



'Tugg Talks' Weekly Bulletin Friday 1 Dec 2023



CELEBRATING THE SEASON

CHRISTMAS SOIREE 5.00 pm Friday- 8 December



\$5.00
Bookings with payment
by Wednesday 6 Dec

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 in the form of a small grazing box and a glass of bubbly – (otherwise BYO).

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

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



CHRISTMAS 'LUCKY DIP' RAFFLE

There will also be a 'Lucky Dip' Raffle drawn on the day – tickets are now available from the Club Office.

If you are not able to attend the Christmas Soiree, someone will draw your prize for you!

Tickets 1 for \$1.00 / 3 for \$2.00





CELEBRATING THE SEASON

THE LITTLE PANTRY CHRISTMAS APPEAL



You may have noticed that it's 'beginning to look a lot like Christmas'. Norm, Jan & Faith have put up the Christmas tree and started to decorate 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 working hard to gather donations to be placed in their emergency relief food packs and given to those in need over the month of December. If you would like to contribute, please consider giving one of the below non-perishable items.

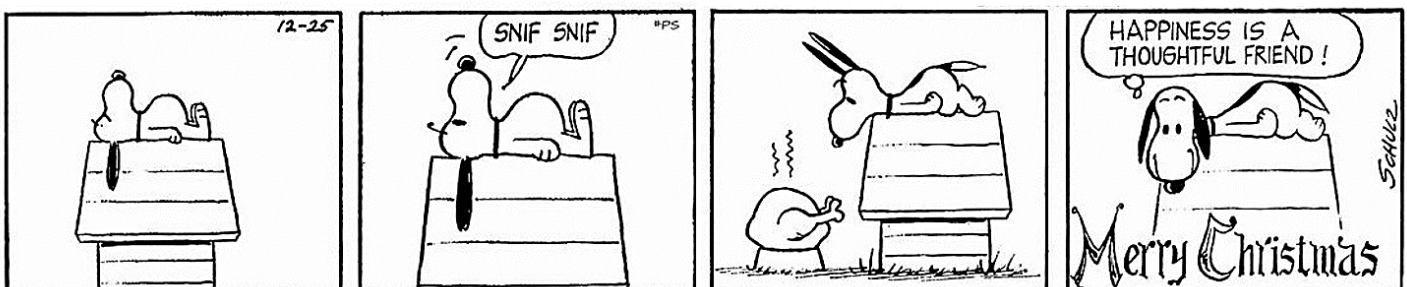
Hot chocolate / Gravy / Lollies / Packet of Chips / Jelly / Christmas Pudding / Cordial / Cereal / Baked Beans / Tinned Spaghetti / Maple/ Golden Syrup / Pancake Mix / Custard Mix / Zooper Doopers

Other donations including activity packs and toys are also welcomed.

The Little Pantry runs primarily on donations and is part of Woden Community Services. It is located at the Woden Community Hub – Westfield Woden, Office Suite 003 (near Commonwealth Bank) and open Monday to Friday, 9.00 am to 5.00 pm.

Woden Community Service provides a wide range of services to the Canberra community. Their services include childcare, youth and family support, transport and social activities for seniors, NDIS services, mental health programs and housing support.

They thank you for your wonderful contributions!



CLUB CLIPBOARD!

TIMETABLE

Sunday 2 Dec – Sunday 8 Dec

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 2 Dec	10.00 am	Acrylic Art W/S - TSC
Sun 3 Dec	9.20 am	Discover Canberra WG
	2.00 pm	Social Bingo
Mon 4 Dec	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 5 Dec	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	9.00 am	LL Cycling Group
	10.00 am	Garden Gossip - GC
	10.00 am	Pool – Beginners - GC
	1.00 pm	Mah-jong – GC
Wed 6 Dec	8.30 am	Intro to Birdwatching
	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
	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 7 Dec	9.30 am	500 Cards- GC
	10.00 am	Family History Gp - TSC
	10.00 am	Social Pool - GC
	1.00 pm	Mah-jong – GC
	2.00 pm	Book Club - TSC
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga - TSC
	7.30 pm	On-line Trivia
Fri 8 Dec	9.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
	9.30 am	Pitch n Putt
	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
	5.00 pm	Christmas Soiree



FESTIVE SEASON TIMETABLE

The year has gone very quickly with the holiday season fast approaching.

The Club will close on
FRIDAY 15 DECEMBER 2022
and re-open on
MONDAY 15 JANUARY 2023

Some activity groups are continuing to meet during the break so please refer to your Activity Leader or the Weekly Bulletin.





Christmas

BINGO

2	20	36	50	54
12	18	★	48	66
14	27	40	51	75
9	23	37	60	70

2.00 PM

SUNDAY 3 DECEMBER



GARDEN GOSSIP

Christmas in the Garden

Tuesday – 5 Dec - 10.00 am

The last **Garden Gossip** meet up for 2023 will be on Tues 5 Dec, 10am- 12 noon.

