



## Weekly Bulletin Friday 9 December 2022



### FESTIVE SEASON TIMETABLE



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

The Club will close on  
**FRIDAY 16 DECEMBER 2022**  
and re-open on  
**MONDAY 16 JANUARY 2023**

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

**IF YOU DO INTEND TO COME TO ACTIVITIES DURING THE BREAK,  
PLEASE ENSURE THAT YOU HAVE ENOUGH  
PREPAID VOUCHERS.  
WE WOULD PREFER THAT CASH IS NOT USED  
DURING THE HOLIDAY PERIOD.**

### MANAGEMENT COMMITTEE UPDATE

#### Graffiti on Outside Storage

We had an early Christmas present this week when the graffiti was removed unexpectedly by a government representative.

While the 'design' has gone, there is now an inviting space for the holiday artists, so we are investigating applying the protection paint – watch this space!



### CHRISTMAS COLLECTION BASKET

Your generous food donations continue to appear on the trolley for the 'Little Pantry'. A car boot load of groceries was delivered this week and the staff at Woden Community Service were very appreciative.

The collection will continue until the last week of the Club year, and it is wonderful that there has been such a positive response.

Thanks everyone!



# CLUB CLIPBOARD

## TIMETABLE

Sunday 4 Dec – Sunday 11 Dec

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 11 Dec	5.00 pm	Aussie Xmas BBQ
Mon 12 Dec	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
	4.30 pm	Yoga - TSC
Tues 13 Dec	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
	1.15 pm	Seated Yoga
Wed 14 Dec	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
	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 15 Dec	9.30 am	500 (Cards)- GC
	10.00 am	Pool – Social - GC
	1.00 pm	Mah-jong – GC
	1.30 pm	Reading Group - TSC
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga - TSC
Fri 16 Dec	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
	12.00 pm	Learning Circle – TSC
	2.00 pm	Carpet Bowls – TSC
Sat 17 Dec	1.30 pm	Games Afternoon - CG
Sun 18 Dec	9.20 am	Discover Canberra WG
	2.00 pm	Summer Christmas Trivia - TSC



## AUSSIE CHRISTMAS BBQ REMINDER

If you are coming to the Aussie Christmas barbecue, we are asking everyone to bring their own salads and tableware to 'lessen the load'.

Thank you!



## Wednesday – 14 Dec – 10.00 am 'TAKE 55' Movie/Coffee Group

We had another great coffee catchup morning at Vikings Cub on Wednesday.

As there is not a movie that interests us next week, we will meet at Vikings Club again on Wednesday 14 December at 10.00 am. All are welcome to join us!

Pam Hall



The latest  
**Senior  
Newspaper**  
Is now available  
from both TSC  
& Gumnut  
Cottage

Why is Rudolph so good at answering trivia questions?

Answer: He nose a lot



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



## **ONE WEEK TO GO – SUMMER CHRISTMAS TRIVIA! SUNDAY 18 DECEMBER – 2.00 pm**



The final activity for our club's month of Christmas celebrations will be our traditional end of year trivia quiz.

There is only one week to go, so why not escape the Christmas rush for a couple of hours and come along and join us for our end of year summer quiz. Our final quiz for the year will be a general knowledge fun summer quiz with a little bit of Christmas added to keep in spirit with the season. Our questions will be all about those things we like to do during the summer months including reading, movies, TV, holidays, food, shopping and all those activities associated with Christmas giving.

The prize cupboard has been restocked and all our winners will have the opportunity to "pick a present" and take home a gift card or maybe a prize pack of goodies. Our overall team winners will each receive one of our coveted "Smartie Pants" certificates and more importantly, "bragging rights" for the next few weeks. Even if you don't win a quiz prize there will be door prizes, free activity vouchers, chocolates for everyone and a great afternoon tea of Christmas fare. All this for our normal activity fee of \$5.00.

Our quiz questions will include a couple of movie trailers, a classic TV comedy sketch and picture quizzes, all projected onto our big screen and there will be lots of fun tunes to get the feet tapping and the brain cells turning over. So why not put on your Santa thinking caps and come along and test your knowledge about all things Christmas, New Year, and the summer season. You can form a team with your friends or family or maybe you will have visitors, so why not bring them along or just come along and join a team with your fellow club members? Even if you are not a trivia fan, it's a great way to celebrate the season, have a bit of fun and get to know some of your fellow club members.

