

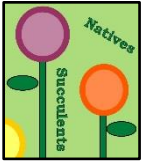


# Weekly Bulletin

Friday 8 November 2019

## HIGHLIGHT FOR THE WEEK!

**Saturday – 16 November – 10.00 am**  
**'POP UP' PLANT SALE - SOUTHFEST**



We are on the countdown now for the Pop-Up Plant stall which will be part of Southfest marketplace this year.

Thank you to members who have already offered plants to sell and we will be in contact again soon.

While we are extremely fortunate that our Bridge lady and gardening 'Guru', Margaret Kennedy has taken charge, we still have not had any offers of assistance on the day. So if you can spare an hour or two to help we two little ladies and one 'roadie' President to set up and/or man the stall, please contact the office - phone: 6293 4004 email:

[tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com), or in person.

We will be very grateful! And, if you have some plants that you would like to donate, we would love to hear from you as well!

*SouthFest is a community event and is held in the streets, laneways and lake foreshore of the Tuggeranong Town Centre. It is all about showcasing local business and talent, making community connections and bringing the whole community together for a day of celebration, food, activity and entertainment.*



## IN REVIEW

### **MELBOURNE CUP**

There was a full house for the 'Race that stops the Nation' last Tuesday and the hall was as colourful as the race itself.

Streamers, balloons & table stripes as well as the fashions & fascinators helped create a carnival atmosphere. Bubbly, Bingo, Sweeps, Lucky dips, prizes for Best Dressed and of course fabulous finger food made the afternoon a busy one!

A big thank you to Norm, our consummate compere, and his ladies, Magda, Barbara and Maureen for their tireless time in the kitchen, and Pat and Margaret our 'sweepologists' – all without whom the day would not have unfolded as well as it did! And having an Aussie Horse take home the Cup this year was an added bonus.....

## SPOTLIGHT ON

### **MONDAY MORNING GAMES**



Shake off those Monday Blues. On Mondays come on down to Gumnut Cottage and stimulate the grey matter with a game of Bolivia. Bolivia is an upgraded game of Canasta or Samba and has elements of Rummy. Never played Bolivia? Don't worry we have a teacher (who hasn't yet sat anyone in a corner for making mistakes). Playing cards can be a lot of fun and helps keep your brain active.

Where and when do we play? In Gumnut Cottage Banksia Room, every Monday morning, at 9.30 & finishing when we can around 12.30. Come in and join us for a morning's stimulation. *Sandra Hyde*

TSC -101 Cowlshaw Street, Greenway

GC - 97 Cowlshaw Street, Greenway

Phone: 6293 4004 Email: [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com)

Website: [55plusclub.org.au](http://55plusclub.org.au)

## 2020 - BEST FRIENDS CALENDAR

### ACT Rescue and Foster (ARF) Inc.

One of our Club members is involved with this organisation that is a rescue charity of about 80 volunteers who try to save as many dogs as they can. The members foster the dogs temporarily in their own homes for as long as it takes to find them loving, permanent homes.

These lovely calendars are only \$10.00 and are available from the Club office.



### LADIES ON THE LAND – ‘PAMPER PACKAGES’

Ladies of the Land NSW, aims to make Christmas a little brighter for ladies living on the land during the drought. Often ladies living in the bush put themselves last and these pamper packages are a way to help to put them first & make them feel a bit special. Shirely, our Thursday Office Lady, is putting together a pamper package/s and wondered if members would like to be involved with a donation or two. Items like hand creams, lip gloss, lipstick & perfume are luxuries that are first to go when times are tough. As are a packet of fancy biscuits or flavoured coffee sticks or iced tea packets.

The shoeboxes are wrapped in newspaper with a ribbon (good for the environment and it lets the recipient know where the parcel comes from). Shirley needs to have the boxes done by 27 November so that they can be taken from Canberra to the dispatch point.

**Saturday – 9 November – 9.00 am**

### MARYMEAD'S ANNUAL FETE

**255 Goyder St, Narrabundah**

Come along to MaryMead's annual fete on Saturday 9 November from 9.00am - 1.30pm at their redeveloped site in Narrabundah!

There will be a wide selection of plants, face painting, craft, food, clothes, books, bric-a-brac, raffles, cafe, sausage sizzle, toy sale, chocolate wheel, music, performances and much much more!

## TIMETABLE

Monday 11 Nov – Sunday 17 Nov

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 11 Nov	9.30 am	Bolivia - GC
	10.00 am	iPad SIG – CANCELLED for this month only
	1.30 pm	Table Tennis - TSC
	2.00 pm	Bridge-Dup/Soc - GC
	5.15 pm	Yoga - TSC
Tues 12 Nov	8.10 am	Active Ex – M - TSC
	9.00 am	Active Ex – W - TSC
	1.00 pm	Mahjong - GC
	1.15 pm	Seated Yoga - TSC
Wed 13 Nov	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls - TSC
	10.00 am	Ten Pin Bowling
	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 14 Nov	9.30 am	500 Cards - GC
	10.00 am	Android SIG - TSC
	1.00 pm	Mah-jong - GC
	12.45 pm	Lakeside Art Gp - TSC
	3.15 pm	Bridge-Cont - GC
	3.45 pm	Bridge-Improvers- GC
	3.45 pm	Yoga - TSC
Fri 15 Nov	8.00 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 - TSC
Sat 16 Nov	10.00 am	SouthFest!
	1.30 pm	55 Film Group – CANCELLED due to SouthFest!
Sun 17 Nov	9.20 am	Walking Group