



# Weekly Bulletin

Friday 4 October 2019

## HIGHLIGHTS FOR THE WEEK!



**Sunday – 6 October – 2.00 pm**

### **SUNDAY SOCIAL BINGO**

Bingo is back on the 1<sup>st</sup> 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*

**Friday – 11 October – 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 2<sup>nd</sup> and 4<sup>th</sup> 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. All 'crafters' welcome!



**Monday – 14 October – 12.30 pm**

### **ANNUAL GENERAL MEETING**

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 14 October to support your Club and your Management Committee. The meeting will be followed by a light lunch.

*Robert Peresan / Secretary*

## TIMETABLE

Sunday 6 Oct – Monday 14 Oct

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 6 Oct	9.20 am	Walking Group
<b>Sun 6 Oct</b>	<b>2.00 pm</b>	<b>Social Bingo - TSC</b>
Mon 7 Oct	9.30 am	Bolivia - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Bridge-Dup/Soc - GC
Tues 8 Oct	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 9 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 10 Oct	9.30 am	500 Cards - GC
	<b>10.00 am</b>	<b>Android SIG – cancelled for this mth</b>
	12.45 pm	Lakeside Art Gp - TSC
	1.00 pm	Mah-jong - GC
	3.15 pm	Bridge-Cont - GC
	3.45 pm	Bridge-Improvers- GC
	3.45 pm	Yoga - TSC
Fri 11 Oct	10.00 am	Cycling Group
	10.00 am	Craft 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
Mon 14 Oct	<b>12.30 pm</b>	<b>AGM - TSC</b>

## ACTIVITIES 'IN REVIEW'

### SHUTTERBUGS OUTING

#### NATIONAL GALLERY – Thurs 26 Sept

The Shutterbug's camera group and guests



recently enjoyed an interesting morning's outing to the National Gallery of Australia. After a quick look around at some of the displays, we were joined by our special guides. Annika, an indigenous lady and a Gallery Educator, spoke to us about an exhibition of early daguerreotype photos of members of Australia's aboriginal community. Shaune, the senior curator of Australian and International Photography at the Gallery, led us to a display of early French daguerreotype photos and early New Zealand colonial daguerreotype prints, giving us his thoughts on both displays and the daguerreotype process. Many thanks to both Annika and Shaune for their time and insight into some of the photographic displays currently on exhibition at the Gallery. We then had an enjoyable cuppa and a social chat, reflecting on the morning's activities. We are hoping to repeat the outing again early in the New Year. Many thanks to fellow Shutterbug, Dorothy Rollins, who is one of NGA's volunteers and arranged the outing for us.

*Norm Swanwick*

### DISCOVER CANBERRA WALKS

#### YANKEE HAT – Sunday 29 Sept



What a great day we had last Sunday – scenic drive, perfect weather, a good walk – not too long or too difficult - and the bonus of an explanation of the rock paintings at Yankee Hat by a local indigenous guide who just happened along while we were there. And it proved to be one of the most popular walks of all time with 21 participants!

*Anne Meade*

## ACTIVITIES UPDATE

### Thursday – 10 October – 12.45pm

#### LAKESIDE ART GROUP – 'SPRING'

While teacher Catherine is away until the new year, the Lakeside Art Group will continue to meet on 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month with group consensus of what the meeting focus will be.

The next gathering is focusing on all things



'Spring'. Bring along what you are interested in, relating to the theme – perhaps you have a book that highlights how to paint blossoms, a photo that captures the essence of the season or a beautiful bunch of flowers which will stimulate the senses. Please feel free to bring any medium, e.g. acrylics, watercolours, pencils, etc.

*Angie Ashley*

### 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.

*Jim & Jenny Marincic*

### Fridays – 11.30 am – 12.15pm

#### ZUMBA GOLD / 'CHAIR' ZUMBA GOLD

When Zumba Gold resumes on **Friday 18 October**, Zumba instructor Susan Innes will be including 'Chair' Zumba Gold as another option for class participants. The routine will be the same but able to be performed from a seated position. This is ideal for those who find difficulty in standing for extended periods of time, or those with limited mobility. Zumba movements are structured to strengthen the bones and joints, which helps restore or improve range of motion. That, in turn, will help with posture, which can help make everyday activities easier to do. Now is the time to 'live golden' so why not give it a go!