With Christmas Day only 20 days later than our meet up, it seemed appropriate to talk about all things Christmassy in the garden. It's a wide topic, ranging from "how do you keep your garden, pots and indoor plants alive if you are going away?" to suggestions for quick garden tidy ups if you are hosting visitors for Christmas.

I have compiled a short Christmas Garden quiz (5 questions) just for a bit of fun to kick start things off. I learned some new things about the plants featured in the quiz when I collected the questions – so maybe you will too!

Members are invited to bring a plate to share for our morning tea and something for a Christmas lucky dip/stocking – a gift from the garden (flowers, plant, pack of seeds etc.) or an Op shop 'garden' find. (The Santa sack idea was suggested by GG member who loves OP shops!)

Mandy Cox

Why does Santa have 3 gardens?
So he can ho, ho, ho!



INTRO TO BIRDWATCHING

Wed – 6 Dec – 8.30 am

This month we will meet at the bridge over the Murrumbidgee River at Tharwa and walk south along the river to the junction with the Gudgenby River, near the De Salis cemetery. It is a flat track, about two kilometres in length. During a recent visit 43 species were observed by the group, including 4 different species of Birds of Prey.

This will be our last field trip for the year and after a break in January, the group will reconvene on the first Wednesday in February.



Meet at 8:30am and wear sturdy shoes and bring a hat, water, binoculars, and sunscreen. Please let Lia know if you will be attending. Her email address: liabattisson@outlook.com.

'TAKE 55'

MOVIE/COFFEE GROUP

Wed – 6 Dec – 10.00 am

A merry band of twelve enjoyed coffee and a chat on Wednesday before going to see "Napoleon" at Limelight Tuggeranong. The movie was well done even if a bit hard to follow at times.

As we are once again without a movie to see on Wednesday 6th, we will meet at Vikings, Tuggeranong for coffee at 10 am. Everyone is welcome to join us.

Pam Hall



DATE FOR YOUR DIARY!



WHY NOT JOIN US FOR OUR TRADITIONAL END OF YEAR FUN TRIVIA QUIZ
LOTS OF PRIZES - LOTS OF FUN - GREAT AFTERNOON TEA
FORM A TEAM OR JOIN A TEAM - \$5.00 ENTRY

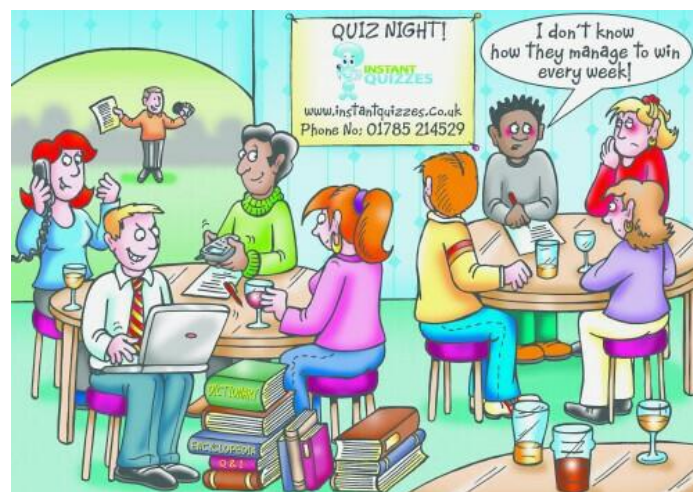
Only two weeks to go for the final activity for the club's year when we present our traditional end-of-year summer trivia quiz to be held on Sunday 17 December.

Our final quiz for the year will be a general knowledge quiz with a touch of Christmas. Our quiz questions will include a couple of video grabs, tunes to get the feet tapping (and maybe sing along to) and picture quizzes all projected on our big screen. There will also be a couple of bonus questions where your team can win some extra point, and a few prize questions where you could win a prize for yourself. And just when you thought it was safe to come to trivia, I will be back. Many thanks to Rhonda, Rob and Phil who have posed the questions for our past trivia quizzes held this year and no doubt will be back next year.

Santa has restocked the prize cupboard and everyone who wins a prize will be able to "pick a present" from under our Christmas tree. There will also be the opportunity to choose a present if your lucky door prize ticket is drawn out of Santa's hat. But be careful that you don't pick the present with the boobie prize in it. Even if you don't win a prize there will also be chocolates for everyone, free activity vouchers to give away and a great afternoon tea of Christmas fare to enjoy.

So put on your reindeer ears, get your team together or join a team on the day and come along for a fun and friendly afternoons activity. Bookings are not necessary, just come along on the day. The Christmas lights are on, the tree is decorated, and the tinsel is all a glitter. I hope you can join us for our final activity for the year.

