



# Weekly Bulletin

Friday 23 November 2018

## **Highlights of the Coming Week**

### **Thursday – 29 November – Lawn Bowls**

This month's lawn bowls session was to be held on Thursday 22 November but had to be cancelled due to the inclement weather. We are hoping that we can reschedule it to Thursday 29 November. This will be subject to the availability of the Vikings club's facilities and are unable to confirm at this time. If you are on our lawn bowls email list, we will advise you early in the week if we are able to play next Thursday.

*Norm Swanwick*

### **Friday – 30 November – Pitch & Putt**

Unfortunately, due to the poor weather conditions we had to cancel today's game. It has been rescheduled to Friday 30 November with a tee off time of 10.30am. So, if you would like to join us for a game, whether a beginner or experienced player, come along to the Canberra International Golf Centre in Narrabundah for a fun and healthy mornings activity. You will need a pitching club, a putter, a ball and \$9.50. A game takes about two hours and there is plenty of free car parking. Hope you can join us.

*Norm Swanwick*

### **Sunday – 2 Dec – 2.00 pm**

### **Sunday Social Bingo**

Start the 'silly season' with a bit of bingo – if you enjoyed playing during Melbourne Cup, why not come along for the last Bingo Bash! Games prizes are in keeping with the flavour of the day; bingo sheets/dobbers will be available on entry. Notice is on the board for catering purposes!

## **Looking Ahead - 2019!**

### **Wed – 16 Jan – Cribbage Card Morning**

Cribbage was created by the English poet John Suckling in the 17<sup>th</sup> century and is claimed to be Britain's national card game. If you are interested in playing or learning cribbage, come along on Wednesday 16 January, 9.30 am – 11.30 am to this new weekly activity. There is a list on the notice board to register your interest which will give us an idea of how many boards and packs of cards we will need. Beginner's sessions will be available every week if needed.

*Norm Swanwick*

## **Are you Interested?**

### **Play – Creativity & Wellbeing**

Are you 65+? Do you like the great outdoors and would like to spend more time there? Are you a nature lover looking for more opportunities to engage in Canberra's wonderful natural environments?

The University of Canberra is providing Canberra's older adults with a chance to design their own outdoor activities in three of Canberra's great destinations:

- The National Arboretum
- Tidbinbilla Nature Reserve
- Lanyon Homestead

Working with UC Health & Play Space academics and Activities coordinators at the three sites listed above, you will create active and engaging activities that will be used by these sites for years to come. For more information and to register your interest contact Dr Cathy Hope, University of Canberra via: Phone: 0411 558 731 or Email: [cathy.hope@canberra.edu.au](mailto:cathy.hope@canberra.edu.au)  
*Act Government/University of Canberra*

## **Celebrating the Season!**

A couple of dates for your diaries as we are celebrating the coming festive season and the end of the year with two 'bring a plate' events -

### **Friday – 7 December – 5.30 pm Carols in the Hall**

We will begin with Carols in the Hall celebrating the coming Christmas season in song. 'Uke 55', the Club's resident ukulele group, will start the evening followed by the Heart and Soul Singers getting us in the mood for an old-fashioned carol fest! Entry for the evening is a gold coin only and we ask you to please bring a plate of 'Christmassy' fare to share after we have enjoyed some carol classics. A notice will be on the board to let us know if you are coming and whether you are bringing sweet or savoury. Designed as a relaxed get together, it is a great opportunity to celebrate the festive season as a Club.

### **Sunday – 16 December – 2.00 pm Christmas Fun Trivia**

Our next trivia event will be a special one with lots of fun trivia questions all about Christmas songs, movies, food and everything else about Christmas and the holiday season. So why not escape the Christmas rush for a couple of hours and if you are having visitors then why not bring them along for a fun afternoon activity. Again, it will be 'bring a plate and gold coin donation' and will be the final activity for the year.

*Norm Swanwick*

### **Christmas Closure**

The Club will be closing for the Christmas/ New Year Break from close of business Friday 14 December and will reopen on Monday 7 January. The Club's office will reopen on Monday 14 January. A list advising individual activity dates will be placed on the notice board and be included in the final newsletter for 2018.

## **Timetable**

### **Saturday 24 Nov – Sunday 2 Dec**

<i>Day / Date</i>	<i>Time</i>	<i>Activity</i>
Mon 26 Nov	9.30 am	Bolivia
	1.30 pm	Table Tennis
	2.00 pm	Bridge
	4.00 pm	Seated Yoga
	5.15 pm	Yoga
Tues 27 Nov	8.10 am	Men - Active Exercise
	9.00 am	Women - Active Ex
	1.00 pm	Mah-jong
Wed 28 Nov	10.00 am	Carpet Bowls
	12.10 pm	Seated Stretch
	1.15 pm	K-nit 'n' K-natter
	1.30 pm	Bridge
Thurs 29 Nov	9.30 am	500 Cards
	1.00 pm	Mah-jong
	1.30 am	Lawn Bowls
	3.45 pm	Bridge
	3.45 pm	Yoga
Fri 30 Nov	9.00 am	Cycling Group
	9.15 am	Tai Chi
	10.30 am	Pitch n Putt
	10.30 am	Gentle Exercise
	11.30 am	Zumba Gold
	12.15 pm	Learning Circle
	2.00 pm	Carpet Bowls
	4.15 pm	Uke 55
	6.00 pm	Square Dancing
Sun 2 Dec	2.00 pm	Sunday Social Bingo



<i>/ Date</i>	<i>Time</i>	<i>Event / Excursion</i>
Fri 7 Dec	5.30 pm	Carols in the Hall
Sun 16 Dec	2.00 pm	Christmas Fun Trivia

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