



# 'Tugg Talks' Weekly Bulletin

## Friday 8 Dec 2023



## FESTIVE SEASON TIMETABLE

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

The Club will close on

**FRIDAY 15 DECEMBER 2023**

and re-open on

**MONDAY 15 JANUARY 2024**

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

## 'TAKE 55' MOVIE/COFFEE GROUP

**Wed - 13 Dec - 11.30 am**

There was good conversation and laughs at our coffee meetup on Wednesday and we have decided to move our meetups to the Southern Cross Club in the new year.

On Wednesday 13th we will meet at Cherry Bean at 11.30 and then go to Limelight to see *One True Loves* at 12.30. Everyone is welcome to join us. *Pam Hall*



*One True Loves* is an 2023 American romantic comedy-drama film and is an adaptation of the 2016 novel of the same name by Taylor Jenkins Reid.

*A woman is unexpectedly forced to choose between the husband she has long thought dead and the fiancé who has finally brought her back to life.*

## TIMETABLE

Monday 11 Dec – Sunday 17 Dec

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 11 Dec	9.30 am	Bolivia - GC
	9.30 am	Crafty Corner - GC
	9.30 am	Zumba - TSC
	10.00 am	iPad SIG - TSC
	10.30 am	Mov 4 Mem - TSC
	1.30 pm	Table Tennis - TSC
Tues 12 Dec	2.00 pm	Improvers Bridge - GC
	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
	1.00 pm	Mah-jong – GC
Wed 13 Dec	7.30 pm	Online Trivia
	9.30 am	Cribbage – GC
	10.00 am	Ten Pin Bowling
	10.00 am	Carpet Bowls – TSC
	10.00 am	Graphites DG - TSC
	11.30 am	'Take 55' Movie Group
	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 14 Dec	9.30 am	500 Cards- GC
	10.00 am	Android SIG - TSC
	10.00 am	Tugg Chukkers
	1.00 pm	Mah-jong – GC
	1.30 pm	Reading Group - TSC
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga - TSC
Fri 15 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
Sun 17 Dec	2.00 pm	Carpet Bowls - TSC
	<b>2.00 pm</b>	<b>Sunday Trivia - TSC</b>

# SUMMER TRIVIA QUIZ COUNTDOWN ONE WEEK TO GO!



Not long to go now until our traditional end-of-year summer trivia quiz, so, pop the date in your diary: Sunday 17 December at 2.00 pm. If you have friends or family staying for the holiday break, then why not form a team and invite them along as everyone is welcome. Otherwise, just come along on the day and join a team with your fellow club members.

Santa has left a stack of presents under the Christmas tree and everyone who wins a prize will get an opportunity to “pick a present.” You could take home a gift card or maybe a prize pack of goodies but be careful you don’t pick the booby prize. There will also be some free activity vouchers to give away and if you don’t win a prize there will be chocolates for everyone and a great afternoon tea of Christmas fare.

Our questions will include some video grabs, picture quizzes and a few tunes to get the feet tapping and to test your memory. We will have our regular table quiz sheet of twenty questions that your team can work on while the scores go up on the board. There will also be a couple of bonus questions with a time limit while your team attempts to come up with as many answers as possible. Even if you are not a trivia fan, it’s a great way to celebrate the holiday season, have fun, and get to know some of your fellow club members. All this for our normal activity fee of \$5.00.

Don’t forget that the public car park is free on Sunday so there is no need to worry about parking. So why not join us at 2.00 pm on Sunday 17 December for a friendly afternoon activity. There is no need to book, just come along on the day.

*Norm Swanwick*



## CLUB CLIPBOARD!

### **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 at the centre and decorations in both buildings. 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 on-perishable items listed here:*

*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, These 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!



Not all of the steps Santa was taking towards a neutral workplace were proving popular!

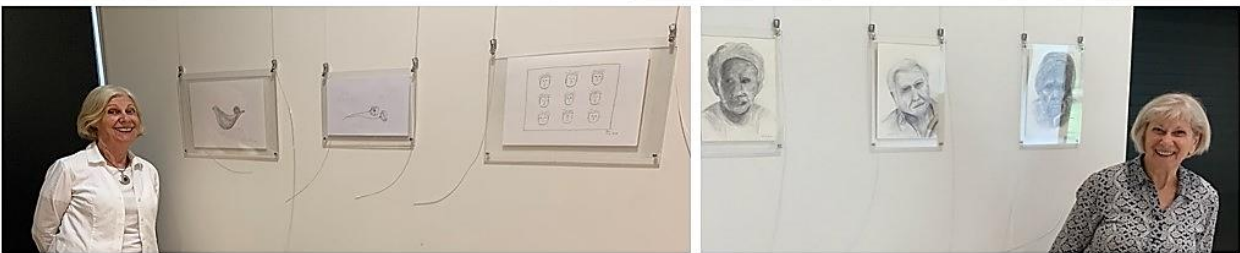
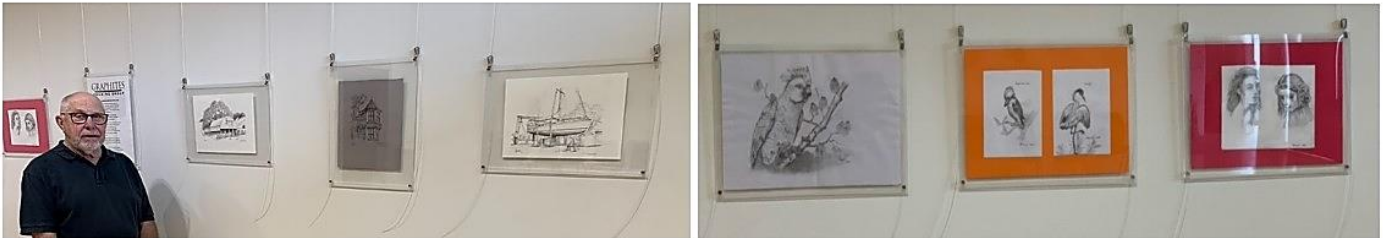
# CLUB CLIPBOARD!

