



# Weekly Bulletin

Friday 26 April 2019

## Highlights of the Week!

### SUNDAY – 28 APRIL - 2.00 PM

#### **'Let's Get Trivial' – Sunday Trivial**

For all our trivia fans, our next "Let's Get Trivial" fun trivia quiz will take place on Sunday 28 April starting at 2.00 pm. Our theme for this month is gem stones. Team names will be a gem and there will be one question in each round relating to a gem. Questions will include picture quizzes, TV themes, jingles and movie grabs along with a variety of straight general knowledge questions all projected on our big screen. There will be door prizes for the lucky winners, chocolates for everyone and afternoon tea will be provided. Why not organise a team of five with your friends or family or just come along and join your fellow club members for a fun afternoon's activity? The normal \$4.00 activity fee will apply. Hope you can join us?

*Norm Swanwick*

### **Thursday – 2 May – 10.00 am**

#### **Family History Group – 'Occupations'**

The topic this month is 'Occupations'. Do you know the occupation of the family bread winner? What can we discover about our ancestors from knowing their occupations? All are welcome; whether or not you usually come along to Family History group meetings

*Liz Dean*

### **Sunday – 5 May – 2.00 pm**

#### **Sunday Social Bingo**

Bingo is on again on Sunday 5 May. Games prizes are in keeping with the flavour of the day; bingo sheets/dabbers will be available on entry. Why not come along and find out why the activity is so popular!

## Coming Up in May

### **Acrylic Workshop for Continuing Beginners**

**Saturday - 11 May - 10.00 am - 1.00 pm**

Explore the colourful style of Margaret Olley.



Learn new techniques with colour as well as multi-media. Payment required at time of booking at the office Monday to Friday 9.30 am to 2.30 pm. Limited number for this exciting workshop – bookings close Monday

6 May. See poster on noticeboards for further details.

### **Conversation Cafe**

**4<sup>th</sup> Thursday of the month**

**10.00 am-11.30 am**

**Starting 24 May**



This will be an informal discussion group – a get together to exchange ideas, more than a chat fest but no in-depth research into a topic necessary and soap boxes to be left at home. What's caught your attention recently? Have you got something you'd like an opinion on from other people? Do you want to ask others about their experience with a particular issue? Or just come along and listen to the conversation if you'd prefer not to take an active part. Interested? Notice is on the board - why not come along, share a coffee and spark up a conversation!

TSC -101 Cowlishaw Street, Greenway

GC - 97 Cowlishaw Street, Greenway

Phone: 6293 4004 Email: [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com)

Website: [55plusclub.org.au](http://55plusclub.org.au)

## Activity Update

**Fridays – 9.15am – 10.15am**

### **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.*



### Talking Theatre

**Saturday – 1 June – 2.00 pm**

### **Hello Dolly - Q Theatre**

Our extremely organised Events committee have secured 10 seats for the matinee performance of Hello Dolly at the Q Theatre in Queanbeyan at the concession cost of \$40.00. Booking and payment at the Club's office by Wednesday 1 May.

*Hello, Dolly! offers classic musical theatre without a hint of apology. It bursts with humour, romance and is boisterous and charming from start to finish. Presented by Queanbeyan Players, the show is energetic and has some of the greatest songs in musical theatre history.*

### U3A Event:

**Get to Know your Assembly**

**U3A/Seniors community seminar**

Dates: Wednesday 15 May 2019

Thursday 24 October 2019

Time: 9.30 am – 3.00 pm

Venue: Reception room, ACT Legislative Assembly, 196 London Circuit (public entrance is off Civic Square)

**To register:**

E: [education.events@parliament.act.gov.au](mailto:education.events@parliament.act.gov.au)

or phone 6205 3025. No cost involved.

**For Information:** Phone Manager, Education and Engagement 6205 3016

## **Revisit - Gumnut Cottage Official Opening and Easter Family Gathering**

It was great to see many Club members, family and friends, young and old, who came to the Gumnut Cottage opening, enjoying the sunshine as well as the playground equipment. A big thank you to Norm and his merry band of helpers and to all who supported the morning! A collection of photos is on the noticeboard.



### **Timetable**

**Sunday 28 April – Sunday 5 May**

\*GC Gumnut Cottage

\*TSC Tugg Seniors Centre

Day / Date	Time	Activity
<b>Sun 28 Apr</b>	<b>2.00 pm</b>	<b>Let's Get Trivial - TSC</b>
Mon 29 Apr	9.30 am	Bolivia - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Bridge - GC
	5.15 pm	Yoga - TSC
Tues 30 Apr	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 1 May	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls - TSC
	10.00 am	Ten Pin Bowling
	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 2 May	9.30 am	500 Cards - GC
	10.00 am	Family History - TSC
	1.00 pm	Mah-jong - GC
	1.00 pm	Bridge – Beg - GC
	2.00 pm	Book Club - TSC
	3.45 pm	Bridge - GC
	3.45 pm	Yoga - TSC
Fri 3 May	10.00 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
Sun 5 May	9.30 am	Walking Group
	2.00 pm	Sunday Social Bingo