



Weekly Bulletin

Friday 22 March 2019

Weekend Highlights!

Saturday 23 March – 10.00am - 12.00noon OPEN MORNING

To end Seniors Week, both buildings which the Club occupies will be open, providing an opportunity to enquire about the many Club activities that are offered. Come along, meet some of our activity leaders and ask any questions you may have about the activities or see some of the games and Knit n Knatter groups in action at Gumnut Cottage.

Sunday – 24 March – 2.00 pm – 4.00 pm 'Games' Afternoon

The Club has a variety of card and board games and this 'fun' afternoon is designed to 'give them an airing'.

Why not come along and perhaps play, what to you might be, a new game. Tables will be set up so you can choose which game you might like to try from the many available, or you might have a favourite game you could bring along and show others how to play it.

Anne Meade

Sunday – 31 March - 9.00 am Discover Canberra Walks

Have you visited Bendora Arboretum? Do you know where it is? This is the destination of the Club's Walking Group on Sunday 31 March. We will car pool, leaving TSC at 9.00 am sharp, as it is a 1½ hour drive to the commencement of the walk. For more detailed information see the noticeboards or **if any club members would like to join us**, please contact Anne Meade on 0400 772 424 by Tuesday 26 March.



Timetable

Saturday 23 March – Sunday 31 March

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 23 Mar	10.00 pm	OPEN MORNING
Sun 24 Mar	2.00 pm	Games Afternoon
Mon 25 Mar	9.30 am	Bolivia - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Bridge - GC
	5.15 pm	Yoga - TSC
Tues 26 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 27 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 28 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 29 Mar	9.00 am	<i>Cycling Group</i>
	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
	4.15 pm	Uke 55 - TSC
	6.00 pm	Square Dancing - TSC
Sun 31 Mar	9.00 am	<i>Walking Group</i>

Activities Update

Yoga – Term 2

Please note that Yoga term ends for all classes on **28 March** and recommences beginning **Monday 15 April**. There will not be classes on **Easter Monday or Anzac Day**.

Fridays – 9.15 am – 10.15 am

Tai Chi (Yang Style)

If you are new to Tai Chi, we are now welcoming 'beginners' at the **start of each school term**: 3 May, 26 July & 8 Oct. This will enable all newcomers to the form to progress and learn together at the same pace.

Tai Chi can improve your physical wellbeing, flexibility, and calm your mind. It unifies body, mind and energy which can help us to maintain health, and emotional and spiritual balance, amid the stresses of daily life.

Fridays – 10.30 am – 11.15 am

Gentle Exercise

We would like to introduce Yvette McInnes who is now taking the Gentle Exercise class on Friday mornings. Yvette, like Jackie Yow, is a highly qualified and experienced instructor and we welcome her to the Club. While no longer taking the Friday class, Jackie is still the instructor for the Active exercises and Seated Stretch classes.

Activity Leader needed

Sundays – 1st of each month – 2.00 pm Social Sunday Bingo

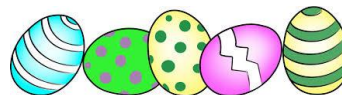
We are still looking for someone to take over from Laurie when he steps down from the role of Bingo activity leader in May. If you would like information about what the role entails, please contact the Club office with your details and we will give you a call.

Date for your Diary

Saturday - 13 April – 10.00 am

Gumnut Cottage Official Opening and Easter Family Gathering

On the weekend before Easter, the Club is holding an Easter Family Gathering to officially celebrate opening of Gumnut Cottage. Put the date in your Diary – further details to come!



How the Club Operates

As the Club continues to grow in membership, it is a timely reminder that we are an organisation that is run totally by volunteers, from the Management Committee, Office Staff to our amazing Activity Leaders.

All fees associated with the activities go towards the day to day running and upkeep of the two buildings as well as amenities and purchase/replacement of furniture and items required for implementing those activities.

The Club has a small handful of professional people (some of whom have now become Club members) who provide instruction for Exercise, Yoga, Dance, Art and Music. The fee for these activities is slightly higher to cover the tuition costs that are incurred.

No one else receives remuneration for the work that they do to assist the Club and its activities to continue running.

So, bearing that in mind, please be a little patient when waiting at the office or lend a hand when attending an activity or function.

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