Norm Swanwick.



Stir-up Sunday

history & traditions

What started as a simple peasant's dish has evolved into a treasured tradition that's a symbol of Christmas and the last Sunday before Advent is 'Stir-up Sunday', the day when traditionally families gather to prepare the Christmas pudding.



History

The earliest known versions of the Christmas pudding stretch back to the 14th century with a Christmas porridge incorporating beef, mutton and wine. In 1664 Cromwell banned the 'lewd, sacrilegious' custom – it was more than 100 years until George I reintroduced the dish, and by that time it no longer included meat.

The tradition as we know it, though, really began in Victorian times with a line in a prayer – on the last Sunday before advent there's bible passage that is read out and says "Stir up; we beseech thee, O Lord."

Churchgoers began to associate the prayer with a reminder to begin preparing the mincemeat mixture ahead of Christmas and thus, Stir-up Sunday was born. The rest, as they say, is history.

Make a wish

Stir-up Sunday is just as much about bringing the family together as it is about making Christmas puddings. It's an old custom to give each member of the family a turn to stir the mixture and make a wish.

It's also tradition to drop a coin into the mixture; whoever finds it on Christmas day is promised wealth, health, and happiness in the coming year – an incentive that might just tempt even the pickiest eaters around the table to try it!

Perfect puddings

Christmas puddings are dense, moist, and decadent – to make the perfect Christmas pudding you need time for the fruits to absorb the alcohol and let the flavours mature.

The traditional pudding has 13 ingredients – one each for Christ and his 12 apostles – and will take upwards of seven hours to prepare. You'll be rewarded for your efforts though; the flavours become even richer and on Christmas morning it only needs to be steamed for an hour before it's ready to serve.

QUICK & EASY CHRISTMAS PUDDING RECIPE

This simple Christmas pudding recipe originated during the Great Depression when people were poor and certain foods were scarce.

As a result, it has some unusual ingredients: tea for flavouring instead of brandy or other alcohol and (oddly enough) it's egg free. It is very quick and very easy to make and unlike other recipes the pudding isn't overly rich or heavy. In fact, it's perfectly delicious!

CHRISTMAS PUDDING INGREDIENTS:

- 3 cups plain (all purpose) flour
- 2 teaspoons bicarbonate soda
- 2 teaspoon ground cloves
- 1½ cups dried mixed fruit
- ½ teaspoon salt
- 1 tablespoon butter, melted
- 2 teaspoons mixed spice
- 1 heaped cup sugar
- 2 cups cold tea (strained or from teabags)



METHOD:

Mix all dry ingredients with two cups of cold tea and the melted butter.

For good luck and in keeping with an old Christmas tradition you can ask family members to each stir the pudding mixture and make a wish.

Once the ingredients are well mixed, pour them into a greased steamed pudding tin with a lid. Alternatively use calico fabric and tie it with string and place the calico bag into a large heat-resistant bowl and cover with foil. The mixture can also be cooked as two smaller puddings if preferred.

Fill a large saucepan halfway with water. Place the pudding into the saucepan and put the saucepan onto the stovetop. Bring the water to the boil and then reduce it to a simmer to steam the Christmas pudding for 1½ hours.

Once the time is up, test the pudding with a metal skewer - if it comes out without pudding stuck to it, it's ready to eat. Serves 10-12 people and is best topped with dollops of brandy custard or brandy butter.

If there's any left it should keep in the fridge for around five days.



Laughter Yoga



WELLNESS TOOLBOX

Laughter Yoga is a fun and effective exercise program that can be adapted for anyone and everyone's wellbeing and incorporates laughing exercise with yoga breathing. It is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels and may be especially suitable if you're an older adult who otherwise may not exercise.

Laughter yoga is for people interested in their health and wellbeing and looking to have fun and it's appealing because it's free and requires no special equipment!

5 reasons to love Laughter Yoga

- **Good Mood and More Laughter**

Laughter Yoga helps to change your mood within minutes. You will remain cheerful and in a good mood throughout the day and will find yourself laughing more than usual.

- **Healthy Exercise to Beat Stress**

Laughter Yoga is a gentle aerobic exercise which brings more oxygen to the body and brain, making you feel more energetic and relaxed.

- **Health Benefits**

Laughter Yoga reduces the stress and strengthens the immune system. You will not fall sick easily and if you have some chronic health conditions, you will heal faster.

- **Quality of Life**

Laughter is a positive energy which helps people to connect with other people quickly and improves relationships. If you laugh more, you will attract many friends.

- **Positive Attitude in Challenging Times**

Everyone can laugh when life is good, but how do you laugh when faced with challenges? Laughter yoga helps create a positive mental state to deal with negative situations and negative people. It gives hope and optimism to cope with difficult times.

For more information: [Laughter Yoga Australia](#)



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