



Weekly Bulletin

Friday 21 June 2019

Management Committee Update

• **Car Park**

While discussions continue with the various Departments about how the parking arrangements can be adapted to meet the Club's growing needs, can we please remind you that the car parking spaces at the Tuggeranong Senior Centre are only to be used by members when attending either the Senior Centre or Gumnut Cottage. This is to ensure that the limited spaces provided are available whenever possible for members when they visit both Club facilities.

• **First Aid**

Each building now has both a wall mounted Defibrillator (TSC in hall & GC in corridor) and a First Aid Kit in the kitchens. There is also a folder that contains Fact Sheets for reference should an emergency arise. However, if a Club member becomes ill while at an activity, they are to be made as comfortable as possible and an ambulance should be called immediately.

• **Evacuation in an Emergency**

Notices have been put up in both the Seniors Centre and Gumnut Cottage relating to evacuation of the buildings. These are additional to the evacuation diagrams and are very simple and clear notices of how to proceed if you need to vacate the buildings. Please read them and become familiar with the exit points in both buildings. The light pole next to the Lake Tuggeranong basketball court is the designated assembly point and we ask that, in an emergency, you stay there on leaving the building/s until all attendees are accounted for. *Management Committee*

Highlights of the Week!

Sunday – 23 June – 2.00 pm

Sunday Fun Trivia

For all our trivia fans, our next “Let’s Get Trivial” fun trivia quiz is not far off and 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.

Thursday – 27 June – 10.00 am

Conversation Cafe

This is 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. Why not come along, share a coffee, spark up a conversation or just listen if you’d prefer not to take an active part!



Thursday – 27 June - 1.30 pm

Afternoon Lawn Bowls

Not played lawn bowls before? Why not come along as John Williamson and fellow club members will show you how to play. Plenty of free car parking is available at the back of the club. Please wear flat sole shoes or, if you like, just go bare foot and don't forget to wear a hat. This is a free activity courtesy of the Tuggeranong Vikings Lawn Bowls Club.

Norm Swanwick

Friday – 28 June – 10.00 am

Crafty Corner – Gumnut Cottage

A craft group to share crafts, enjoy a cuppa and good conversation with like-minded people. The meetings have an informal format and are held on 2nd & 4th Fridays of each month at Gumnut Cottage. Drop in anytime and stay as long as you can. If you're an experienced crafter or want to learn a new skill, come along and bring your current project or UFOs to work on. All 'crafters' welcome!

Out & About

Saturday – 29 June – 7.30 pm

Carmina Burana: Canberra Youth Orchestra 2019

Llewellyn Hall, ANU School of Music

Music for Canberra's premier orchestra, Canberra Youth Orchestra, and the innovative and exciting Canberra Choral Society will be joining forces to present Carmina Burana, one of the most popular pieces ever written for orchestra and choir. This is an unmissable occasion to experience the awe-inspiring opening movement, O Fortuna, which continues to captivate new and familiar audiences around the world. They will be joined by highly acclaimed soloists Rachael Duncan, Tobias Cole and Andrew O'Connor as well as the Canberra Children's Choir and Seasoned Voices.

Tickets available on Ticketek - Adult: \$30;

Concession: \$20; Family: \$90

Activities Update

Yoga – Term 3

Please note that Yoga term ends for all classes on Thursday **20 June** and recommences beginning **Monday 15 July**.

Timetable

Sunday 23 June – Friday 28 June

*GC Gumnut Cottage *TSC Tugg Seniors Centre

<i>Day / Date</i>	<i>Time</i>	<i>Activity</i>
Sun 23 June	2.00 pm	Let's Get Trivial
Mon 24 June	9.30 am	Bolivia - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Bridge - GC
Tues 25 June	8.10 am	Active Ex – M - TSC
	9.00 am	Active Ex – W - TSC
	1.00 pm	Mah-jong - GC
Wed 26 June	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
	1.30 pm	Line Dancing - TSC
Thurs 27 June	9.30 am	500 Cards - GC
	10.00 am	Conversation Cafe - TSC
	12.45 am	Lakeside Art Gp - TSC
	1.00 pm	Mah-jong - GC
	1.00 pm	Bridge – Beg - GC
	1.30 pm	Lawn Bowls
	3.45 pm	Bridge - GC
Fri 28 June	9.15 am	Tai Chi - TSC
	10.00 am	Cycling Group
	10.00 am	Crafty Corner - GC
	10.00 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

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