



Weekly Bulletin

Friday 10 December

CLUB CLIPBOARD

CHRISTMAS COLLECTION BASKET



Your generous food donations continue to appear on the trolley for the 'Little Pantry'. Another car boot load of groceries was delivered this week and the staff at Woden Community Service were again very appreciative. They have given the Club a Thank You Certificate which is on the Notice Board as the Centre.

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!

 **Woden Community Service**

FESTIVE SEASON TIMETABLE

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

The Club will close on
FRIDAY 17 DECEMBER 2021
and re-open on
MONDAY 17 JANUARY 2022

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 and to minimise cash on hand, please ensure that you have enough Prepaid Vouchers.

SOCIAL COMMITTEE UPDATE

Magda, Barbara and Ken are stepping down from the current Club's Social Committee. Their contributions have been invaluable during these challenging times with Magda providing strong leadership – a big thank you to them all!

The Committee is looking for three more permanent helpers to provide 'inspiration' and assistance. If you would like to help or would like more information, please contact the office.

CLUB CLIPBOARD

BOLIVIA GROUP



CHRISTMAS LUNCH

Monday 13 December – 1.00 pm
Vikings Town Centre Tuggeranong

The Monday Bolivia Group will have a Christmas luncheon on Monday (13th) at the Vikings Town Centre, starting at 1.00 p.m. after Bolivia is finished.



Wed – 15 Dec – 9.15 am TAKE 55 – Coffee / Movie

A small group met for coffee and company on Wednesday and we decided next week's movie will be "Dear Evan Hansen" at 10.10 am meeting at Cherry Bean for coffee and a chat at 9.15 am. This will be our last movie for the year and all are welcome to join us! Pam Hall

'Dear Evan Hanse' is a 2021 coming of age musical drama based on a musical stage play written by Steven Levenson. Ben Platt reprises his role as Evan Hansen, an anxious, isolated high-schooler aching for understanding and belonging amid the chaos and cruelty of the social-media age.

TIMETABLE

Sunday 12 Dec - Sunday 19 Dec

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 12 Dec	3.00 pm	'Chris-Nic'
Mon 13 Dec	9.30 am	Bolivia - GC
	9.30 am	Zumba - TSC
	10.00 am	iPad SIG - TSC
	10.30 am	Graphite's DG - GC
	10.30 am	M & M - TSC
	5.15 pm	Yoga - TSC
Tues 14 Dec	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W - TSC
	9.00 am	LL Cycling Group
	1.00 pm	Mah-jong - GC
	1.15 pm	Seated Yoga - TSC
Wed 15 Dec	9.15 am	Take 55-Coffee/Movie
	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls – TSC
	1.00 pm	K-nit-n-K-natter - GC
Thurs 16 Dec	9.30 am	500 (cards)- GC
	1.00 pm	Mah-jong - GC
	1.30 pm	Reading Group - TSC
	3.30 pm	Improvers Bridge - GC
	3.45 pm	Yoga - TSC
Fri 17 Dec	9.15 am	Tai Chi - TSC
	9.00 am	Cycling Group
	11.45 am	Sit n Be Fit - TSC
	12.00 pm	Learning Circle - TSC
		CLUB CLOSES
Sat 18 Dec	9.00 am	Pop Up Plant Sale
Sun 19 Dec	2.00 pm	Christmas Fun Trivia
	2022	
Mon 17 Jan		CLUB REOPENS



FIRST SOCIAL EVENT – 2022!

Wednesday – 26 January – 1.00 pm
AUSTRALIA DAY 'SAUSAGE SIZZLE'



The first social event on the Club's calendar is Australia Day. We are having a very relaxed 'Aussie' sausage sizzle; onions, sauce or mustard. And no Australia Day gathering would be complete without a luscious lamo or a piece of pav! Come along, bring your friends and family to enjoy the best view in town as we have a social 'catchup'! Cost \$5.00 – please book and pay at the office.

Norm Swanwick

DATES FOR YOUR DIARY – ONE WEEK TO GO!



POP UP PLANT SALE

**Saturday - 18 December
9.00 am – 12.00 noon**

No, it's not a late-night affair as advertised last week – the 'Pop

Up' Plant Sale will be in the grounds of Gumnut Cottage on Saturday, 18 December from **9.00 am** until noon.

Gardening guru and bridge teacher extraordinaire, Margaret Kennedy, has been caring for a variety of her locally propagated plants – natives and succulents and they continue to grow beautifully in lieu of being transplanted into your collective gardens!

The lovely ladies of the Knit-n-Knatter group have also been busy over past months and will have some handmade gems for sale on the day.

Coffee will be available courtesy of 'Pod Barristers', Rob and Phil and so far, four generous members are assisting in the plant organisation.

