



Weekly Bulletin

Friday 27 September 2019

HIGHLIGHTS FOR THE WEEK!

Sunday – 29 September

DISCOVER CANBERRA WALKS



As there are five Sundays this month, the Club's walking group has a special walk this Sunday, 29 September.

Any Club member is welcome to join us for a 6 km, easy walk in Namadgi National Park to Yankee Hat. We will take a picnic lunch to enjoy after the walk.

For more details please contact Anne Meade on 0400 772 424

Tuesday – 1 October – 2.00 pm

GARDEN CLUB – Bunnings, Tuggeranong

A small group of gardening enthusiasts meet on the first Tuesday of each month, at 2.00 pm 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!!

Linda Lawrie

Thursday – 3 October – 10.30 am

POOL GROUP - Burns Club, Kambah

This group meets at the Burns Club in Kambah on 1st and 3rd Thursday mornings of the month and is a great low impact activity for both men and women. If you are tempted to take up a cue for the first time, there will be someone to show you how! *John Williamson*

Thursday - 3 October - 10.00 am

FAMILY HISTORY - 'Snowy Hydro Scheme'

Seven decades ago, in October 1949, the first blast was fired at Adaminaby to mark the commencement of a hydro-electric construction project that would become one of the world's



modern engineering marvels. 100,000 men and women from 30 countries worked on the project. The inhabitants of two towns were relocated. What do we know about these people? Do you have a story to tell of a relative affected by the Snowy Hydro scheme? Email Liz if you are willing to share it with the group. As always all are welcome!

Liz Dean (lizdean@ozemail.com.au)

Sunday – 6 October – 2.00 pm

SUNDAY SOCIAL BINGO

Bingo is back on the 1st Sunday of the month with 'Bingologist' Warren calling the numbers. This game is not only fun but it has multiple health benefits: concentration, short-term memory skills and it promotes socialization! Games prizes are in keeping with the flavour of the day; bingo sheets/dabbers will be available on entry. 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

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GC - 97 Cowlshaw Street, Greenway

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ACTIVITIES UPDATE

Fridays – 9.15am – 10.15am

TAI CHI (YANG STYLE)

If you are new to Tai Chi, or are familiar with other forms of Tai Chi, beginners and new members are welcomed at the start of each school term. The next 'intake' will be on **Friday 18 October**. This enables all newcomers to the form to progress and learn together at the same pace.

Tai Chi can improve your physical wellbeing, flexibility and calm your mind. It unifies body, mind and energy which can help us to maintain health, and emotional and spiritual balance, amid the stresses of daily life.

Jim & Jenny Marincic

Also please note that Tai Chi will not be held on **Friday 4 October**.



TULIP TOP - CANCELLED

Unfortunately, due to lack of numbers, the planned short, day trip to Tulip Top Gardens has been cancelled. This is disappointing, not only to the organising committee but especially for Club members who signed up to attend. It was also unexpected as last year's visit was very popular and well regarded. We will rethink for the future and any feedback or suggestions are very welcome.

Monday – 14 October – 12.30 pm

ANNUAL GENERAL MEETING

By now you will have received the required information that is sent to every financial Club Member.

The AGM reviews the past year and elects the coming year's Management Committee. Nomination forms are available from the office and need to be submitted by Monday 7 Oct. Please come along on Monday 8 October to support your Club and your Management Committee. The meeting will be followed by a light lunch. *Robert Peresan / Secretary*

HOLIDAY TIMETABLE

Yoga will resume on **Tues 8 October**

Zumba Gold will resume on **Friday 18 October**

TIMETABLE

Sunday 29 Sept – Sunday 6 Oct

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 29 Sept	9.20 am	Walking Group
Mon 30 Sept	9.30 am	Bolivia - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Bridge-Dup/Soc - GC
Tues 1 Oct	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 2 Oct	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 3 Oct	9.30 am	500 Cards - GC
	10.00 am	Family History Gp -TSC
	10.30 am	Pool Group
	1.00 pm	Mah-jong - GC
	2.00 pm	Book Club
	3.15 pm	Bridge-Cont - GC
	3.45 pm	Bridge-Improvers- GC
Fri 4 Oct	10.00 am	Cycling Group
	10.30 am	Gentle Exercise - 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 6 Oct	9.20 am	Walking Group
Sun 6 Oct	2.00 pm	Social Bingo - TSC