



Weekly Bulletin

Friday 9 August 2019

Dates for The Diary!

Monday - 19 August - 2.30 pm
ADVANCE CARE PLANNING

We all know the importance of making a will, but do you know about an Advance Care Plan? Advance care planning is about **your** future health care. It gives **you** the opportunity to plan for what you would want, or not want, if you become unable to make, or communicate, your own preferences.

A representative of ACT Health will speak to members about the benefits of having an Advance Care Plan. She will also answer your questions. The session covers the benefits of Advance Care Planning (ACP) and the legal implications of an ACP.

As numbers are limited, please register your interest at the Club office immediately. Further sessions may be arranged if necessary.



Friday – 23 Aug – 10.00 am
TUGGERANONG TO GUNGAHLIN

Due to the inclement weather, it was decided to cancel today's 'road' trip. It will now take place on **Friday 23 August**. If you have put your name on the list to go you will have been notified of the change. If you would like to go, please let the office know and we will add your name to the list. **It is important to register your interest** so that you can be advised if plans change. Details of the trip remain the same - Beverley & Pam will be your Club contacts; meeting at the Tuggeranong Bus Interchange, we will travel to Civic by bus and transfer to the tram. We will have lunch at Raiders Club Gungahlin; bring your MyWay Card and wear your Club badge. And perhaps think sunny thoughts!



Sunday - 25 August – 2.00 pm
SUNDAY TRIVIA

For all our trivia fans, we are back in August with the theme "Up, Up & Away - All Things in The Sky" – weather, birds, aircraft, balloons, kites, etc. Team names will be selected to match our theme with questions in each round about the sky. Picture quizzes, TV themes, music, jingles and movie grabs as well as general knowledge questions will be projected on our big screen. There will be door prizes, prizes for the winning team and this month we will have a spinning chocolate wheel to decide our consolation prize 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? Hope you can join us?

Norm Swanwick.

Saturday – 7 Sept – 12.30 pm
INTERNATIONAL DAY - FESTITALIA!

You will have seen the colourful posters that are on both notice boards heralding the next Social Event on the Club's calendar.

'Festitalia' will celebrate all things Italian this year for our International Day.

The hall will transform into your local 'trattoria' with some favourite Italian fare on the menu – 'al fresco' if the weather permits. There will be a few surprises during the afternoon – Italiano in flavour of course!

Cost: \$10.00 with BYO drinks.
Booking & payment at the Club's office, open 9.30 am – 2.30 pm
Monday to Friday – until Friday 30 August.



Mangia bene, ridi spesso, ama molto!

Highlights for the Week!

Thursday – 15 August – 9.30 am

Shutterbugs Camera Group

Our camera group will meet again next Thursday 15 August starting at 9.30am in the Senior's Centre. Our meeting for this month will be a casual Q & A session with plenty of time for a general round table discussion on all things photographic. So, bring along your camera, photos, etc., grab a cuppa and join our friendly group of camera enthusiasts. Our recent outing to the National Arboretum was a great success with a good number of members attending. The weather was great and there were plenty of interesting subjects to photograph.

If you are interested in joining us, whether a beginner or advanced, why not come along to our meeting and enjoy our friendly discussion group and don't forget to bring your camera.

Norm Swanwick

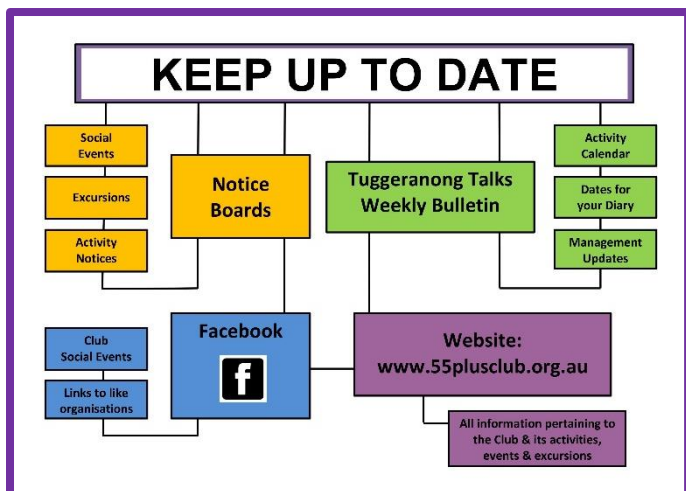
Saturday – 17 August – 1.30 pm



55 Film Group – Fried Green Tomatoes

The month's movie, Fried Green Tomatoes (1991) is a warm comedy-drama set in the deep South and is based on Fannie Flagg's bestselling 1987 novel. Covering the lives of two sets of women, it is a story of murder, justice and love and the powers of friendship. The fine cast headed by two Academy Award-winning actresses, Kathy Bates and Jessica Tandy, will have you laughing and crying at the same time. As always there will be the customary ice creams!

Janelle Burns



Timetable

Monday 12 Aug – Sunday 18 Aug

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 12 Aug	9.30 am	Bolivia - GC
	10.00 am	iPad SIG - TSC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Bridge-Dup/Soc - GC
	5.15 pm	Yoga - TSC
Tues 13 Aug	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 14 Aug	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-Int - GC
	1.30 pm	Line Dancing - TSC
	3.30 pm	Bridge – Beg - GC
Thurs 15 Aug	9.30 am	500 Cards - GC
	9.30 am	Shutterbugs - TSC
	10.30 am	Pool Group
	1.00 pm	Mah-jong - GC
	1.30 pm	Reading Group - TSC
	3.15 pm	Bridge-Cont - GC
	3.45 pm	Bridge-Improvers- GC
	3.45 pm	Yoga - TSC
Fri 16 Aug	9.15 am	Tai Chi - TSC
	10.00 am	Cycling Group
	10.30 am	Gentle Exercise - TSC
	11.30 am	Zumba - 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
Sat 17 Aug	1.30 pm	55 Film Group - TSC
Sun 18 Aug	9.20 am	Walking Group

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