Perhaps you too have been propagating during these topsy turvy times and may have a plant to two to donate or can lend a hand on the day.

Please call (6293 4004) or email the office (tugg55plusclub@gmail.com)

We would love to hear from you and am happy to answer any queries you may have!



CHRISTMAS FUN TRIVIA

SUNDAY 19 DECEMBER - 2.00 pm

The final activity in our club's trilogy of Christmas events will be our traditional end of year Christmas 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 Christmas holiday trivia quiz. If you are having visitors, then bring them along or form a team with your family or friends or just come along and join a team with your fellow club members. Even if you are not a trivia fan it is a great way to celebrate the season, have a bit of fun and get to know some of your fellow club members. You may even win a prize or at least share in a great afternoon tea and maybe partake of a chocolate or two.

There will be eight rounds each of ten questions as well as our usual mystery prize questions where a team member can score a prize for themselves. Our overall team winners will each receive one of our coveted "Smartie Pants" certificates. There will be door prizes, chocolates for everyone and a great afternoon tea of Christmas fare. All this for our normal \$5.00 activity fee.

Our quiz questions may include pictures and video grabs, all projected onto our "new" big screen and there will be lots of our favourite Christmas tunes to get the feet tapping and the brain cells turning over.

Don't forget that the public carpark is free on a Sunday so there is no need to worry about parking. Why not join us on 19 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. I hope you are able to join us!

Norm Swanwick

12 DAYS OF ALTERNATIVE GIFT WRAPS!

Did you know that most Christmas wrapping paper can't be recycled?

Each year Australians use 150,000 kilometres of wrapping paper which ends up in landfill. Here are 12 alternatives to traditional gift wraps you could use this year to cut down on waste.



1. NEWSPAPER AND MAGAZINES

Newspapers are a great option for repurposed wrapping paper: the comics section, a great headline or any old news or magazine page!



2. MAPS

Maps are an interesting alternative. Find those outdated maps that are gathering dust and repurpose them!



3. REUSABLE CONTAINERS

Use a box, tin or mason jar that can be reused by the receiver. These are also great for protecting your gift at the same time!



4. DECORATED RECYCLED PAPER

Decorate a used paper bag or some old white paper with stamps, pencil crayons or paper cut outs; your gift will be the most beautiful under the tree!



5. HANDMADE BOX

Use this simple template to craft a cute little gift box using an empty cereal box (or similar sized cardboard box).!

<http://stuffyoucanthave.blogspot.ca/2010/.../cereal-boxes.html>



6. CALENDARS

Old calendars often have beautiful imagery and the previous years will look great as a gift wrap.

7. TEXTILES

Another great alternative to wrapping paper is cloth or other textiles. It's durable, reusable, there's no tape involved, and your gift will look beautiful!



8. PAPER BAGS

Simple, rustic, recyclable. The brown paper bag is a great option to wrap small gifts in, and looks great with red and white twine or ribbon to tie it all together!



9. FUROSHIKI

The Japanese wrapping cloth, Furoshiki, accentuates care for things and is an ideal method for wrapping almost anything, as it's highly reusable and multipurpose. Choosing Furoshiki to wrap your gifts is like giving two gifts at once!

Visit www.1millionwomen.com.au/blog/how-furoshiki-fabric-wrapping for instructions on folding your Furoshiki.

10. REPURPOSED CONTAINERS

Got an old coffee tin or jam jar? These are great for holding edibles gifts, and you'll be giving these old containers a second life!



11. LAST YEAR'S PAPER

What better way to avoid waste than by using last year's paper? Carefully unwrap this year's presents and save the paper to use for your wrapping next Christmas (or birthday)!



12. NO WRAPPING

An even better way to reduce wrapping waste - break the mould and going wrap-free! Whatever alternative you choose, you'll be doing your part to reduce your holiday waste and spread the joy of a green Christmas. Happy wrapping!

POLISH 'PORCUPINE' DECORATION



Polish Star ornaments, known as porcupine balls, or 'jezyki' (plural for 'little hedgehogs' in Polish), are old world, traditional decorations, hand made from paper. Friends would gather to gossip and drink tea while making these decorations together. The knowledge to make these was passed down generation to generation

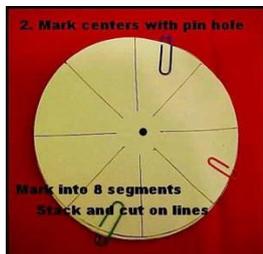
Why not recycle your gift wrap to make these unique tree ornaments this year. A great way to recycle the wrappings from your gifts and to amuse the family on Christmas Day!

