



Weekly Bulletin

Friday 8 March 2019

What's been Happening!

Acrylic Art Workshop - Maria Polmeer

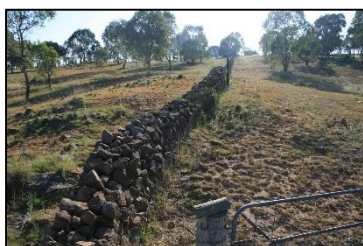
There were '50 Shades of Grey' on Saturday 2 March when some of our members were shown, at the second of our 'Pop Up' Acrylic workshops, how to blend black and white by local artist Maria Polmeer. The effect produced a variety of stunning pieces to take home – who would have thought the varied shades of grey would be so effective!



Family History Group

Jenny Horsfield – Writer & Historian

On Thursday, the Family History group were fortunate to have as a guest, local writer and historian, Jenny Horsfield. Jenny has a special interest in the Tuggeranong area. Following the end of World War I, soldiers settled on blocks of land which are now the suburbs of Tuggeranong and Jenny shared with us some of their stories from her sixth book "Voices Beyond the Suburbs". We thank Jenny for an entertaining morning and look forward to her next visit. *Liz Dean*



Highlight of the week

Saturday – 16 March – 1.30 pm

55 Film Group – 'Big Fish'

In the 2003 movie Big Fish, director Tim Burton brings his inimitable imagination on a heart-warming journey that delves deep into a fabled relationship between a father and his son. This captivating tale starring Ewan McGregor and Albert Finney, is a delight for the eye, the heart, and the spirit. And an interesting start to the coming Seniors Week! Notice is on the board for you to let us know so that we have enough customary ice-creams.

Janelle Burns



Activity Leader needed

Sundays – 1st of each month – 2.00 pm

Social Sunday Bingo

Laurie and his wife Cheryl have looked after Sunday Bingo since May 2016 and have advised the Club that they are going to step down from that role. They have done a great job and we would like to thank them both for the efforts they have gone to, to make the afternoons enjoyable. Our Bingo caller, Warren, is happy to continue calling but we need someone to take Laurie's place. If you are a regular attendee and enjoy Bingo, perhaps you would like to take on the role. If you would like information about what is required of you, please contact the Club office with your details and we will give you a call. Bingo has provided fun for many each month and it would be sad if it discontinued.

Seniors Week – 18-24 March

Tuesday 19 March – 1.15 pm - 3.30 pm **YOGA WORKSHOP - Traditional mat yoga** **& chair yoga**

This open workshop is an opportunity to come and try the postures of traditional mat yoga and chair yoga. Yoga has benefits to everyone. If you can breathe you can practice yoga in at least one of its many forms. It improves movement, flexibility, self-confidence and overall wellbeing.

Thursday 21 March – 9.30 am - 11.30 am **SPECIAL PRESENTATION - Shutterbug's** **Camera Group**

David Pang, Information Governance Manager, National Gallery of Australia is presenting "David Pang - a photographic journey - from the Military to the National Gallery of Australia whilst rolling around on a skateboard" for Shutterbugs Camera Group. All are welcome to come to what sounds like a fascinating presentation!

Saturday 23 March – 10.00am - 12.00noon **OPEN MORNING**

Both buildings will be open providing an opportunity to enquire about the many Club activities that are offered. Come along and meet some of our activity leaders who will be able to answer any questions you may have or see some of the games groups in action at Gumnut Cottage.

Out & About

Wednesday – 27 March – 9.00 am **Marymead - Lunch in the Rose Gardens +** **Tennis Day**

A good way to catch up with friends in a lovely setting. \$25 buys you a finger food lunch – sandwiches, wraps, sushi, biscuits and slices – a glass of wine or juice, tea and coffee. Or if you want to be active, get a group together for a game of tennis and then lunch in the Rose Gardens. All proceeds direct to Marymead.

Timetable

Saturday 9 March – Sunday 17 March

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 11 Mar	9.30 am	Bolivia - GC
	2.00 pm	Bridge - GC
Tues 12 Mar	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 13 Mar	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls - TSC
	12.10 pm	Seated Stretch - TSC
	1.00 pm	K-nit 'n' K-natter - GC
	1.30 pm	Bridge - GC
	1.30 pm	Line Dancing - TSC
Thurs 14 Mar	9.30 am	500 Cards - GC
-	1.00 pm	Mah-jong - GC
	1.00 pm	Bridge – Beg - GC
	3.45 pm	Bridge - GC
	3.45 pm	Yoga - TSC
Fri 15 Mar	9.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
	10.30 am	Gentle Exercise - TSC
	11.30 am	Zumba Gold - TSC
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls - TSC
Sat 16 Mar	1.30 pm	55 Film Group

****Please note that iPad SIG will be on third Monday (18 March) this month due to Canberra Day Holiday**

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