



Weekly Bulletin

Friday 17 August 2018

Highlights of the Coming Week

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 and 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.

Sunday 19 August - 2.00pm

‘Let's Get Trivial’ Sunday Quiz

A final reminder that our next fun trivia quiz will be held this coming Sunday starting at 2.00pm. Two hours of questions covering a variety of subjects such as politics, geography, movies, music and history – some toughies but most are relatively easy. Come along and join your fellow club team members and see if you know the answers or at least have a guess. There are prizes to be won including our coveted “Smarty Pants” certificates and we break for an afternoon cuppa. All this and more for our normal \$4.00 activity fee. *Norm Swanwick*

Thursday – 23 August – 10.00am

Investor's Morning Cuppa Group

Our Investor's Morning Cuppa group will once again gather around the table for an interesting discussion on all matters relating to the share market as well as recent events and news in the investment, business and company's world. We will take look at how the market has performed over the past month and review our “fun” investment portfolio and

watch list. We will do some crystal ball gazing – is the market due for a big correction and how will it perform in view of the current tariff wars between the US and China? If you are interested whether a beginner or experienced investor, then come along and join us. *Norm Swanwick*

Thursday – 23 August – 1.30pm

Afternoon Lawn Bowls

Once again, we will gather at the Tuggeranong Vikings Lawn Bowls Club for another friendly game of afternoon lawn bowls. We have several experienced players and accredited coaches if you have never played before who will be only too happy to show you how to play. Last month we finished the day with a fun game called “spider” with a free activity voucher up for grabs. There is plenty of free parking at the rear of the main club building. Don't forget to wear flat sole shoes or go bare foot and **please remember to wear your name badge**. This is a free activity, courtesy of the Tuggeranong Lawn Bowls Club. *Norm Swanwick*

Friday - 24 August – 10.30am

Pitch & Putt Golf

We have been lucky with our past games being held on beautiful sunny mornings. If you have never played before or not played for some time, don't worry as most of us are in a similar position. You will need two clubs, a putter and a pitcher and a golf ball. If you don't have clubs, we should have some spares or will be happy to share our clubs. The green fees are \$9.50 for 18 holes which takes just over two hours to play. We play at the Canberra International Golf Centre in Narrabundah so why not come along and test your short game golfing skills.

Norm Swanwick

Date for your Diary

Thursday – 30 August – 10.00am

Defibrillator Training – St Johns

Ambulance



The Club has a defibrillator which is in the hall near the piano. We have organised a free training course in the use of this piece of equipment for

any interested members. The course should be around 60 minutes in duration.

As places are limited, please register your interest at the Club office either in person or phone: 6293 4004 or email

tugg55plusclub@gmail.com

Review – Games Afternoon

Last Saturday, 10 members had an enjoyable afternoon 'playing games'. There was an interesting collection of games to choose from which provided an opportunity to learn a new game and meet other members. It also brought back many a happy memory from my childhood before the black box was purchased – Chinese Checkers was a family favourite! I look forward to a repeat performance. *Janelle Burns*

Paving Completed

Members who have been to the Club this week have watched the area outside the hall being transformed from a brown patch of uneven ground to an impressive paved area which compliments the building. The addition of the paving provides endless opportunities to enjoy the view and the extra usable space. The Gentlemen's Afternoon on Saturday week will be the first group to take advantage of the new addition.

'I have reached an age when, if someone tells me to wear socks, I don't have to.'

Albert Einstein (1879-1955)

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Timetable

Saturday 18 Aug – Sunday 26 Aug

Day / Date	Time	Activity
Sat 18 Aug	6.00 pm	Hawkesbury River
Sat 18 Aug	1.30 pm	55 Film Group
Sun 19 Aug	9.20 am	Walking Group
Sun 19 Aug	2.00 pm	Let's Get Trivial
Mon 20 Aug	9.30 am	Bolivia
	1.30 pm	Table Tennis
	2.00 pm	Bridge
	4.00 pm	Seated Yoga
	5.15 pm	Yoga
Tues 21 Aug	8.10 am	Men's Active Exercise
	9.00 am	Women's Active Ex
	10.30 am	Pitch and Putt
	1.00 pm	Mah-jong
Wed 22 Aug	10.00 am	Indoor Carpet Bowls
	10.00 am	Ten Pin Bowling
	10.00 am	Seniors Screenings Limelight Cinema
	12.10 am	Seated Stretch
	1.15 pm	K-nit 'n' K-natter
	1.30 pm	Bridge
Thurs 23 Aug	9.30 am	500 Cards
	10.00 am	Investor's Group
	1.00 pm	Mah-jong
	1.30 am	Lawn Bowls
	3.45 pm	Bridge
	3.45 pm	Yoga
Fri 24 Aug	9.15 am	Tai Chi
	9.30 am	Bridge (Advanced)
	10.00 am	Cycling Group
	10.30 am	Pitch and Putt
	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 25 Aug	11.00 am	Gentlemen's Afternoon