



MESSAGE FROM THE PRESIDENT

I look back over 2022 and I am taken by our members' positive attitude to challenge.

COVID came, waned and now seems to be reinforcing itself in our community. Yet membership and participation levels at the Club have remained consistent. Well done.

Certainly, adhering to safe distancing and hand cleansing has helped. We are now used to doing it and I am sure that has helped as well.

Besides the normal weekly activities, I have noticed the joy members had engaging with the bus trips out to regional centres. Combining with the Probus Club of Tuggeranong to bring these opportunities to members has been greatly appreciated.

Improvements around the Club are ongoing. The forming of the Garden Gossip group has greatly improved the ambience, especially outside the main building and the flowerbeds. I am grateful for the hours put in by members planting, weeding and watering. The colourful display is a great reward for those efforts. The pool table has made a strong contribution towards broadening our games focus, as has the addition of the 'Tugg Chukkers' petanque group, to the activities program.

Before I conclude, I would like to remind you of my comments at the recent AGM; the Club, to continue successfully, requires participation of more members on the social side of our program. Too often organisation and running of events is left to a few. Those few eventually need support otherwise they will move on, so please think about getting involved with YOUR Club in the New Year. We still have two vacancies on the Management Committee as well.

In closing, I would like to thank all the activity leaders, the office volunteers and my fellow Management Committee members for their contributions over the past year and I wish you all a Happy Christmas and New Year, stay safe and healthy! Best Wishes.

Phil Burns, President



CLUB CLIPBOARD



FESTIVE SEASON TIMETABLE

The Club will close today
FRIDAY 16 DEC 2022

and re-open on
MONDAY 16 JAN 2023

List of Returning dates
is included in this Bulletin

Some activity groups are continuing during the
break – see below

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Fri 16 Dec		CLUB CLOSSES
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
Mon 19 Dec	9.30 am	Bolivia - GC
Tues 20 Dec	10.00 am	LL Cycling Group
	1.00 pm	Mah-jong – GC
Wed 21 Dec	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
Thurs 22 Dec	9.30 am	500 (Cards)- GC
	10.30 am	Tugg Chukkers
	1.00 pm	Mah-jong – GC
Fri 23 Dec	9.00 am	Cycling Group
Mon 26 Dec	9.30 am	Bolivia - GC
Tues 27 Dec	10.00 am	LL Cycling Group
	1.00 pm	Mah-jong – GC
Wed 28 Dec	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
Thurs 29 Dec	1.00 pm	Mah-jong – GC
Fri 30 Dec	9.00 am	Cycling Group
Mon 2 Jan	9.30 am	Bolivia - GC
Tues 3 Jan	10.00 am	LL Cycling Group
	1.00 pm	Mah-jong – GC
Wed 4 Jan	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
Thurs 5 Jan	9.30 am	500 (Cards)- GC
	10.30 am	Tugg Chukkers
	1.00 pm	Mah-jong – GC
Fri 6 Jan	9.00 am	Cycling Group

GAMES AFTERNOON

Saturday – 17 Dec – 1.30 pm

As the Club year draws to a close, the relaxed Games Afternoon is being held tomorrow at Gumnut Cottage.

Board games make terrific Christmas gifts and many of the games played during this afternoon could provide inspiration for that hard to buy for person in your family!

As always, there will be a delicious afternoon tea so why not take a break from the silliness of the season and come along for a game or two!



Wednesdays – 10.00 am
'TAKE 55' Movie/Coffee Group

The coffee 'catchup' will continue all through the Christmas break, starting next week, **Wednesday, 21 December at 10.00 am.**

Meeting at the Vikings Club Tuggeranong, it is a great opportunity for a seasonal 'destress' and all are welcome to join us!



Pam Hall

Why are Christmas trees so bad at sewing?

They always drop their needles!



LAST MINUTE REMINDER ONLY TWO DAYS TO GO FOR OUR SUMMER CHRISTMAS TRIVIA QUIZ! 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 to be held this Sunday 18 December starting at 2.00 pm.

Our quiz will be a general knowledge quiz about all those things we like to do over Christmas and during the summer months. There will be eight rounds each of ten questions as well as a themed quiz sheet which your team can work on between rounds while the scores go up on the board. You can form a team with your friends or family or maybe you have visitors, so why not bring them along or just come along and join a team with your fellow Club members?

The prize cupboard has been restocked and all our winners will have the opportunity to pick a prize and take home a gift card or maybe a prize pack of goodies but be careful that you don't pick the one containing the booby prize. 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 and the summer season?

Don't forget that the public car park 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, 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 are able to join us.

Norm Swanwick



PENULTIMATE GAME OF PÉTANQUE



Last Thursday saw Tugg Chukker's penultimate game of pétanque for the year played on 'our' piste down by the lake.

