



Weekly Bulletin

Friday 6 September 2019

HIGHLIGHTS FOR THE WEEK!

Sunday – 8 Sept – 2.00 pm SUNDAY SOCIAL BINGO

Bingo has been **moved for September only** to the **second Sunday of the month** due to Father's Day.

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!

John Williamson

Friday – 13 September – 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 between 10.00am to 2.00pm on 2nd and 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, whether its card-making, quilting, scrapbooking, appliqué, embroidery, rubber stamping, jewellery-making or any other craft activity. All 'crafters' welcome!



WHAT'S COMING UP!

Wednesday - 18 September – 9.30 am CRIBBAGE FOR BEGINNERS

Are you interested in learning to play this challenging and addictive card game? Cribbage is a game of numbers. The basic game play is very easy to learn, and most beginners only need one or two sessions to become familiar with the main aspects of the game. Once you feel you are reasonably confident about the game, you can join our friendly group of enthusiastic players who meet every Wednesday morning. They will be only too pleased to help you further to improve your game skills.

Cribbage for Beginners sessions will start on Wednesday 18 September from 9.30 am to 11.30 am in Gumnut Cottage. All will be welcomed.

Norm Swanwick

Sunday - 22 September – 2.00 pm GAMES AFTERNOON

What is your favourite board, tile or card game, e.g. Scrabble or Monopoly, dominoes or mah-jong, 500 or Uno? Do you have a new or unusual game you would like to share with others? This is not about winning but rather playing for enjoyment and to socialise. So why not come along on Sunday 22 September for a couple of hours and bring a friend along and introduce them to our Club - the more the merrier!! Afternoon



tea will be served. Please put your name on a poster on one of the noticeboards for catering purposes.

Anne Meade



Uno

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Thursday - 26 September – 10.00 am
SHUTTERBUG'S OUTING: NATIONAL
GALLERY OF AUSTRALIA



The Shutterbug's camera group will be holding an outing to the National Gallery on Thursday 26 September

meeting at the Gallery at 10.00 am. We will have our own special guide who is also a keen photographer and will tell us about the photographs in the Gallery's collection. The tour should take around an hour and then we will be free to wander around the Gallery and its precincts to snap away. We have a few vacant spots and if you would like to join us please let the office know and I will email you a few days prior and confirm the arrangements.

Norm Swanwick

AN INVITATION!

Friday – 20 September – 10.00 am
Care N Share Group
Information Session – Ingrid Pepper,
COTA

The Care n Share group would like to invite members of the Club to join them on Friday 20 September, when their guest speaker will be Ingrid Pepper, Community Education from COTA.

COTA ACT's Community Education program encourages and enables older people in our community to minimise the risks to their health and wellbeing and Ingrid's session will increase awareness of services available, and provide practical and relevant information.

The Care and Share group meet at Gumnut Cottage from 10.00am till 12.00 pm on 1st & 3rd Friday of the month. They are a friendly and inclusive group who socialise as well as invite speakers from various organisations. Contact Kathy 0427 318 906 for further details.

Timetable

Saturday 7 Sept – Sunday 15 Sept

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 7 Sept	12.30 pm	Fesitalia
Sun 8 Sept	2.00 pm	Sunday Social Bingo
Mon 9 Sept	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 10 Sept	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 11 Sept	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 12 Sept	9.30 am	500 Cards - GC
	10.00 am	Android SIG - TSC
	1.00 pm	Mah-jong - GC
	2.00 pm	Book Club - TSC
	3.15 pm	Bridge-Cont - GC
	3.45 pm	Bridge-Improvers- GC
	3.45 pm	Yoga - TSC
Fri 13 Sept	9.15 am	Tai Chi - TSC
	10.00 am	Cycling Group
	10.00 am	Pitch n Putt
	10.00 am	Crafty Corner - GC
	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
Sun 15 Sept	9.20 am	Walking Group