



Weekly Bulletin

Friday 25 January 2019

What's coming Up – Feb & Mar

Excursions

Friday – 8 February – 12noon

Heath Ledger – A Life in Pictures

NFSA Acton

Heath Ledger: A Life in Pictures

Celebrates the life and work of one of Australia's most acclaimed and beloved actors. Explore a selection of film costumes and props, Heath's own character research journals, celebrity portraits and acting awards, and more. Curated in collaboration with his family, the exhibition offers a rare insight into the man behind the camera.

The Club has reserved the Viking's Club Community Bus for a visit to NFSA Exhibition. Leaving from the Vikings Club Erindale at 12 noon, we have booked 20 tickets for the free floor talk at 1.00 pm in the Exhibition Gallery which explores objects from the exhibition in detail and shares stories about Heath and his films.

Cost: \$5.00 Booking & payment at the Club's office by Wednesday 6 February

**Tues 5 March & Wed 6 March – 7.30pm
Enlighten Evening Tour**

The Club has reserved the Viking's Club Community 24-Seater Bus for two evening tours of 'Enlighten'. Leaving from the Vikings Club Erindale at 7.30 pm (where there is ample safe parking) there is an option to have dinner first at the Club's Bistro at 6.00pm (own expense).

Cost: \$5.00 Booking & payment at the Club's office by Friday 1 March (please advise if you intend to have dinner so we can make a group booking)

New Activities

**Wed – 1.30pm–3.30pm from 13 February
Line Dancing Classes – Julie Hearne**

Julie Hearne, an instructor with National Capital Bootscooters, will hold Beginner classes at 1.30pm and Improvers/Easy classes at 2.30pm from Wednesday 13 February. The classes will focus on 'fitness, fun & friendship'!

Line dancing is a great way to stay fit. It has many benefits for general fitness, muscle tone and bone strength. Learning new sequences and patterns in dance is beneficial for brain health as well. It is a great way to meet new friends.

- No partner required
- Wear comfortable clothes
- Wear shoes that are not too grippy but have an enclosed heel. A lower heel is safer when dancing.
- Bring an exercise water bottle to class
- Have fun 😊

Cost: \$7.00 attending early session only + additional \$2 if staying on for full session

**Saturday 2 March - 10.00 am–1.00 pm
'Easy Peasy Atmospheric Perspective'
Acrylic Art Workshop with Maria Polmeer**

Local artist, Maria Polmeer is back again with another acrylic art workshop, this time using the colours of black and white. For both beginners and continuing beginners, you will enjoy a relaxing few hours and take home an interesting canvas.

Cost: \$55.00 includes all art supplies. See notice board for further details.

Booking & payment at Club's office by Friday 22 February.



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 Gumnut 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*

Timetable

Saturday 26 Jan – Friday 1 Feb

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 26 Jan	12.30 pm	Australia Day
Mon 28 Jan		PUBLIC HOLIDAY
Tues 29 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 30 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 31 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
Fri 1 Feb	9.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
	10.30 am	Gentle Exercise - TSC
	2.00 pm	Carpet Bowls - TSC
	4.15 pm	Uke 55
	6.00 pm	Square Dancing
Sun 3 Feb	8.50 am	Walking Group

Activity Spotlight -

Tuesday – 1.15pm – Seated Yoga

Benefits of Chair Yoga

Improved Strength and Flexibility – This allows for improved mobility and independent living for many years to come.

Improved Proprioception - Proprioception is the ability to know where your body is in space for accurate movement coordination. This is important for confident movement and to help prevent falls. Proprioception is also important to having control over your body and movement which is helpful for people with disabilities or conditions such as MS and Diabetes.

Reduces Stress and Improves Mental

Clarity – Chair yoga can reduce the impact of chronic illness and pain. The flow on effect is being calmer and more relaxed, which leads to a greater feeling of happiness and well-being making life more pleasurable.

Mindful Breathing - Practices that are an integral part of yoga improve breathing and the flow in from this is a feeling of more energy and a calmer state of being. It reduces stress and anxiety and helps with the management of pain.

Chair Yoga (and Yoga generally) has been shown to improve overall health. Practised regularly it even has the potential to reverse some health issues. It improves overall movement and flexibility and improves self-confidence and overall wellbeing.

Chair yoga makes yoga accessible to almost everyone.

It is recommended that on starting a yoga program that you attend regularly and give the exercise several months to achieve the desired outcomes. *Sue Gair – Yoga Instructor*