Jane, Kevin, Mike and Andrew enjoyed the kind weather, a fun game or two and, of course, cake (made by Jane). There's been a notable increase in skills since we started playing earlier in the year and the games are at times very close, often with the outcome only known after the last end.

It wouldn't be a Tugg Chukkers without cake! Gateau authe à la cannelle de Noel (Christmas cinnamon teak cake) – Courtesy of Jane

Photo by Andrew



Thursday 22 December marks the final Tugg Chukkers of the year. If you need a break from the stresses and strains of Christmas preparation (which will, because of said stresses and strains, be wonderful), please come along.

This time we'll do something a little bit different.

The last Tugg Chukkers for 2022 is to be held on **Thursday 22nd December starting at 10.30am** and ending with a barbecue lunch (weather permitting) which is a BYO meat & drink. Besides cutlery and crockery - some salads, homemade bread and of course the ubiquitous cake - will be provided, and there's bound to be more food than we need.

The venue will be Andrew and Jane's home, **45 Middleton Circuit, Gowrie** - we are inaugurating the new piste (err, gravel driveway) which gives us two pistes at a pinch and not without topographical interest!

Please let me know if you're able to come - email: arankine@arda.net.au If we all can't be accommodated at home then we can easily move the event to the Lake Tuggeranong venue.

BTW Tugg Chukkers starts on **Thursday 12 January** at Lake Tuggeranong, commencing at 10.00 am.

Santé!

Andrew Rankine

ACTIVITIES IN REVIEW!



AUSSE CHRISTMAS BBQ

On Sunday, the second of our 'Seasonal' celebrations was held; the barbecue was fired up (literally) and the stage was set for another end of year function. The hall was resplendent with happy Christmas lights, and the tables welcomed you with their array of festive colours.

Held at a later time than normal, the weather was kind with the sun shining through in the late afternoon. The program was simple; we were entertained by the Heart and Soul Singers who reminded us of the time of year through song with some traditional carols and a selection of tunes with a Christmas connection, and Leo Laverty's lilting rendition of some favourite country melodies made us melancholy with their simple and sad story telling lyrics. As bottles of bubbly were popped open, heads got together over the list of puzzling riddles courtesy of Margaret – a clever selection which the bubbles did not assist in solving!



The menu was simple with the sausage and onion smell whetting our appetites during the musical performances. What we did not expect though, was a visit from the local fireies! Smoke from one of the barbecues set off the smoke alarm in the back room which brought our delightful visitors to our rescue. A little drama but no harm done and once the alarm was reset, harmony was restored.

The Club was fortunate to have been given a Gift Hamper from local Kambah Retirement Village, Marigal Gardens, to raffle on the day and the lucky winner was Claire Dickens. A big thank you to their Sales Manager, Michaela Howard who organised the hamper for us. There was also a second prize on offer (put together by MC Norm) which was won by Barry Lambert and some special Club Activity Vouchers were given away as tea, coffee and delicious Christmas cake rounded off the afternoon.

A big thank you to Norm and his merry bunch, Jill and Margaret, and Liz, Mandy and Thea who also helped on the day. And of course, also to our 'Tong Masters', Rob Peresan and Phil Burns – barbecue 'baristas' extraordinaire!

Just one more Sunday to go and the Club year is over – where has it gone!

CHRISTMAS COLLECTION BASKET

Your generous food donations have continued to fill the trolley and the floor space around it. And another very full car boot load of groceries was delivered this week for the Woden Community Service's 'Little Pantry' and we will make our final trip after the Club closes today. Thank you to everyone who has donated – it is much appreciated and will go to helping those in need have a Happier Christmas!



ACTIVITIES IN REVIEW!

LAWN BOWLS WRAPS UP FOR THE YEAR

Our final lawn bowls activity for the year was held recently with the weather being kind to us for a change, although a bit on the windy side. A few of our games during the year had to be cancelled because of the wet weather. We had a good turn up with fifteen club members attending.

We started the afternoon with a novelty game of a 'Spider' with the jack ball being placed in the middle of the rinks and everyone bowling one bowl all at the same time with the winner being whoever gets closest to the jack. This was followed with a few ends of conventional bowls and then after a break we had a second novelty event with a 'Corner to Corner'. Like the 'Spider' but this time one person at a time from the same corner trying to get closest to the jack.

A couple of special free activity vouchers, design by Janelle, were up for grabs. Jean Smyth, one of our newer players, won the 'Spider' and Beverley Graham won the 'Corner to Corner' so congratulations to both members.