## GRAPHITES DRAWING GROUP DISPLAY – DECEMBER 2023

Following a very enjoyable year, meeting fortnightly in the Waterview Lounge, the Graphites Drawing Group have set up a display of their work in the Parkview Hall.

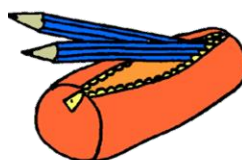


From those exhibiting, we hope you enjoy viewing our works, noting there are many different skill sets.



So, if you too enjoy putting pencil to paper feel free to join us in the new year. We meet at 10.00 am on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month, commencing 24 January 2024.

*Mandy Coggins*



# Reiki Level 1 Full Day Workshop



## WELLNESS TOOLBOX

While the Club is closed for the Christmas break, Tunde from Tundeworld is running a full day workshop – Reiki Level 1 - which you might be interested in. Please click on the link at the end of the article for more information and booking.



**Reiki Level 1 - Full Day Workshop**  
**Wednesday - 10th January**  
**10.00am – 6.00pm**  
**Tuggeranong Seniors Centre**



☀ Discover the Power Within: Join Our Self-Healing Reiki Course! ☀

One day and 3 healing treatments for you. Learn to heal yourself.

Are you ready to tap into the ancient art of Reiki and unleash the potential for self-healing and spiritual growth?

We invite you to embark on a transformative journey with our upcoming Self-Healing Reiki Course, where you'll learn the profound techniques and principles of Reiki to harmonize your mind, body, and spirit.

### **Why Take a Reiki Course? *Become your own Healer***

*As a complementary therapy it can help speed up healing from surgical procedures, cancers, and injuries. It balances our bodies and creates harmony as well as creating a sense of deep relaxation. Reiki is suitable for everyone of all ages and backgrounds.*

*Reiki is much more than a therapeutic tool, it is a path of self-empowerment, a spiritual journey inviting us to be deeply centred in the heart. Your body and mind more easily remember how to come into balance. And in this state of balance, a deep inner restoration takes place. Learn how to balance your chakras. Enjoy a happier outlook, bathe in deep relaxation and release of pain and stress.*

For more information and booking:

<https://tundeworld.com/Reiki-Level-1-workshop>



# TALKING TRADITION!

## **THE RIVERBANK CHRISTMAS DISPLAY RIVER TORRENS, ADELAIDE**

The Riverbank Christmas Display reopened last Friday night (1 December) after it was temporarily closed due to severe Adelaide storms. There are still a few issues being attended to and the whale 'Moby' will be out of action for the time being. However, the community can now enjoy what has become a Christmas tradition.

This annual South Australian event has been running for over 60 years delighting thousands of families who gather along the banks of the River Torrens at night to see the display.

The Brewery Christmas Lights first lit up in 1959, when it was decided to tidy up what had become something of a dumping ground and an eyesore at the rear of the building along the Torrens riverbank in Thebarton. The garden was developed and continued to improve to include ponds, garden beds, manicured lawns with permanent and temporary statues and displays.



Commonly referred to as the 'Brewery Lights', the display began humbly with a Father Christmas and tree, and many extra features have been added over the years including a Merry-go-Round, Vulcan Volcano, Ferris Wheel, Bonbons with 'Merry Christmas' written in 16 different languages on them, a Fountain, Old Mother Hubbard, the Wizard of Oz, Toy Stack,

Moby Dick, Jack in the Box, Nativity Inn, and a Beer Truck with a Christmas Tree on top.

Progressively over the years the display became more and more popular, delighting generations of families who gather along the banks of the River Torrens in Thebarton each night. Vantage points along the road allow for a fabulous view looking down across the river at the numerous moving displays.

After South Australia's West End Brewery announced its closure at the site in 2021, transition of ownership of the lights display was moved to the City of West Torrens from 2022 onwards. The now named Riverbank Christmas Display lights up from late November and is on every night during the festive season, attracting over 100,000 visitors each year.