Materials:

gift wrap (enough for 14 - 6inch squares)
rubber band (flat)
old CD for pattern
glue
toothpick
sharpened pencil
paperclips
needle, thread or dental floss
optional: tweezers

Directions

1. Start by smoothing the used gift wrap if necessary. Cut 14 squares about 6 inches square. Stack and paper clip together enabling you to cut the circles all at the same time.
2. Draw a 5 inch circle on the back side of the top square and cut the circles. An old CD is perfect.

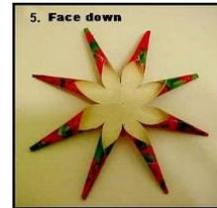


3. Fold each circle into quarters, then unfold, restack, clip with paper clips. Mark centre where all the folds intersect by pushing a pin through all circles.
4. Divide circle into eight segments by cutting along creases and halfway between, slitting from the edge to half an inch from the centre pin hole. Draw lines to make this cutting step easier.

5. Wind each segment around the point of a sharpened pencil, forming a cone.



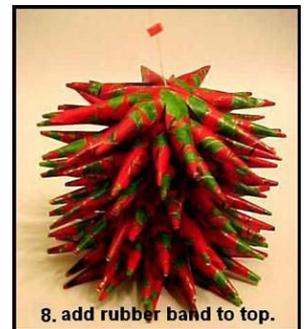
6. Use a very small drop of white glue on a toothpick to secure the edge.



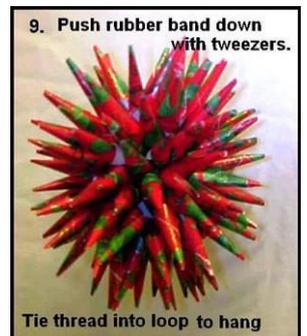
7. Cut two pieces of a flat rubber band, and a 12-15 inch piece of strong thread. (i.e. dental floss). Thread a sewing needle, tying a double knot in one end. Place one piece of the rubber band on the thread above the knot.



8. Thread seven stars face down using the centre pin holes. Thread the remaining seven stars face up. Thread on the second piece of rubber band and push the band snugly against the 14 stars.



9. Tweezers are a help with this step. It isn't necessary to tie a knot at the top as the rubber band will prevent slipping. Make a loop at the top end of your thread for hanging your ornament.



TALKING TASTY TREATS!

This week we have two recipes that can be whipped up in a wink or two and are delicious additions for 'taking a plate'!

STAINED GLASS JELLY CAKE

This jelly cake requires just a few ingredients and is easy to make.

Ingredients

4 packets jelly

2 sachets gelatine

250 ml water (125 ml water in a large bowl, and 125 ml boiling water)

395gm sweetened condensed milk

300ml thickened cream

1 tablespoon vanilla essence



Method

Make the 4 packets of jelly according to the instructions on the packet but using only half the amount of water. Set them in containers in the fridge for 4 hours or overnight. You want the coloured jelly to be firm.

Lightly grease an 8-inch cake tin, or bundt pan, or silicone mould

Once the jelly has set, cut the jelly into cubes and place them in the cake tin.

Mix the 25gm gelatine powder into the bowl of 125 ml of water. After a few minutes, pour 125 ml boiling water into the bowl and stir to melt the gelatine.

Add the sweetened condensed milk, thickened cream and vanilla essence to the gelatine mixture and stir till combined

Pour the liquid into the cake tin, over the jelly cubes. Cover with cling wrap and set it in the fridge for 4 hours or overnight.

Loosen the sides of the jelly from the cake tin and invert onto a plate. Serve cold and enjoy!

Tip: If the jelly cake is stuck, dip the cake tin into a large bowl of hot water for 3 seconds then invert again.

BROKEN GLASS SLICE

This easy and colourful broken glass slice is a delightful addition to any afternoon tea table!

Ingredients

4 x 85 gms jelly crystals

500 gms cream cheese, at room temperature

4 tsp gelatine

Boiling water, as needed

1 pack malt biscuits

125 gms butter, melted

3/4 can condensed milk



Method

Dissolve individual jelly colours in 1 cup boiling water (use 1 cup of boiling water for each colour). Pour into individual containers to keep the colours separate, Chill for 3-4 hours. When set, cut jelly into cubes.

Line a 20 x 25 cm slice tin. Blend biscuits until it becomes a fine sand. Mix with melted butter and press into the base of the slice tin. Place in the refrigerator to chill.

Place gelatine in a glass bowl with 1/2 cup boiling water. Mix until dissolved. Set aside to cool.

Beat cream cheese until smooth. Add condensed milk and mix well to combine. Add cooled gelatine and beat to combine. Fold in jelly cubes gently.

Pour jelly-cream cheese mixture over biscuit base. Decorate with a few jelly cubes. Place in the refrigerator to set overnight. Slice and serve.

