



Weekly Bulletin

Friday 24 May 2019

Highlights of the Week!

Sunday – 26 May – 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*

Biggest Morning Tea!



Thursday – 30 May – 10.00 am

The Club is again taking part in the Cancer Council’s Biggest Morning Tea by holding a social get together. Hosting a morning tea is a rewarding experience which makes it easy for everyone to give while having a good time. If you would like to support our Biggest Morning Tea, there is a notice on the board to register your level of involvement. We encourage you to come along; take the opportunity to make a new friend, share a cuppa and some delicious food and help those affected by cancer. *Angie Ashley*

Sunday – 2 June – 2.00 pm

Sunday Social Bingo

Bingo is on again on Sunday 2 June. 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!



Activity Update!

Monday is a Public Holiday in ACT and the Centre will be CLOSED. Activities held on that day will be at the discretion of the activity leaders. Yoga, however, is not being held.

Line Dancing has been cancelled for next week only.

Timetable

Sunday 26 May – Sunday 2 June

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 26 May	2.00 pm	Games Aftn - TSC
Mon 27 May		HOLIDAY
Tues 28 May	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 29 May	9.30 am	Cribbage - GC
	10.00 am	Ten Pin Bowling
	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
Thurs 30 May	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 31 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 2 June	2.00 pm	Social Bingo - TSC
Sun 2 June	9.20 am	Walking Group

Worldwide Knit in Public Day

Saturday – 8 June – 10.00 am – 5.00 pm

Sunday – 9 June – 11.00 am – 4.00 pm

K-nit 'n' K-natter Stall

South.Point – near Coles

Worldwide Knit in Public Day is the largest knitter run event in the world with each local event being put together by volunteer groups. Our K-nit n K-natter group is celebrating the occasion by holding a stall at South.Point, selling items they have knitted to raise funds for TROG Cancer Research; a research organisation which, for almost 30 years, has been improving the way in which radiotherapy is delivered to cancer patients.

The group also plans to teach knitting and crochet and there will be wool and needles for practice. So put the date in your diary to come along and support the K-nit n K-natter group as they celebrate the joy of knitting with groups from all over the world who are part of this very colourful, passionate and cosy community!

Jan Hatch

Out and About



Sunday - 2 June – 3.30 pm

Mini-Festival of Classical Music

Tuggeranong Arts Centre

What better way to spend a Sunday afternoon – listening to classical music as you sip your favourite aperitif – and take in the sunset over beautiful Lake Tuggeranong.

Hear some of Canberra's finest up and coming young musicians featuring the celebrated New England Ensemble and guests performing a program of classical favourites including Saint-Saëns' delightfully witty *Carnival of the Animals*.

3.30pm – Rising Young Stars

5.00 pm – Carnival of the Animals featuring the New England Ensemble and guests

A truly captivating program of classical favourites for music lovers and the whole family. Tickets (price incl both concerts): Adults \$40 / Family of 4 \$100 (includes 2 adults) Phone: (02) 6293 1443



Drivers needed: aged 75 and over

Older Driver Mobility Study in the ACT

Monash University is currently recruiting drivers for an innovative driving study to understand the driving patterns of older drivers in the Canberra region (funded by the NRMA-ACT Road Safety Trust).

Results from this study will inform strategies to improve the safe mobility of older residents (as drivers, pedestrians, and public/private transport passengers), and to improve the quality of life of older road users.

They are looking for Individuals who:

- are aged 75 years or older;
- live in Canberra or the surrounding areas;
- have a valid Australian Driver's Licence;
- are currently driving at least once a week;
- drive a vehicle that is 2006 or newer, and are willing to have an in-car recording device installed in their vehicle for 12 months;
- are willing to complete a one-hour health assessment in their home.

If you think that you may be interested in this study (or that a family member/friend might be interested), please contact the Research Team: **03 9905 1905**

Find out more: bit.ly/older-driver

Participants will receive a \$20 gift voucher to say thank you for making a positive contribution to road safety research.

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