



Weekly Bulletin

Friday 10 August

Highlights of the Week

Saturday – 11 Aug – 1.00 pm – 4.00pm

Saturday 'Game On'

Don't forget Saturday Games Afternoon. Banish away the winter blues with a board game or two! Tables will be set up so you can choose which game you might like to try.

Anne Meade

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 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.

Tuesday – 14 August – 10.30am

Pitch & Putt Golf

Seven members enjoyed a fun morning of pitch and putt golf at our recent first Friday get together. Why not join us this coming Tuesday 14 August when we will tee off again around 10.30am at the Canberra International Golf Centre in Narrabundah. Never played before? Don't worry, most of us are first timers or haven't played for some time. If you don't have any clubs, we have some spares or will be happy to share our clubs. Green fees are \$9.50 for 18 holes. If you can't join us on Tuesday, our next Friday game will be on 24 August. Please remember to wear your club name badge.

Norm Swanwick



Thursday – 16 August – 9.30am

Shutterbugs Camera Group

The next meeting of the club's Shutterbug's camera group will be held on Thursday 16 August commencing at around 9.30am. Our project for this month is an open subject – "Our Favourite Photos". Next month's project is "Winter". We will also be looking at our Australian National Botanic Gardens snapshots taken during our recent outing to the gardens. We will have our usual discussions on all things photographic, drawing on members experience and passing on our various camera skills. Beginners and experienced photographers welcomed.

Norm Swanwick

Saturday – 18 Aug – 6.00am

Hawkesbury River Cruise Excursion

51 members and friends will be braving the early morning for what should be a day of fun, food & frivolity – we hope you all have a great time!

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 August – 2.00pm

'Let's Get Trivial' – Sunday Quiz

Our next Sunday afternoon fun trivia quiz will be held on Sunday 19 August starting at 2.00pm. Come along and test your knowledge of all things trivial, whether it be people, places, history, current affairs and everything else. If you don't know the answers, have some fun consulting your fellow team members or just take a guess. Form a team with your family, friends, and neighbours or just come along and join a team. There are prizes to be won and if you don't win a prize there is always a great afternoon cuppa. The normal activity fee of \$4.00 applies.

Norm Swanwick

Walking Group Week in Dubbo

The Club's walking group is going to Dubbo for the week 17-22 September. There are a few vacancies if other Club members would like to join us. Details of costs, transport, etc. will be provided following initial enquiry at the Club's office.

Anne Meade

Names Badges

If you have not yet picked up your name badge, please do so as we have a growing number of them awaiting their owners. Office hours: 9.30am–2.30pm. Wearing your badge when you are at an activity saves many an embarrassing situation when we have one of those 'Senior' moments!

Chairs in the Hall

It is much appreciated that everyone helps to clear the rooms after an activity. But please DO NOT stack the fabric chairs as they are difficult to untangle. Please place them singularly along the wall at both ends of the hall.

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Email: tugg55plusclub@gmail.com
Website: 55plusclub.org.au

Spotlight on.....

Friday Bicycling Group

10.00 am Tuggeranong Skateboard Park

I was surprised to find this quote in an email, dated 2015 that I had written to the club: 'Well, the potential 55 Plus Cycling Group became an actuality on Friday 29 May at 10:30.' So, we have been riding, chatting and drinking coffee for over 3 years; my how time flies! Our numbers started at 10 and the number waxes and wanes as things like grand parenting, caravanning, cruises and medical issues make their impact.

Our rides have been a circumnavigation of Lake Tuggeranong ending up at a coffee venue, initially Jindebah and then McCafé.

We meet at the Skateboard Park car park at 10:00 am in winter and as the weather warms up, 9:00 am.

We are now investigating different rides, of course always ending up with chat and coffee. Our last ride was to Brumbies Bakery in Kambah Village Shops where we enjoyed our coffees, cakes and pastries which is always good! Others rides that we will try in Kambah are to Biginelli's on Mannheim Street, On the Grind, 5/9 Jenke Circuit and Lazzari Bros' Espresso at Shabby Attic, 3 Carleton Street.

We are not a speedy, athletic group, but more of a relaxed, casual, chatty sort of group and we ride to the capabilities of the group as a whole.

If you have ridden in the past and still enjoy a ride, why not join us? If you did ride, but have not done so for a while, why not dust off those wheels, have a few test rides and come and join us!

We will have visited Biginelli's this morning by the time you read this, albeit up a hill which we would have walked if necessary! For information about the group, please feel free to call me.

Norm Collings 0417 680 685

Timetable

Saturday 11 Aug – Sunday 19 Aug

New Classes In Kambah

Thursday – Subud Hall. 26 Jenke Circuit, Kambah Cost: \$10.00 per class

Jackie Yow has been delivering fitness classes on behalf of the Club for some time and she is now starting three more similar classes in Kambah. Details are below for your information:

50 & Up - Active 50 min class

9:30 am Starting 23rd August

A fun, inclusive and active class suitable for those with a good level of mobility and balance.

Bring an exercise mat & water bottle.

50 & Up – Stretch 50 min class

10:30 am Starting 23rd August

A relaxing class designed to strengthen and lengthen your muscles, improve flexibility and balance, improve your mood and wellbeing. Standing and floor based.

Bring an exercise mat & water bottle.

50 & Up - Chair Assisted 50 min class

11:30 am Starting 9th August

A fun and inclusive class for the less mobile or those returning to exercise. The exercises are performed behind and on a sturdy chair. These exercises are functional and designed to increase your mobility, strength, flexibility, reaction time and balance. There is a mindfulness relaxation at the end.

Bring a water bottle.

Call Jackie: 0437 168 680 to register or find out more. Web: www.fiftyandup.com



Day / Date	Time	Activity
Sat 11 Aug	1.00 pm	Games Afternoon
Mon 13 Aug	9.30 am	Bolivia
	9.45 am	iPad SIG
	1.00 pm	Pitch & Putt Presn
	1.30 pm	Table Tennis
	2.00 pm	Bridge
	4.00 pm	Seated Yoga
	5.15 pm	Yoga
Tues 14 Aug	8.10 am	Men's Active Exercise
	9.00 am	Women's Active Ex
	10.30 am	<i>Pitch and Putt</i>
	1.00 pm	Mah-jong
Wed 15 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 16 Aug	9.30 am	500 Cards
	9.30 am	Shutterbugs
	1.00 pm	Mah-jong
	1.00 pm	Backgammon
	3.45 pm	Bridge
	3.45 pm	Yoga
Fri 17 Aug	9.15 am	Tai Chi
	9.30 am	Bridge (Advanced)
	10.00 am	<i>Cycling Group</i>
	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 18 Aug	1.30 pm	55 Film Group
Sun 19 Aug	9.30 am	<i>DC Walking Group</i>
	2.00 pm	Let's Get Trivial