



Weekly Bulletin

Friday 27 July 2018

Highlights of the Week

Thursday – 2 Aug – 10.00 am – 12 noon
Family History Group – ‘Convict Ancestors’

We have guest speakers, Bob and Elizabeth Friederich, who have researched personal stories of convicts Mary and Julia McCarthy; sentenced to transportation from County Cork, Ireland to Van Diemen’s Land. Come along and hear the story of the McCarthy sisters and gain useful tips on researching convict stories.

And don’t forget that August is National Family History month. To celebrate our research, the Club would like to display photos of our ancestors holidaying. The Club has



frames to display photos or photocopies of photos so bring along a copy with your name and date of when and where the photos was taken if you know.

Liz Dean

Friday – 3 Aug – 6.00 pm – 7.30 pm
‘Absolute’ Beginners Square Dancing

Now that the days are getting longer, we are holding a beginners Square Dancing session on Friday 3 August. So, if you have been thinking of coming along but are not sure it is for you, come and give it a try - nothing to lose, and lots to gain. Square dancing is a fun way to socialise, get some mild exercise AND you don't need a partner! If you can walk, you can square dance - there is no fancy footwork to remember, just easy movements around a "set" of eight dancers. Notice is on the board or contact Garry Owen garryowen@me.com to let him know you are coming.



Sunday – 5 Aug – 2.00 pm – 4.00 pm
Sunday Social Bingo

Laurie and our favourite ‘Bingo caller’, Warren, will be back next Sunday, calling the numbers. 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!

Review: Opening - ‘The Beauty and History of Norfolk Island’ Exhibition

Over sixty members and friends attended the opening of the *Beauty and History of Norfolk Island* on Tuesday evening. The exhibition features paintings, photos and historical information from the Lakeside Art Group’s recent, very successful group tour to Norfolk Island. Federal Member for both Canberra and Norfolk Island, Gai Brodtmann, who officially opened the exhibition, spoke of her memories of Norfolk Island and the essence of the island that the works on display had captured. A big thank you to Catherine Alexander, the group’s art teacher, and her husband Jim, for planning the trip; Angie Ashley, the group’s activity leader, for organising the evening and to the group members who contributed the yummy food! The art works will be on display for a while if you have not yet seen them!

Lost & Found

We have some items that have been left during activities, including a stylish Black Cowboy Hat! If these are yours, come to the Club office to claim them. In the lost category, we are missing a square biscuit container from the kitchen, bottom only. If you have taken something home in it after a function, its top is looking lonely!

Dates for your Diary

Saturday – 11 Aug – 1.00 pm – 4.00 pm

Saturday 'Game On'

The Club has a variety of card and board games which have not been used



for some time, so we plan to 'give them an airing'. This will be a 'fun' afternoon, not competitive – although it is nice to win!



Why not come along and perhaps play, what to you might be, a new game. They will include Uno, Canasta, Scrabble, Rummykub

(Numbers and Word), chess,



dominoes (advanced game), Chinese checkers, or you

might have a favourite game you could bring along and show others how to play it.

Tables will be set up so you can choose which game you might like to try. A notice is on the board to register your interest.

Don't forget, in The Founders' Library, there is always a jigsaw or two on the go, where anyone can add a piece or three or more, anytime you are at the Club. *Anne Meade*

Saturday – 25 August – 11.00 am

Gentlemen's Get Together

Don't forget the next Gentlemen's Get Together at the Club on Saturday, 25 August at 11.00 am.

Our guest speaker, Patrick Regan, will talk about *Australia in the First World War*. Patrick has a Master's Degree, has studied military history extensively and spends one day per week at the Australian War Memorial. It will be a most interesting and informative address.

There will be time after Patrick's talk for questions/discussion which will be followed by a sausage sizzle and a chance to socialise. You are welcome to bring your own drinks (alcoholic or otherwise). Cost \$5.00 – notice is on the board.

Laurie Towers

Timetable

Monday 30 July – Sunday 5 Aug

Day / Date	Time	Activity
Mon 30 July	9.30 am	Bolivia
	1.30 pm	Table Tennis
	2.00 pm	Bridge
	4.00 pm	Seated Yoga
	5.15 pm	Yoga
Tues 31 July	8.10 am	Men's Active Exercise
	9.00 am	Women's Active Ex
	1.00 pm	Mah-jong
Wed 1 Aug	10.00 am	Indoor Carpet Bowls
	12.10 am	Seated Stretch
	1.15 pm	K-nit 'n' K-natter
	1.30 pm	Bridge
Thurs 2 Aug	9.30 am	500 Cards
	10.00 am	Family History Group
	1.00 pm	Mah-jong
	1.30 pm	Book Club
	3.45 pm	Bridge
	3.45 pm	Yoga
Fri 3 Aug	9.15 am	Tai Chi
	9.30 am	Bridge (Advanced)
	10.00 am	Cycling Group
	10.30 am	Gentle Exercise
	11.30 am	Zumba Gold
	12.15 pm	Learning Circle
	2.00 pm	Indoor Carpet Bowls
	4.15 pm	Uke 55 Ukulele Group
	6.00pm	Square Dancing
Sun 5 Aug	9.20am	Discover Canberra Walks
Sun 5 Aug	2.00pm	Social Bingo

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