



# Weekly Bulletin

Friday 31 May 2019

## Highlights of the Week!

**Sunday – 2 June – 2.00 pm**

### **Sunday Social Bingo**



Bingo is on again on Sunday 2 June. This game is not only fun but it has multiple health benefits. Concentration improves listening and short-term memory skills and it promotes socialization, essential to maintain a happy and healthy lifestyle. Games prizes are in keeping with the flavour of the day; bingo sheets/dabbers will be available on entry. And there is always a delicious afternoon tea during the break, so why not come along and find out why the activity is so popular!

**Thursday – 6 June – 10.00 am**

### **Family History Group – Writing your Family History**

Guest speaker Barbara Broad from the Heraldry and Genealogy Society of Canberra will talk about “Writing your Family History”. Researching is great fun but at some point, we should record what we have found! All are welcome, whether or not you usually come along to Family History group meetings

*Liz Dean*

**Thursday – 6 June – 10.30 am**

### **‘On the Ball’ Pool Group Burns Club, Kambah**



This is the second gathering of the Club’s new ‘outside’ activity which is being held the on 1<sup>st</sup> and 3<sup>rd</sup> Thursday mornings of the month at the Burns Club at Kambah - usual cost of \$2 per game. A lot of fun was had last month so why not join your fellow Club members as they enjoy this low impact activity. And if you are tempted to take up a cue for the first time, there will be someone to show you how!

*John Williamson*

## 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

**Tuesday – 4 June – 11.00 am & 12.30 pm**

### **Music at Midday – Canberra Theatre**

Canberra Theatre Centre together with the Royal Military College Band host *Music At Midday* concerts six times a year with the support of Canberra Labor Club. The proceeds of the concerts support many local charities and Diversity ACT is this concert’s featured charity. For just a gold coin donation, come and listen to the band playing their take on modern hits as well as some old favourites.

## Dates for your Diary

**Sunday – 23 June – 2.00 pm**

### **Sunday Trivia – ‘All Things Under the Sea’**

For all our trivia fans, our next “Let’s Get Trivial” fun trivia quiz will take place on Sunday 23 June starting at 2.00 pm. Our trivia theme for June will be “All Things Under the Sea” - sea creatures, sunken ships, oceans and sea legends. Team names will be selected to match our theme and there will be at least one question each round about the sea. 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*

**Saturday – 13 July – 12.30 pm**

### **Mid-Winter Footy Fever**

Combat the cold by donning your footy club gear or favourite Beanie (if not a footy follower) and come along to the Mid-Winter Footy Fever Fun afternoon. ‘Footy food’ stalls – hot dogs, party pies, sausage rolls and buckets of chips – will provide a lunch to warm you up and special cake and Cornettos will add to the atmosphere. There will be some lucky door prizes and a bit of footy focused frivolity. BYO drinks - cost: \$10.00 with payment required at time of booking at the office which is open daily 9.30 am to 2.30 pm. Bookings close Wednesday 10 July.

*Norm Swanwick*



## Let us know....

We take the welfare of our members very seriously. If you are aware of anyone who is not feeling well or is in hospital, please either let the one of our lovely office ladies know or ring Beverley Crocker 0408 904 634.



## **Timetable**

**Sunday 2 June – Friday 7 June**

**\*GC Gumnut Cottage \*TSC Tugg Seniors Centre**

<i>Day / Date</i>	<i>Time</i>	<i>Activity</i>
<b>Sun 2 June</b>	<b>2.00 pm</b>	<b>Social Bingo - TSC</b>
Sun 2 June	9.20 am	Walking Group
Mon 3 June	9.30 am	Bolivia - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Bridge - GC
	5.15 pm	Yoga - TSC
Tues 4 June	8.10 am	Active Ex – M - TSC
	9.00 am	Active Ex – W - TSC
	10.00 am	Gardening Club
	1.00 pm	Mah-jong - GC
	1.15 pm	Seated Yoga - TSC
Wed 5 June	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
Thurs 6 June	9.30 am	500 Cards - GC
	10.00 am	Family History
	10.30 am	'Pool' Group
	1.00 pm	Mah-jong - GC
	1.00 pm	Bridge – Beg - GC
	2.00 pm	Book Club
	3.45 pm	Bridge - GC
	3.45 pm	Yoga - TSC
Fri 7 June	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

TSC -101 Cowlshaw Street, Greenway

GC - 97 Cowlshaw Street, Greenway

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