



Weekly Bulletin

Friday 3 August 2018

Highlights of the Week

Tuesday – 7 Aug – 2.00pm

Gardening Club – DIY Area, Bunnings Tuggeranong

A small group of gardening enthusiasts meet on the first Tuesday of each month, at 2.00 pm at the DYO area at Bunnings. A gardening expert gives a talk about current happenings in the garden, what to plant, what pests to look out for, and other tips for successful gardens producing beautiful flowers and delicious, healthy vegetables. This session is complimented with a free cuppa, and quite often with free gardening related gifts. Questions are welcomed and usually an appropriate answer is forthcoming!!

Linda Lawrie

Wednesday – 8 Aug – 10.00am

Ten Pin Bowling – Tugg AMF Bowl

The 55 Plus Club Ten Pin Bowlers meet every fortnight during ACT School Terms at the Tuggeranong AMF Bowl, 76 Cowlshaw Street. We start at 10am and play two games then have morning tea and a chat. You do not need to have played before! Just come along for some fun and friendship and have a go...

The cost is \$15 which includes your games, shoe hire and a morning tea. The fun and friendship are free!

Kathy Johnson & Kathy Sawicki

Tai Chi – Fridays - 9.15am – 10.15am

Our Tai Chi instructor is still on the mend, so the Friday class is not able to accommodate new attendees. The class however, is continuing for those members who have learnt the Tai Chi movements. We will advise as soon as Jim is fully recovered.

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.

Anne Meade

Review: Family History Group – 'Convict Ancestors'

Yesterday, through guest speaker Bob Friederich's generous presentation, we were given an insight into his personal research journey. From the information found in historical records, newspaper items as well as intense research, Bob shared the stories of convict ancestors that he had discovered. His attention to recording the information was impressive and he provided handouts to all who attended detailing a variety of useful websites for our own research. A very enjoyable morning – thank you to Bob for spending the morning with the group and to Liz Dean for organising his visit.

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Dates for your Diary

Monday – 13 August – 1.00pm

Pitch & Putt Presentation

Warren Gray who represents the Canberra International Pitch & Putt Golf Club will be giving a short presentation about the golf club and the game on Monday 13 August commencing at 1.00pm in the Waterview Lounge. Warren will be only too happy to answer any questions you may have regarding the game and he also has a short video to show us.

Our next Pitch & Putt game will be held on Tuesday 14 August with a tee off time at 10.30am. Further details in the next newsletter.

Norm Swanwick

Saturday – 18 Aug – 1.30pm

55 Film Group – ‘Mushrooms’

This 1995 Australian film from first time writer-director Alan Madden is a black comedy - a change of pace for our Saturday afternoon viewing. The film’s eccentricity-relishing tone is part of what’s fun about watching it; two older ladies (Lynette Curran & Julia Blake) become involved with an inconvenient corpse, but never cease to remain gracious and elegant. The narrative is cleverly structured and benefits a lot from Paul Grabowsky’s excellent music score. Notice is on the board for you to let us know so that we have enough customary ice-creams.

Janelle Burns

Sunday – 19 Aug – 2.00pm

‘Let’s Get Trivial’ – fun trivial quiz

Mark in your diary, 2.00pm Sunday 19 August for our next “Let’s Get Trivial” fun trivia quiz. Lots of prizes, lots of questions, lots of fun and if you don’t win a prize, there’s always afternoon tea. So organise a team with your friends or family or just come along and join a team and get to know some of your fellow club members. Our normal activity fee will apply. Here’s some homework: What animal lives in a den called a holt?”

Norm Swanwick

Timetable

Monday 6 Aug – Saturday 11 Aug

Day / Date	Time	Activity
Mon 6 Aug	9.30 am	Bolivia
	1.30 pm	Table Tennis
	2.00 pm	Bridge
	4.00 pm	Seated Yoga
	5.15 pm	Yoga
Tues 7 Aug	8.10 am	Men’s Active Exercise
	9.00 am	Women’s Active Ex
	1.00 pm	Mah-jong
	2.00 pm	Gardening Club
	Wed 8 Aug	10.00 am
	10.00 am	Ten Pin Bowling
	12.10 am	Seated Stretch
	1.15 pm	K-nit ‘n’ K-natter
	1.30 pm	Bridge
Thurs 9 Aug	9.30 am	500 Cards
	10.00 am	Android SIG
	1.00 pm	Mah-jong
	3.45 pm	Bridge
	3.45 pm	Yoga
Fri 10 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
	6.00 pm	Square Dancing
Sat 11 Aug	1.00 pm	Games Afternoon



Mon 13 Aug	1.00 pm	Pitch & Putt Presentation
Sat 18 Aug	1.30 pm	55 Film Group
Sun 19 Aug	2.00 pm	Let’s Get Trivial