



Weekly Bulletin

Friday 29 November 2019

HIGHLIGHTS FOR THE WEEK!

Sunday – 1 December – 2.00 pm

SUNDAY SOCIAL BINGO

Bingo is on again on this coming Sunday and this will also be our last session for the year. 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

Thursday – 5 December – 10.00 am
FAMILY HISTORY GROUP - WILLS AND WHERE TO FIND THEM



Receiving a gift at Christmas is (usually) a pleasure. Being left a bequest in a will must be like getting a present – so the topic this month is our ancestors' Wills

and where to get hold of a copy. I can't promise any bequests, but we will have morning tea - with a festive air. This is the last meeting for 2019 and it would be wonderful if as many of you as are free that day could come along.

A big thank you to everyone who has kept the group going for 2019; there will be no meeting in January and we will resume in February 2020.

Liz Dean

Thursday – 5 December – 10.30 am

POOL GROUP - Burns Club, Kambah

This 'outside' activity is held on 1st and 3rd Thursday mornings of the month at the Burns Club in Kambah - usual cost of \$2 per game. Why not join your fellow Club members, both men and women, as they enjoy this low impact activity which gets you walking and stretching around the pool tables, making social connections and enjoying the mathematical challenge. And if you are tempted to take up a cue for the first time, there will be someone to show you how!



John Williamson

Friday – 6 December – 5.30 pm

CAROLS IN THE HALL

We will begin celebrating with 'Uke 55', the Club's resident ukulele group, the Heart and Soul Singers and a special solo by Leo Laverty, providing us with some toe tapping entertainment. In the spirit of the season, this is a Free Event, and we ask you to please bring a plate of 'Christmassy' fare to share. To gauge numbers, please register your attendance with our office ladies, and whether you are bringing sweet or savoury. Designed as a relaxed get together, it is a great opportunity to celebrate the festive season as a Club.

SPOTLIGHT ON!

MAHJONG – Thursdays – 1.30 pm

Once you have mastered the addictive game of Mahjong (tuition available on Tuesdays), a second opportunity to play during the week is offered on Thursdays at 1.30 pm. All players welcomed – Grevillea Room, Gumnut Cottage.



DATES FOR YOUR DIARY!

Saturday – 14 December – 10.30 am **A 'POTULENTS' MORNING WITH MELISSA**



A presentation of the propagation, maintenance of growing succulents will be given by Melissa Mulcahy, at 88 Enid Lorimer Circuit,

Chisholm on Saturday 14 December at 10.30am.

Melissa has been living in Canberra for 15 years and growing for 10.

As well as being a skilled and successful propagator, her special interest is the design and arrangements of multiple plantings of succulents in very decorative and unusual containers.

There will be a \$2 donation towards a 'give-away' designed on the spot just for us. Tea and coffee after, with some light nibbles which we will provide.

Margaret Kennedy

Sunday – 15 December – 2.00 pm **CHRISTMAS FUN TRIVIA**

Our next trivia event will be a special one with lots of fun trivia questions all about Christmas songs, movies, food and everything else about Christmas and the holiday season. So why not escape the Christmas rush for a couple of hours and if you are having visitors then bring them along for a fun afternoon activity. Again, it will be a free event, bringing a plate to share and will be the final activity for the year.

Norm Swanwick

LADIES ON THE LAND – 'PAMPER PACKAGES' – THANK YOU!!

Shirley, our Thursday Office Lady would like to sincerely thank all our lovely members who donated items recently for the Ladies on the Land 'Pamper Packages'. She was able to put together a staggering **THIRTY** shoe boxes which are now on their way to Orange for distribution. Your collective support was fantastic and will be much appreciated!

TIMETABLE

Sunday 1 Dec – Friday 6 Dec

*GC Gumnut Cottage *TSC Tugg Seniors Centre

<i>Day / Date</i>	<i>Time</i>	<i>Activity</i>
Sun 1 Dec	8.50 am	Walking Group
	2.00 pm	Social Bingo - TSC
Mon 2 Dec	9.30 am	Bolivia - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Bridge-Dup/Soc - GC
	5.15 pm	Yoga - TSC
Tues 3 Dec	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
	2.00 pm	<i>Gardening Club</i>
Wed 4 Dec	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 5 Dec	9.30 am	500 Cards - GC
	10.00 am	Family History Gp - TSC
	10.30 am	<i>Pool Group</i>
	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 6 Dec	8.00 am	<i>Cycling Group</i>
	9.15 am	Tai Chi - TSC
	10.00 am	<i>Pitch n Putt</i>
	10.30 am	Gentle Exercise - TSC
	11.30 am	Zumba - TSC
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls – CXLD THIS WEEK ONLY
	5.30 pm	Carols in the Hall - TSC

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