



Weekly Bulletin

Friday 5 July 2019



A gentle reminder how we can all Have a Healthy Winter!

Coughs, colds, influenza and gastroenteritis are prevalent during the winter months.

These illnesses are spread easily from person to person and during winter we tend to spend more time indoors, having closer contact with one another.

However, there are some simple steps you can take to reduce the likelihood of catching or spreading these illnesses:

- **Cover your mouth and nose with a tissue when you cough or sneeze. Place dirty tissues in the bin.**
- **If tissues are not available, cough or sneeze into the inner elbow rather than your hand.**
- **Wash your hands regularly with soap and water or use an alcohol-based hand sanitiser. It is also important to wash your hands before preparing food and eating.**
- **Keep a distance of at least one metre between yourself and other people if either of you is unwell.**
- **Stay home when you are unwell.**
- **Be immunised against the influenza virus each year.**

If you feel ill, it's important to see your GP or call healthdirect Australia on 1800 022 222 for advice. For more information go to

www.health.act.gov.au

Highlights of the Week!

Sunday – 7 July – 2.00 pm

Sunday Social Bingo

Bingo is on again this Sunday and is not only fun but has multiple health benefits which can help in maintaining a healthy lifestyle. Games prizes are in keeping with the flavour of the day; bingo sheets/dabbers 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!

Friday – 12 July – 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 and 4th Fridays of each month at Gumnut Cottage. Drop in anytime and stay as long as you like. 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 are welcome!

Friday – 12 July - 10.30 am

Pitch & Putt Golf, Narrabundah

Our pitch & putt golf group meet on 2nd and 4th Fridays of each month and during the cooler months we hit off at 10.00 am. Whether a hacker or experienced player, why not come along to the Canberra International Golf Centre in Narrabundah for a fun and healthy morning's activity. You will need a pitching club, a putter, a ball and \$9.50 for 18 holes. A game takes about two hours and there is usually plenty of free car parking. Hope you can join us.

Norm Swanwick

Saturday–13 July–12.30 pm
Mid-Winter Footy Fever - CANCELLED

Due to very low interest shown in this event, it has been decided that it will not go ahead. Apologies to those members who supported the afternoon – your refunds are available from the Club Office.

As social gatherings take a lot of organisation, we do need a reasonable level of member attendance to make it worthwhile.

There are plans however, when the weather is more favourable, to celebrate the arrival of Spring – watch this space! *Social Committee*



Justice of the Peace

Do you require the services of a Justice of the Peace? If so, I am willing to assist you. Give me a call on 0400 772 424 to arrange a mutually suitable time.

Anne Meade



Volunteers Wanted for Research Study

Assessing Falls Risk and the Impact of Interventions

The risk of falls depends upon a range of individual abilities and characteristics of the external environment. At an individual level, factors such as strength, cognitive abilities and proprioception (the sense of where parts of our body are located in space) are all thought to contribute.

University of Canberra is looking for people aged 65 or more who have experienced an inadvertent fall over the last 5 years and expect to be available over the twelve months of the project's duration.

To learn more information about this research, please contact the chief investigator, Susan Antcliff, either by email at susan.antcliff@canberra.edu.au or by phone on 0460 402 184

Activities Update

Yoga – Term 3

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

Zumba Gold

Classes for Zumba Gold are not being held during the school holidays and will recommence on **Friday 26 July**

Timetable

Sunday 7 July – Friday 12 July

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 7 July	9.20 am	Walking Group
Sun 7 July	2.00 pm	Sunday Social Bridge
Mon 8 July	9.30 am	Bolivia - GC
	10.00 am	iPad SIG
	1.30 pm	Table Tennis - TSC
	2.00 pm	Bridge - GC
Tues 9 July	8.10 am	Active Ex – M - TSC
	9.00 am	Active Ex – W - TSC
	1.00 pm	Mah-jong - GC
Wed 10 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	Bridge - GC
	1.30 pm	Line Dancing - TSC
Thurs 11 July	9.30 am	500 Cards - GC
	10.00 am	Android SIG
	1.00 pm	Mah-jong - GC
	1.00 pm	Bridge – Beg - GC
	3.45 pm	Bridge - GC
Fri 12 July	9.15 am	Tai Chi - TSC
	10.00 am	Cycling Group
	10.00 am	Crafty Corner - GC
	10.30 am	Pitch n Putt
	10.30 am	Gentle Exercise - TSC
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls - TSC

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