Don't forget that the public carpark is free on a Sunday so there is no need to worry about parking. So why not join us on 18 December for a fun and friendly afternoon's activity? Bookings are not necessary but it would be great if you could let us know if you are coming, either by phone, email or in person at the office. The Christmas lights are on, the tree is decorated and the tinsel is all a glitter. I hope you are able to join us!

Norm Swanwick





## ACTIVITIES UPDATE!



### Ten Pin Bowling Annual Trophies!

The 55 Plus Club Tenpin Bowling Group bowled their last games for 2022 on Wednesday 7 December, followed by a festive lunch where we presented our annual trophies to the following people:



*The Alan & Maureen Nock  
Memorial Award  
recipient was  
Teresa Maynard*



*The Bill Lawrie  
Encouragement Award  
was jointly given to both  
Jean Smyth & Clem Longdon*



*As always, celebrating in style; the festive funny bone is alive & well!*

The group has had a good year and have welcomed several new members. We are now on our school holiday break till Wednesday 1 February 2023.

If you'd like to join the fun next year,  
please contact one of the co-ordinators for details.

Kathy Johnson [kathy.johnson01@bigpond.com](mailto:kathy.johnson01@bigpond.com)

Kathy Sawicki [kathysawicki@icloud.com](mailto:kathysawicki@icloud.com)

**Merry Christmas to Everyone!**



## **ACTIVITIES UPDATE!**



### **YOGA NEWS FROM SUE GAIR**

After much deliberation and procrastination, I feel that it is time for me to step back from leading yoga activities for 55 Plus Club. It is not without some regret and heavy heart as I have enjoyed my time with the Club. It is now time though for me to do a few of the things on my bucket list and to take life a little easier.

Katrina Hinton has agreed to become the Club's new Yoga Instructor and is a very well trained and experienced yoga teacher. She has trained in many forms of yoga. She is a caring and gentle person and after having a chat to her last Friday I feel confident that it will be a smooth transition. She doesn't teach fast dynamic or gym style yoga.

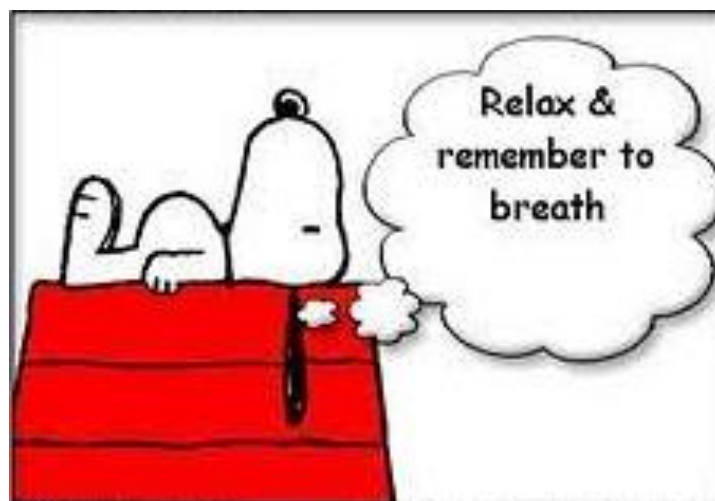
Every yoga teacher teaches differently. We teach what we know best and according to our own personal experience. Katrina understands the limitations that our bodies can experience and is able to adapt and modify to suit. Part of our discussion when we met was so that she had an idea of what we are doing in yoga so that she can continue on from where we are at and blend her yoga in.

Due to previous commitments Katrina won't be able to do Tuesday and Monday classes until around mid-2023. I will still be leading the chair yoga for the early part of 2023 until Katrina is able to takeover. Katrina will lead the general yoga classes when the club reopens next year in mid-January. To begin with the Monday class will be merged with the Thursday class and my last class will be on the 15 Dec.

Thank you for your support and the kindness that you have shown me during my time with the club.

