festive feel!



Friday - 8 Dec - 5.00 pm **Christmas Soiree** **Sunset, light Supper** **& Songs**

As the day draws to a close, the celebrations continue as we relax to the seasonal strums from Garry Owen and Uke 55 and Heart and Soul Singers who will soothe us into the festive spirit.

There will be a light supper and a glass of bubbly – (otherwise BYO).

All this for the modest fee of \$5.00 – please book with payment by Wednesday 6 December!



Sunday - 17 Dec - 2.00 pm **Christmas Trivia**

Norm returns to the Trivia stage for the fitting finale to end the Club year. This Trivia tradition is always popular and will have a seasonal flavour from Norm's variety of quiz questions to the festive afternoon tea.



So, search for your Santa Hat or your tinselly T-shirt and come join the celebration as the Club farewells 2023!



CLUB CLIPBOARD!



TIMETABLE

Friday 24 Nov – Sunday 3 Dec

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 27 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 28 Nov	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	* 9.00 am	LL Cycling Group
	10.00 am	Pool – Beginners - GC
	10.30 am	Heart & Soul - TSC
	1.00 pm	Mah-jong – GC
Wed 29 Nov	9.00 am	'Take 55' Movie Group
	9.30 am	Cribbage – GC
	10.00 am	Ten Pin Bowling
	10.00 am	Carpet Bowls – 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 30 Nov	9.30 am	500 Cards- GC
	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 1 Dec	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
Sat 2 Dec	10.00 am	Acrylic Art W/S - TSC
Sun 3 Dec	2.00 pm	Social Bingo

*** Please note earlier meeting time**

**** Extra Lawn Bowls for the month which will be the last session for 2023!**

'TAKE 55'

MOVIE/COFFEE GROUP

Wed – 29 Nov – 9.00 am

We had a lovely coffee meetup on Wednesday. Next week (29 Nov), we will see 'Napoleon' at 10.00 am at Limelight Tuggeranong, meeting at Cherry Bean at 9.00 am for coffee before the movie. Come and enjoy a nice morning's entertainment.

Pam Hall



Napoleon is a 2023 epic historical drama based on the true story of Napoleon Bonaparte, (Joaquin Phoenix) primarily depicting the French leader's rise to power as well as his relationship with Empress Joséphine (Vanessa Kirby).

Produced and directed by legendary Ridley Scott, the film showcases Napoleon's visionary military and political tactics against some of the most dynamic practical battle sequences ever filmed.

TRIVIA WITH FRIENDS

Thurs – 30 Nov – 7.30 pm

As November has five Thursdays, there is an extra online trivia session. Once a month members from both the Club and Tuggeranong Probus join together via Zoom, for a fun hour or so of trivia fun; good company, a variety of questions with a glass of wine welcome!

You need to download zoom and the link for the session is emailed on the night. If you would like to give it a go, send an email to the Club tugg55plusclub@gmail.com and we will make sure you receive the link.

Why not gather the family together or invite a friend or two to join you? Teams or individuals are welcome – the more the merrier!!



Know your medicines – a guide to taking prescribed drugs



WELLNESS TOOLBOX

Nearly 1,000 Australians die each year from misusing prescribed medications. The risk of medicine-related problems increases with age, due to inevitable changes in the human body. Memory loss or poor eyesight can begin to affect the practical aspects of taking medicines and it is easier to accidentally take your medicine twice or forget to take it at all.

Multiple medicines

Age comes with being prescribed an array of medicines and it is important to be aware that they could interact with each other. Taking many different medicines can also provide a greater chance of making mistakes, especially if these drugs need to be taken at different times of the day or week.

Improving medicine safety

Ask your doctor these questions:



- Why do I need to take this medicine?
- Are there side effects?
- What should I do if I notice any side effects or symptoms?
- What should I do if I don't feel like my medication is working?
- Are there any precautions I need to take, such as not driving?
- Does this medication interact with my other medicines, both prescription and non-prescription?
- Do I need to have regular tests to check how the medicine is affecting me?
- Is there a way to reduce the number of medicines I'm taking?

You can also use this [Question Builder](#) tool to create your question list for the appointment. Prepare your list, then print or email it so you remember what you want to ask.

Keep a medicines list

You can use a medicines list to keep track of:

- What each medicine (prescription and non-prescription) is for.
- What the dose of each medicine is.
- When and how to use each medicine.

To learn how to create your medicines list, go to the [NPS MedicineWise](#).

This is very important for seniors who travel. Always carry the list with you so that medical professionals seeking to treat you can quickly understand the medicines you're taking.

Know your medicines – a guide to taking prescribed drugs (cont)



WELLNESS TOOLBOX

Having an up-to-date medicines list also helps to make sure all your medicines get reviewed.

Ask for a medicines review

Medicines should be reviewed by your doctor every 6 to 12 months. But you can ask for a medication review at any time, especially when changes are made, including starting new or stopping medicines, or when travelling overseas.

You may be able to have a [Home Medicines Review](#) (HMR), where a pharmacist visits you at home. The review gives you the opportunity to ask the pharmacist about your medicines and how to manage them well.

Your doctor will use the results of your review to develop a medication management plan with you. You will need a referral from a GP to have the review.

Talk to your pharmacist

If you're taking a lot of medicines, talk to your pharmacist. They might be able to make you a pharmacy pack (also called a blister pack or a Webster pack) that will help you take the right medicines at the right time.

Extract: [National Seniors – Know your Medicines](#)

Medical Apps

There are many programs or apps you can download on your smart phone or tablet to help your health and wellbeing.



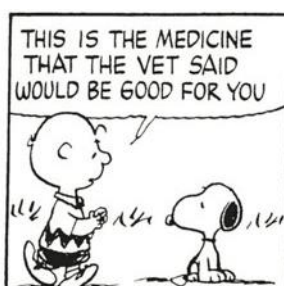
MedAdvisor is a free, user-friendly program that provides a quick and simple way for people to keep track of their medication, fill their scripts and see their doctor when they need a new script.

It can be used on smart phones, tablets and home computers and is designed to ensure nothing is forgotten when it comes to medications.

MedAdvisor provides a way to use medication safely, effectively and reliably and can also bundle accounts for more than one person's health needs.

The program is available at more than 1500 pharmacies around Australia.

For more information click on this link: [MedAdvisor](#)



COMMUNITY BILLBOARD!

ABC Radio Canberra



ABC Breakfast radio is coming to Hughes!

Saturday Gardening show - live outdoor broadcast!

Bring your plants and questions
to the Hughes Community Garden
from 8am on Saturday
25 November 2023

Come and check out the Hughes Shed and
Community Garden (corner of Groom and
Wisdom Streets in Hughes).

COTA 
AUSTRALIAN CAPITAL TERRITORY
www.cotaact.org.au
or 02 6282 3777

COTA ACT Coolman Court pop-up SENIORS INFORMATION SERVICE

Thursday 30 November, 10am-12pm

Come and chat with COTA ACT's knowledgeable staff at Coolman Court about
issues relating to seniors on **Thursday 30 November, 10am-12pm**. They will be
opposite Bakers Delight.



Pop in and chat to them about:

- Your housing options
- Accessing appropriate aged care services
- Using your mobile device
- ACT Seniors Cards and discounts

TSC -101 Cowlshaw Street, Greenway
Phone: 02 6293 4004



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