



# Weekly Bulletin

Friday 28 June 2019

## **Highlights of the Week!**

**Tuesday – 2 July – 2.00 pm**

### **Garden Club – Bunnings, Tuggeranong**

A small group of gardening enthusiasts meet on the first Tuesday of each month, at 2.00pm at the DIY area at Bunnings. A gardening expert gives a talk about current happenings in the garden, what to plant, what pests to look out for, and other tips for successful gardens producing beautiful flowers and delicious, healthy vegetables.

This session is complimented with a free cuppa, and quite often with free gardening related gifts. Questions are welcomed and usually an appropriate answer is forthcoming!!

**Thursday – 4 July – 10.00 am**

### **Family History – ‘A Week in Wales’**



Lyn Woodward has recently had an interesting time in Wales looking into her ancestors. Join her to hear

how she prepared for the trip and what she found during her ‘Week in Wales’. New attendees are always welcome! *Liz Dean*

**Thursday – 4 July – 10.30 am**

### **‘On the Ball’ Pool Group**

### **Burns Club, Kambah**



This newly formed group has been made very welcome at the Burns Club at Kambah and they have generously waived the cost of the games for our members. This ‘outside’ activity is held on 1<sup>st</sup> and 3<sup>rd</sup> Thursday mornings of the month and is a great low impact activity for both men and women.

And if you are tempted to take up a cue for the first time, there will be someone to show you how! *John Williamson*

**Sunday – 7 July – 2.00 pm**

### **Sunday Social Bingo**

Bingo is on again on Sunday 2 July. 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!

### **Lake Tuggeranong College**

### **One on One Tech Help**

Part of Lake Tuggeranong College curriculum involves Social and Community Work and we have been approached by the College in relation to the use of technology. Many of us challenged in this area and this free service will provide a one on one problem solving situation for any specific issue that you have, e.g. sending texts and emails / surfing the internet / setting up social media / taking photos / setting up computers and smart phones / managing iPads and tablet devices / computers and phone apps.

Some Club members have already taken advantage of this offer from the college and if you too are interested in being involved in this free service, please contact Sally-Anne Leddy (Phone: 6142 3663 Email:

[sally-anne.leddy@ed.act.edu.au](mailto:sally-anne.leddy@ed.act.edu.au)) with details of your query. A check list for the college of information that would be of assistance is available from the office or can be emailed to you on request.

*Michael Bungey*



## Dates for your Diary



### **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 (which covers Footy Fare). Payment is required at time of booking at the Club office which is open daily 9.30 am to 2.30 pm. Bookings close Wednesday 10 July.



### **Wednesday – 17 July – 3.30 pm Beginner Bridge Lessons**

Beginner lessons for students

commence again Wednesday, 17 July at 3.30 pm in the Gumnut Cottage. The classes are held once a week and are of two hour’s duration, with “cards on the table” teaching. The course lasts for six months then students graduate to Improver classes where they learn finer details of bidding and card play. We don’t move on until current topics are well understood. The emphasis is on repetition and consolidation. There are pre-set hands for every lesson. No prior knowledge of cards is necessary (although an advantage) and a partner is not required at this stage. There will be many occasions for relaxed bridge throughout the course, where “shuffle and deal” social play and chat relieves the heavy burden of constantly learning new concepts.

Come along and be part of a unique and mind-expanding experience. Register interest with the club or Margaret Kennedy, at

[marbken6@gmail.com](mailto:marbken6@gmail.com)

## Activities Update

### **Bridge – this week only**

Bridge is cancelled for this week only

### **Yoga – Term 3**

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

## **Timetable**

### **Monday 1 July – Sunday 7 July**

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

<i>Day / Date</i>	<i>Time</i>	<i>Activity</i>	
Mon 1 July	9.30 am	Bolivia - GC	
	1.30 pm	Table Tennis - TSC	
	2.00 pm	Bridge - GC	
Tues 2 July	8.10 am	Active Ex – M - TSC	
	9.00 am	Active Ex – W - TSC	
	1.00 pm	Mah-jong - GC	
	2.00 pm	Gardening Club	
Wed 3 July	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	Line Dancing - TSC	
	Thurs 4 July	9.30 am	500 Cards - GC
	10.00 am	Family History - TSC	
	10.30 am	Pool Group	
	1.00 pm	Mah-jong - GC	
	2.00 pm	Book Club - TSC	
	Fri 5 July	9.15 am	Tai Chi - TSC
		10.00 am	Cycling Group
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 7 July	9.20 am	Walking Group
<b>Sun 7 July</b>	<b>2.00pm</b>	<b>Sunday Social Bingo</b>	

TSC -101 Cowlshaw Street, Greenway  
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