Beverley Graham 'Corner to Corner' Winner



Jean Smyth Winner of the Spider Novelty Game

As usual, our activity leader, John Williamson, was there to get us organised and to give us a few tips and some expert coaching. Pat Hamilton, who is a member of the Vikings Bowls Club, has joined us for most of our games throughout the year helping John by offering us her encouragement and expert advice. During the break, John presented Pat with a bottle of wine and we all showed our appreciation. So, many thanks to Pat and John for their efforts throughout the year. We also like to thank the Vikings Bowls Club for allowing us to use their grounds and facilities free of charge.



Laurie Towers in Action



The Lawn Bowls Team 2022



Lining up for a 'Corner to Corner'

Our lawn bowls activity will return next year with our first game for the new year scheduled for Thursday 9 February. All club members are welcome to join us and it doesn't matter if you are experienced or never played before as both John and Pat will be only too pleased to teach you how to play the game. Bowls are provided and there is plenty of car parking and it's all free. We hope you can join us for a friendly game or two in the New Year.

Norm Swanwick for the Lawn Bowls Team

END OF YEAR ACTIVITIES UPDATE!

TABLE TENNIS – END OF YEAR GAME AND GATHERING

The table tennis team finished off the year with a few games after which we gathered for a well-earned cuppa, some Christmas cake, and a bit of socialising. This year has seen the number of players increasing dramatically and we can now have up to 15 players on the day. We currently have two tables but following approval from the club's management committee, we have purchased a third table which should be delivered in time for our first New Year get-together on 9 January.



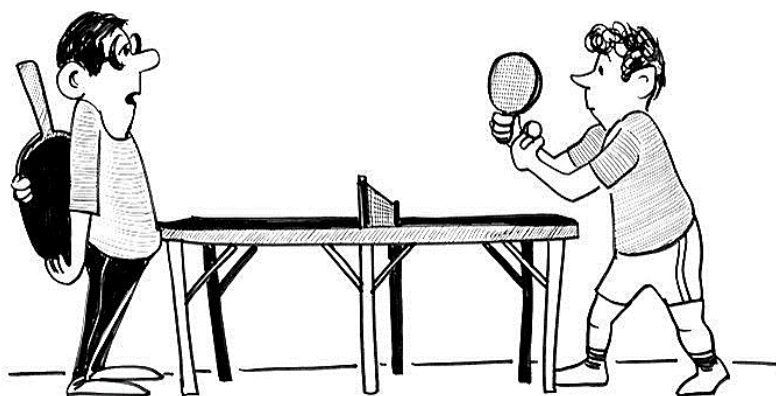
James about to serve!



Some of the Table Tennis 'Crew'

We are a friendly fun group always ready to welcome new players. Depending on the number of players we play both doubles and singles and rotate so everybody gets to team up and/or play against everyone else. If you have not played before or maybe you are a bit rusty, don't worry as we will be only too pleased to give you some guidance and practice time so that you can ease into the game or maybe find your old form. Bats are provided or you can bring your own.

We meet on a Monday afternoon starting at 1.30 pm. It's a great way to get a different form of exercise so why not come along and give it a go?



WAIT, BEFORE WE START. ARE YOU CERTAIN THERE'S NO SIZE RESTRICTION ON THE BAT?

FUN FACT

The Guinness Book of World's Record **longest rally** holders are Peter Ives and his son Daniel from England. Their rally took 32,000 total hits. The father and son who played for an incredible 8 hours, 40 minutes and 5 seconds, **didn't even stop for a bathroom break!**

Who gets the sack every time he goes to work?

Father Christmas!

TALKING 'TAIL END'!



AND A WORD FROM ME

The Bulletin will have a little break for a couple of weeks and will return before the Club reopens in January. Thank you to all who have given me feedback and contributions – much appreciated. I hope it continues to be of value in 2023!
Stay safe and well during this Festive Season!

Janelle



And did you find the child who doesn't like carolling in the Jolly Christmas scene?



There he is!

TUGGERANONG 55 PLUS CLUB ACTIVITIES CALENDAR

*SIG (SPECIAL INTEREST GROUP)

