



Weekly Bulletin

Friday 11 October 2019

LOOKING AHEAD!

Sunday – 27 October – 2.00 pm

SUNDAY FUN TRIVIA

For all our trivia fans, our next “Sunday Fun Trivia” quiz is not far off and will take place on Sunday 27 October starting at 2.00pm. Our

trivia theme for this month will be “The Totally Awesome Eighties.”; the people, fashions, events, entertainment etc. Team names will match each year with questions including picture quizzes, TV themes, jingles and movie grabs, all projected on our big screen. There will be door prizes for the lucky winners, prizes for the winning team and our spinning chocolate wheel will be back again to decide our consolation prize winners. There will be chocolates for everyone, and afternoon tea will be provided. Why not organise a team of five or more 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

Tuesday 5 Nov – 1.00 pm

MELBOURNE CUP - ‘AFTERNOON TEA’

It is that time again to ‘frock up’ for the fillies! The ‘Race that stops the Nation’ will be celebrated on the first Tuesday in November with an ‘Afternoon Tea’ and a round or two of Bingo. Sweeps, door prize, prizes for the Best Dressed and a glass of bubbly on arrival should make for a fun afternoon. And all for the modest price of \$15.00 – book & pay at the Office. Don’t delay as places are limited!



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

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!



HIGHLIGHTS FOR THE WEEK!

Thursday - 17 October – 9.30am

SHUTTERBUGS CAMERA GROUP

Our camera group will meet again next Thursday 17 October at 9.30am in the Senior's Centre. This month includes a discussion on "Creative Photography" and Fellow Shutterbug, Steve Walmsley will present "911: A Personal Reflection". It is based on photos he took in Washington, New York and Shanksville over the weeks following 911 and is his interpretation of the effects and emotions the event had on ordinary people. We will look at our display project "Circles" held over from last month & this month's project "My Suburb. If you are interested in joining us, whether a beginner or advanced, why not come along to our meeting and enjoy our friendly group. All welcomed.

Norm Swanwick

Thursday – 17 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*

Saturday – 19 October – 1.30 pm

55 Plus Film Group - The Guernsey

Literary & Potato Peel Pie Society

The Guernsey Literary & Potato Peel Pie

Society is a 2018 historical romantic-drama film directed by Mike Newell. Based on the novel of the same name, the plot follows a London-based writer who begins exchanging letters with a resident on the island of Guernsey, which was under German occupation during World War II. While this elegant and engaging film is mainly a love story, it's also an act of homage to the stimulation & consolation to be had from books. As always, there will be ice-creams!

TIMETABLE

Monday 14 Oct – Sunday 20 Oct

*GC Gumnut Cottage *TSC Tugg Seniors Centre

<i>Day / Date</i>	<i>Time</i>	<i>Activity</i>
Mon 14 Oct	9.30 am	Bolivia - GC
	12.30 pm	AGM- TSC
	2.00 pm	Bridge-Dup/Soc - GC
Tues 15 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 16 Oct	9.30 am	Cribbage - GC
	10.00 am	Ten Pin Bowling
	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 17 Oct	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
	3.15 pm	Bridge-Cont - GC
	3.45 pm	Bridge-Improvers- GC
	3.45 pm	Yoga - TSC
Fri 18 Oct	9.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
	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
Sat 19 Oct	1.30 pm	55 Plus Film Group
Sun 20 Oct	9.20 am	Walking Group

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