Namaste and best wishes

Sue



## **BITS N PIECES!**



### **CAN YOU HELP?**

One of our members is in dire need of someone who can do some weeding in her garden which she is happy to pay for.

Her husband is currently very ill in hospital and the weeds are doubling daily! If you can help, please email the office: [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com) and we will put you in contact with our member! Thank you!



### **Along by Merry Christmas Time**

Along by merry Christmas time they buy  
the aged goose,  
And boil the dread plum pudding, because  
of ancient use.  
But to sneer at old time customs would be  
nothing but a crime,  
For the memory of the Past is all bound up  
in Christmas time.

Then Jim comes home from shearing, and  
he puts a few away,  
With Dad, perhaps, or Uncle, but they're  
right on Christmas Day:  
For be it on the Never, or 'neath the church  
bells' chime,  
The family gets together, if they can, at  
Christmas time.

And, after tea at Christmas, they clear the  
things away  
And play the dear old silly games our grand  
folk used to play  
And Dad gives a recitation that used to be  
the joy  
Of all the Western countryside, when  
Father was a boy.

Along by merry Christmas time, and ere  
the week is o'er  
We meet and fix up quarrels that each was  
sorry for.

Our hearts are filled with kindness and  
forgiveness sublime,  
For no one knows where one may be next  
merry Christmas time.

**Henry Lawson** (1913)

### **OLDER DRIVERS' HANDBOOK**

Helping us stay safer on the roads

Written by COTA CEO Jenny Mobbs with input from Transport Australia, this updated handbook helps older drivers stay safe on the roads as they age, offering essential guidance and advice.

It is hoped that this new publication will help keep older Canberrans mobile and independent for longer. With chapters dealing with road rules, parking regulations, medical conditions and driving assessments (and much more), it's an essential part of the toolkit for older Canberrans who enjoy getting around this beautiful city of ours.

The Older Drivers Handbook is a free publication and can be picked up at COTA local library pop-up hubs or the COTA ACT office in the community centre at 2 Wisdom Street, Hughes.





# **TALKING TASTY!**

## **PINEAPPLE BOILED FRUIT CAKE**

A can of crushed pineapple is the secret ingredient to make this delicious fruit cake extra sweet and moist.

A quick and easy 'alternative' Christmas cake!



### **Ingredients**

440g can crushed pineapple in juice, undrained  
500g mixed dried fruit  
1 tsp vanilla essence  
1 tbsp sherry  
1 cup brown sugar  
125g butter, chopped  
2 eggs, beaten lightly  
1 cup plain flour  
1 cup self-raising flour  
1 tsp mixed spice  
1 tsp bicarbonate of soda

### **Step 1**

Grease and line a deep 20cm round cake pan with baking paper, extending paper 5cm above side. Preheat oven to 180C.

### **Step 2**

Combine pineapple, fruit, vanilla, sherry, sugar and butter in medium saucepan. Stir over medium heat until butter is melted and sugar dissolves. Bring to the boil. Simmer, uncovered for 5 minutes. Cool.

### **Step 3**

Stir eggs into the fruit mixture, then the sifted dry ingredients. Spread mixture into the pan. Bake for 1½ hours or until cooked when tested. Stand for 10 minutes before turning out onto wire rack to cool.



### **Can you find the child who doesn't like carolling in the Jolly Christmas Scene?**

In a town of people carolling, locals getting last-minute gifts, taking their Christmas trees home, sipping on some mulled wine, and truly relishing in the holidays, one little boy isn't feeling the Christmas spirit just yet. He's covering his ears with his mittens and is visibly upset in the hustle and bustle of it all. See if you can spot him in the jolly town below:



*Solution next Week's Bulletin!*

### **Did you know?**

Although Christmas was celebrated in song in the Middle Ages, most carols in use now are less than 200 years old. Only a handful, such as *I Saw Three Ships* or the decidedly pagan sounding *The Holly and the Ivy*, remind us of more ancient yuletides. Carols fell from favour in England after the Reformation because of their frivolity and were rarely sung in churches until the 1880s when EW Benson, Bishop of Truro (later Archbishop of Canterbury) drew up the format for the Nine Lessons and Carols service, which has remained in use ever since.

