



Weekly Bulletin

Friday 18 January 2019

Welcome back for 2019!

Welcome to our first Bulletin for 2019 - we hope that you have all had an enjoyable and restful Christmas season.

And, whatever your New Year's Resolution; starting a new 'exercise' regime or trying something new, the Club's activity program is full of possibilities.

Active, Gentle or Stretch n Strengthen Classes as well as Zumba Gold for the 'serious' exerciser; Indoor Carpet Bowls, Table Tennis, Discover Canberra Walking Group, Cycling, Ten Pin Bowling, Lawn Bowls and Pitch n Putt provides exercise with a more social aspect; Tai Chi and Yoga combines exercise with relaxation of the mind as an added bonus!

And whether you have decided to explore your Family History or the Stock Exchange, blow the cobwebs off your camera or learn a new social game, there are monthly and weekly activities that will assist!

Most of the activities will continue to return over the coming few weeks – list is on the notice board.

For our newer members, all you need to do is come along to the activities that interest you – no bookings or waiting lists!

Copies of the activities program are available at the Club and on the website:

www.55plusclub.org.au

Gumnut Cottage

Over the past week, Monday Cards, Bridge, Mahjong, K-nit n K-natter and 500 Cards have moved over to the now fully equipped Gumnut Cottage. We realise it will take a while to settled in, but the effective cooling system has been very welcome!

First Social Event – 2019

'Ripper' Australia Day BBQ



Saturday – 26 January – 12.30pm

The first Social event on the Clubs Calendar is Australia Day and the location is perfect for a 'Ripper' gathering to celebrate the day. The barbecue lunch with salad, coleslaw & rolls will be followed by lamingtons & pavlova. Coffee & tea provided, BYO Drinks. Come along, bring your friends and family to enjoy the best view in town; it is a good excuse for a social 'catchup'!

Cost \$10.00 – please book and pay at the office. *Social Committee*

Activites Update

Tuesday – 22 January – 1.15pm

Seated Yoga – Tugg Seniors Centre

PLEASE NOTE - Seated Yoga has moved from Mondays at 3.45pm to Tuesdays 1.15pm from Tuesday 22 January.

Wednesday – 23 January – 9.30am

Cribbage Card Morning – Gumnut Cottage

Our first ever cribbage card morning was held last Wednesday and both experienced and learner players enjoyed a fun morning's activity playing and learning cribbage. We meet every Wednesday 9.30am – 11.30am in the Gumnut Cottage. If you are a knowledgeable player, or would like to learn how to play cribbage, then come along any Wednesday morning and there is no need to book. Beginner's sessions will be available every Wednesday if needed. Cribbage is not a difficult game to learn and most people should be able to play the game after one or two sessions. Be warned, it can be addictive – *Norm Swanwick*.

Highlights of the week

Thursday – 24 January – 5.00pm

Afternoon Lawn Bowls

Our afternoon lawn bowls activity will recommence this coming Thursday 24 January at 5.00pm – 7.00pm. If you have not played lawn bowls before but always wanted to give it a go, why not come along & join us. John Williamson & his fellow club members will be only too pleased to show you how. There is plenty of free car parking available at the rear of the main club building. Please wear flat sole shoes, or just go bare foot but don't forget to wear a hat. This is a free activity courtesy of the Tuggeranong Vikings Lawn Bowls Club – *Norm Swanwick*

Shutterbug's Photo Essay Exhibition – "Gumnut Images"

To celebrate our move into Gumnut Cottage, the Shutterbug's Camera Group is presenting an exhibition of photos taken around the Cottage over the past few weeks. Our photo essay "Gumnut Images" is on display in the Parkview Hall. If you are attending an activity in the Cottage, why not drop across afterwards and take a look at our display. The exhibition should be on display for at least two weeks – *Norm Swanwick*

Membership Renewals

All memberships (except new members) are now due for renewal by **31st March**. The renewal fee remains at \$15.00 and this early notice gives you plenty of time to visit one of our lovely ladies in the office – 9.30am – 2.30pm Monday to Friday.

If you would prefer to use Internet Banking, Direct Credit details: BSB 633 000
Acc No: 159575455 **However, you MUST include your name as the description, so that we can identify your payment.** We will send you a confirmation email so that you know your payment has been successful!
Janelle Burns – Treasurer

Timetable

Monday 21 Jan – Saturday 26 Jan

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 21 Jan	9.30 am	Bolivia - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Bridge - GC
	5.15 pm	Yoga - TSC
Tues 22 Jan	8.10 am	Active Ex – M - TSC
	9.00 am	Active Ex – W - TSC
	1.00 pm	Mah-jong - GC
	1.15 pm	Seated Yoga - TSC
Wed 23 Jan	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls - TSC
	12.10 pm	Seated Stretch - TSC
	1.15 pm	K-nit 'n' K-natter - GC
	1.30 pm	Bridge - GC
Thurs 24 Jan	9.30 am	500 Cards - GC
	1.00 pm	Mah-jong - TSC
	1.00 pm	Bridge – Beg - GC
	3.45 pm	Bridge - GC
	3.45 pm	Yoga - TSC
	5.00 pm	Lawn Bowls
Fri 25 Jan	9.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
	9.30 am	Pitch n Putt
	10.30 am	Gentle Exercise - TSC
	2.00 pm	Carpet Bowls - TSC
Sat 26 Jan	12.30 pm	Australia Day

LIFE IS LIKE A CAMERA

FOCUS **CAPTURE** **DEVELOP**
on what's important • the good times • from the negatives
and if things don't work out
Take Another Shot.

ShutterBugs
Camera Group



Thursday
21 Feb – 9.30am

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