*ACTIVITIES HELD ELSEWHERE

**RETURNING
DATES 2023**

MONDAY	MONDAY	TUESDAY	TUESDAY	WEDNESDAY	WEDNESDAY
TUGG SENIORS CENTRE	GUMNUT COTTAGE	TUGG SENIORS CENTRE	GUMNUT COTTAGE/OA*	TUGG SENIORS CENTRE	GUMNUT COTTAGE/OA*
ZUMBA GOLD 9.30am - 10.15am 6 FEB 23	MORNING CARDS 9.30am – 12.30pm CONTINUING	ACTIVE EXERCISE MEN 8.00am – 8.45am 10 JAN 23	* 'LADIES' CYCLING GROUP 9.00am Sea Scout Hall Gwy CONTINUING		*1 st Wednesday BIRD WATCHING GROUP 1 FEB 23
MOVEMENT & MEMORY 10.30am - 11.15am 6 FEB 23	1 st & 3 rd Monday CRAFT CORNER 9.30am – 1.30pm 16 JAN 23	ACTIVE EXERCISE WOMEN 9.10am - 9.55am 10 JAN 23	POOL GROUP BEGINNERS 10.00am-Noon 10 JAN 23	CARPET BOWLS 10.00am – Noon 18 JAN 23	CRIBBAGE 9.30am – 11.30am CONTINUING
2 nd Monday iPAD SIG* 10.00am–Noon 13 FEB 23	2 nd & 4 th Monday 'GRAPHITES' DRAWING GROUP 10.30am – 12.30pm (GC – 2 nd / TSC – 4 th) 13 FEB 23	THE HEART & SOUL SINGERS 10.30am-12.30pm 24 JAN 23	1 st Tuesday GARDEN GOSSIP 10.00am-Noon 7 FEB 23		* 'TAKE 55' COFFEE & MOVIE GROUP 10.00am CONTINUING
					*Fortnightly 10 PIN BOWLING 10.00am Zone Bowling Alley 1 FEB 23
TABLE TENNIS 1.30pm –3.30pm 9 JAN 23	BRIDGE SOCIAL 2.00pm –4.00pm 16 JAN 23	SEATED YOGA 1.15pm – 2.15pm 17 JAN 23	MAHJONG 1.00pm – 3.30pm CONTINUING	LINE DANCING ABS BEGINNERS 12.15pm – 1.15pm 18 JAN 23	KNIT N KNATTER 1.00pm – 3.00 pm 18 JAN 23
				LINE DANCING BEGINNERS 1.30pm – 2.30pm 18 JAN 23	
				LINE DANCING IMPROVERS 2.45pm – 3.45pm 18 JAN 23	

TUGGERANONG 55 PLUS CLUB ACTIVITIES CALENDAR

**RETURNING
DATES 2023**

*SIG (SPECIAL INTEREST GROUP)

*ACTIVITIES HELD ELSEWHERE

THURSDAY	THURSDAY	FRIDAY	FRIDAY	SATURDAY / SUNDAY	SATURDAY / SUNDAY
TUGG SENIORS CENTRE	GUMNUT COTTAGE	TUGG SENIORS CENTRE	GUMNUT COTTAGE/OA*	TUGG SENIORS CENTRE	GUMNUT COTTAGE/OA*
1st Thursday FAMILY HISTORY GROUP 10.00am – Noon 2 FEB 23	500 CARDS 9.30am – Noon 5 JAN 23	TAI CHI 9.15am – 10.15am <i>(Beg start each school term-register at office)</i> 20 JAN 23	* CYCLING GROUP 10.00am (9.00am–Summer) Meet near Skate Pk CONTINUING		* 1st & 3rd Sunday 'DISCOVER CANBERRA' WALKING GROUP 9.20am 15 JAN 23
2nd Thursday ANDROID SIG* 10.00am – Noon 9 FEB 23	1st & 3rd Thursday POOL GRP - SOCIAL 10.00am-Noon 19 JAN 23		* 1st & 3rd Friday PITCH N PUTT 9.30am 20 JAN 23		3rd Saturday GAMES AFTERNOON 1.30pm – 4.00pm 21 JAN 23
3rd Thursday FAMILY HISTORY DNA SIG* 10.00am – Noon 16 FEB 23	* 2nd & 4th Thursday 'TUGG CHUKKERS' PETANQUE 10.00am-Noon 12 JAN 23				
4th Thursday FAMILY HISTORY FTM SIG* 10.00am – Noon 23 FEB 23		SIT N BE FIT 11.45am – 12.30pm 20 JAN 23			
1st Thursday BOOK CLUB 2.00pm – 4.00pm 2 FEB 23	MAHJONG 1.00pm – 3.30pm CONTINUING	LEARNING CIRCLE Noon - 2.00pm 20 JAN 23		1st Sunday SOCIAL BINGO 2.00pm – 4.00pm 5 FEB 23	
3rd Thursday READING GROUP 1.30pm – 3.30pm 19 JAN 23	* 2nd & 4th Thursday LAWN BOWLS 1.15pm 9 FEB 23	CARPET BOWLS 2.00pm – 4.00pm 20 JAN 23		4th Sunday - (alt mths) TRIVIA 2.00pm – 4.00pm 26 MAR 23	
YOGA 3.45pm – 5.00pm 19 JAN 23	BRIDGE SOCIAL 3.30pm – 5.30pm 19 JAN 23		2nd & 4th Friday UKE 55 – UKE GROUP 3.00pm – 4.30pm 10 FEB 23		
	* 2nd Thursday ONLINE - ZOOM TRIVIA WITH FRIENDS 7.30 pm 12 JAN 23				