



Weekly Bulletin

Friday 17 January 2020

DATE FOR YOUR DIARY



Sunday – 26 January – 12.30 pm

Australia Day Celebration

We will be celebrating on the day with a traditional sausage sizzle, complemented with salads and followed by pavlova, lamingtons and fruit. Leo Laverty is going to return to lead a singalong of 'Aussie' songs and there will be an informal trivia. And, if you feel so inclined, why not bring along your favourite Australian poem for an impromptu Poetry Slam! So, dust off your cork hats, don your thongs and come along! There might even be a prize for the best dressed! Cost is \$15.00, BYO drinks, tea and coffee will be available. There is still time to register and pay at the Club Office –closing date Wednesday 22 January. *Magda Sexton*

HIGHLIGHT FOR THE WEEK!

Thursday – 23 January - 1.30pm

AFTERNOON LAWN BOWLS

Our free afternoon lawn bowls activity, courtesy of the Tuggeranong Vikings Bowls Club, will recommence

this Thursday and will be our first 'bowl' for the year.



If you have not played lawn bowls before, why not come along and join us. John Williamson and his fellow lawn bowls club members will be only too pleased to show you how. There is plenty of free car parking available at the rear of the main club building. Please wear flat sole shoes, or if you like, just go bare foot and don't forget to wear a hat.

Norm Swanwick

'OUR NEIGHBOURHOOD'



Voice of the Valley FM 89.5

Valley FM 89.5 (call sign: **1VFM**) is a community radio station broadcasting from its studios at the Erindale Centre, Wanniasa. The station is run entirely by volunteers and is supported by local business and the ACT Government. The varied line-up of programmes includes news, special guests and interviews, diverse community and cultural information as well as music across many different genres. It has been on air since June 1999 and in November 2005, was named the Best Value for Money Radio Station in Australia at the Australian Community Broadcasting Association (CBAA) Awards.

If you would like to be involved in your local station, email: enquiries@valleyfm.com



The Tech Shed

The Tech Shed recycles and refurbishes second-hand computers to be sold for a small cost to low-income earners including pensioners, students, charities, and more.

If you have IT equipment that you would like to donate, functional or not, please contact The Shed (*Phone: 6196 8630*) or drop-in to reception (*Canberra City Care, 20 Cartwright Street, Charnwood. Open Tuesday to Friday 10.00 am-12 noon & 1.00 pm-4.00 pm*) and they will gladly receive your donation. All items received will either be refurbished or dismantled and sent to an e-Waste recycler which keeps it out of landfill. For more information:

<https://www.canberracitycare.org/tech-shed.html>

TSC -101 Cowlshaw Street, Greenway
GC - 97 Cowlshaw Street, Greenway

Phone: 6293 4004 Email: tugg55plusclub@gmail.com

Website: 55plusclub.org.au

ACTIVITIES UPDATE

Wednesday – 5 Feb – 11.00 am – 1.00 pm

Beginner Bridge Lessons



Beginner lessons for students commence again Wednesday, 5 Feb at 11.00 am in Gumnut Cottage. The

classes are held once a week and are of two hour's duration, with "cards on the table" teaching. The course lasts for six months then students graduate to Improver classes where they learn finer details of bidding and card play.

We don't move on until current topics are well understood. The emphasis is on repetition and consolidation. There are pre-set hands for every lesson. No prior knowledge of cards is necessary (although an advantage) and a partner is not required at this stage.

There will be many occasions for relaxed bridge throughout the course, where "shuffle and deal" social play and chat relieves the heavy burden of constantly learning new concepts.

Come along and be part of a unique and mind-expanding experience. Register interest at the Club office or email Margaret Kennedy, at marbken6@gmail.com

Fridays – 9.15am – 10.15am

Tai Chi (Yang Style)

When Tai Chi recommences on Friday 17th the session is for returning people only.

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 7 February. 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

TIMETABLE

Monday 20 Jan – Friday 24 Jan

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 19 Jan	9.30 am	Walking Gp Mtg - TSC/ followed by Coffee
Mon 20 Jan	9.30 am	Bolivia - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Bridge-Dup/Soc - GC
	5.15 pm	Yoga - TSC
Tues 21 Jan	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 22 Jan	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
	1.15 pm	Bridge-Int - GC
	1.30 pm	Line Dancing - TSC
	3.30 pm	Bridge – Cont Beg - GC
Thurs 23 Jan	9.30 am	500 Cards - GC
	1.00 pm	Mah-jong - GC
	1.30 pm	Lawn Bowls
	3.30 pm	Bridge-Improvers- GC
	3.45 pm	Yoga - TSC
Fri 24 Jan	8.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
	10.00 am	Pitch n Putt
	10.30 am	Gentle Exercise - TSC
	2.00 pm	Carpet Bowls- TSC



WANTED

Chain saw and operator to cut down & remove a few small dead trees near Gumnut Cottage.

Please contact the Club office if you are able to assist.

Phone: 02 6293 4004

Email: tugg55plusclub@gmail.com