



Weekly Bulletin

Friday 15 March 2019

Seniors Week

Love later life
ACT Seniors Week
18-24 March 2019



18 – 24 March

CLUB'S SPECIAL EVENTS

- **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

Shutterbug's Camera Group SPECIAL PRESENTER - DAVID PANG, NATIONAL GALLERY OF AUSTRALIA

David Pang is the Information Governance Manager at the National Gallery of Australia and will be our special guest speaker at our next Shutterbug's meeting on Thursday 21 March. David has called his presentation: "David Pang – a photographic journey – from the Military to the National Gallery of Australia whilst rolling around on a skateboard". Even if you only have a remote interest in photography and/or not a regular attendee at our camera group meetings, you are most welcome to join us as this should be a very interesting presentation. The normal \$4.00 activity fee will apply. I hope you can join us –

Norm Swanwick.

- **SATURDAY 23 MARCH**
10.00 am - 12.00 noon

OPEN MORNING

Designed to provide an opportunity for all Club members and friends to find out about the Club and the many activities that are run both weekly, fortnightly & monthly.

Come along, have a cuppa and meet some of our amazing activity leaders, ask any questions you may have or see some of the games groups in action at both TSC and Gumnut Cottage.

WHAT ELSE IS ON

***Tuesday – 19 March – 10.15 am-12.15 pm
Sing, Laugh, Enjoy***

Tuggeranong Seniors Centre, Greenway

Discover the joy of singing with over 50s community singing group Heart and Soul singers. This friendly, inclusive group will make you feel welcome. Free!

***Tuesday – 19 March – 11.00 am or 1.00 pm
Seniors Week - Chief Ministers Concert
Albert Hall***

The Chief Ministers concert is a performance put on for seniors by the Royal Military College Band. The band will play a collection on old and new songs and is sure to be a wonderful celebration in Seniors Week. Bookings are essential. **Reservations can be made by contacting COTA ACT on 6282 3777 or online at**

www.cmc19.eventbrite.com.au

Thursday – 21 March – 10.00 am-3.00 pm

Seniors Week - Seniors Expo

Exhibition Park (EPIC)

The Expo brings together more than 140 exhibitors to provide information on aged care, retirement, finance, legal, home help and modifications, health and leisure, travel, community and government services, special interest and social groups. Charter buses to and from EPIC will be available from all the major bus stations.

Cost: Gold coin donation

Free Travel for Seniors

The ACT Government is providing free travel on Transport Canberra services for Seniors Card holders during Seniors Week, from Monday 18 to Sunday 24 March 2019.

Patrons can either tap on and tap off with their ACT or Interstate Seniors MyWay Card or show the driver their Seniors Card and the journey will be free for the week, any time of the day or night.

On Thursday 21 March, Transport Canberra will be providing free bus charters to and from Exhibition Park in Canberra (EPIC) for the Seniors Week Expo. The bus charters will travel to and from select major bus stations, including Westfield Belconnen, Belconnen Community, Tuggeranong, Woden, and the City.

Use the online TC Journey Planner for details on timetables throughout the week and to help plan out your trip. Transport Canberra provides more bus and light rail services more often, 7-days a week. The new network is designed to make it easier to get around walk and cycle paths while supporting Canberrans with a reliable, safe and efficient integrated transport network. One that makes Canberra better connected.

For more information visit

<https://www.transport.act.gov.au/news/news-and-events-items/march-2019/free-travel-for-seniors-during-seniors-week,-18-24-march-2019>

Timetable

Saturday 16 March – Sunday 24 March

*GC Gumnut Cottage *TSC Tugg Seniors Centre

****Please note Exercise classes on Tuesday and Seated Stretch on Wednesday have been cancelled for THIS WEEK ONLY**

<i>Day / Date</i>	<i>Time</i>	<i>Activity</i>
Sat 16 Mar	1.30 pm	55 Film Group - TSC
Sun 17 Mar	9.20 am	Walking Group
Mon 18 Mar	9.30 am	Bolivia - GC
	9.45 am	iPad SIG - TSC
	2.00 pm	Bridge - GC
Tues 19 Mar	1.15 pm	YOGA WORKSHOP
	1.00 pm	Mah-jong - GC
Wed 20 Mar	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls - TSC
	10.00 am	Ten Pin Bowling
	1.00 pm	K-nit 'n' K-natter - GC
	1.30 pm	Bridge - GC
	1.30 pm	Line Dancing - TSC
Thurs 21 Mar	9.30 am	DAVID PANG
	9.30 am	500 Cards - GC
-	1.00 pm	Mah-jong - GC
	1.00 pm	Bridge – Beg - GC
	1.30 pm	Reading Group - TSC
	3.45 pm	Bridge - GC
	3.45 pm	Yoga - TSC
Fri 22 Mar	9.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
	10.30 am	Pitch n Putt
	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 23 Mar	10.00 pm	OPEN MORNING
Sun 24 Mar	2.00 pm	Games Afternoon

TSC - 101 Cowlishaw Street, Greenway

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