



# Weekly Bulletin

Friday 31 January 2020

## **DATE FOR YOUR DIARY!**

### **Monday – 17 February – 9.30 am INDIVIDUAL ADVANCE CARE PLANS**

As a follow up from last year's Advance Care Plan Information Sessions, Anne Knobel, a representative of ACT Health has agreed to come again this year to assist with completing both the Advance Care Plan (ACP) and Enduring Power of Attorney (EPOA) forms. On Monday 17 February, there will be three hourly sessions - 9.30, 10.30, 11.30 and they are, of course, free of charge. At present the first two sessions are still available.

If you decide to take advantage of this opportunity to complete these forms, please speak with your chosen power of attorneys to ensure that they are happy to fulfil that position. There will also be two witnesses available so the forms will be able to be completed, signed and witnessed.

Please either ring or email the office to book a session - Office is open 9.30 am to 2.30 pm daily.

*Anne Meade*

## **RETURNING FOR 2020!**

### **Sunday – 2 Feb – 2.00 pm SUNDAY SOCIAL BINGO**

Bingo returns for 2020 on Sunday 2 Feb. The first of the weekend activities to recommence, this game is not only fun, but it has multiple health benefits: concentration, short-term memory skills and it promotes socialization! 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*

### **Monday – 3 February – 9.30 am ZUMBA GOLD – Tugg Seniors Centre**

Zumba Gold is also moving to Mondays and will return at 9.30am on Monday 3 February. This class takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, regardless of fitness level. Experience with dance is not required. Moves in class are broken down in a slow and manageable manner and focus is on improving balance, strength and flexibility, while raising your heartbeat and improving cardiovascular ability. The intention of the class is to move a little and have a lot of fun!



Instructor Susan will make you feel very welcome, so why not give it a go!

*Angie Ashley*

### **Monday – 3 February – 10.00 am CRAFTY CORNER – Gumnut Cottage**

Crafty Corner now meets at Gumnut Cottage on the 1<sup>st</sup> and 3<sup>rd</sup> Monday of each month - 10.00 am to 2.00 pm. It is a group for people who want a place to meet and share their crafts, enjoy a cuppa, good conversation and meet like-minded people. Meetings have an informal format where you can drop in anytime and stay as long as you want.



So, if you're an experienced crafter or want to learn a new skill come along, bring your current project, UFOs or materials to start a new project, whether its card-making, quilting, scrapbooking, appliqué, embroidery, rubber stamping, jewellery-making or any other craft activity. We hope to see you there!

*Lois Good*

**Tuesday – 4 February – 2.00 pm**

**GARDEN CLUB – Bunnings, Tuggeranong**

A small group of gardening enthusiasts meet on the 1<sup>st</sup> Tuesday of each month, at 2.00 pm at the DIY area at Bunnings. The talks recommence for the year on Tuesday 4 February.

A gardening expert gives a talk about current happenings in the garden, what to plant, what pests to look out for, and other tips for successful gardens, producing beautiful flowers and delicious, healthy vegetables. This session is complimented with a free cuppa, and quite often with free gardening related gifts. Questions are welcomed and usually an appropriate answer is forthcoming!!



*Linda Laurie*

**Wednesday – 5 February – 10.00 am**

**TENPIN BOWLING GROUP**

The tenpin bowling group starts again on Wednesday 5 February at 10.00 am and then on every 2nd Wednesday during school terms at the Zone Bowl, 76 Cowlshaw Street, Greenway.

We play 2 games with a tea break in the middle and often meet for lunch afterwards as well.

The cost is \$12 for the 2 games, \$2 for shoe hire and \$2.50 for a cup or \$3 for a mug of tea or coffee.

We are a friendly bunch and have a lot of laughs as we try to knock over those pesky 10 pins - beginners are welcome anytime!

Dates for the year are on the Club noticeboards. For further details please ph:



Kathy Johnson 0418 694 005

Kathy Sawicki 0427 318 906

**Wednesday – 5 Feb – 11.00 am – 1.00 pm**

**BEGINNER BRIDGE LESSONS**



Beginner lessons for students commence again Wednesday, 5 February 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](mailto:marbken6@gmail.com)

**Thursday - 6 February – 10.00 am**

**FAMILY HISTORY GROUP – 'Spanish Influenza'**

The first topic for the year (chosen before the current Coronavirus flu outbreak) is the Spanish Influenza outbreak which spread across the world and reached Australia in 1919. 40% of Australia's population fell ill. Was your family infected and did it prove fatal to any of your ancestors? Come along and find out how Australia coped with the outbreak and share your stories.

As always, all are welcome!

*Liz Dean*



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)

**Friday - 7 February – 9.15 am**

### **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 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*

### **IN REVIEW**

#### **AUSTRALIA DAY CELEBRATION**

Sausages, sauce, salad & some classic Aussie songs from Leo were part of the Club's Australia Day celebration last Sunday afternoon. We began our festivities with Advance Australia Fair, stretched our knowledge on all things Oz with some Trivia and were entertained with rollicking rhymes from Carlene and Jill. Pavlova and lamingtons provided a sweet ending to the first social gathering for the year. 'Team Social' had worked their magic again transforming the hall into a welcoming space showcasing the colours of the old and the new. A big thank you to all who planned, shopped, decorated, set tables up and down, prepared and put out food and cleaned up at the end – without your collective efforts, the afternoon would not happen! But our special thanks go to John Williamson (Master of the Grill) who divided his time between the Club function and his family gathering – very much appreciated!

*I love her sense of mateship*

*I love her diversity*

*I love her beaches and her bull dust*

*They all spell home to me.*

## **TIMETABLE**

**Sunday 2 Feb – Friday 7 Feb**

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

<b>Day / Date</b>	<b>Time</b>	<b>Activity</b>
Sun 2 Feb	8.50 am	<b>Walking Group</b> <b>CANCELLED</b>
	2.00 pm	<b>Sunday Social Bingo</b>
Mon 3 Feb	9.30 am	Bolivia (cards) - GC
	9.30 am	Zumba Gold - TSC
	10.00 am	Crafty Corner - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Bridge-Dup/Soc - GC
	5.15 pm	Yoga - TSC
Tues 4 Feb	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 5 Feb	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls - TSC
	10.00 am	<i>Ten Pin Bowling</i>
	11.00 am	Beg Bridge - GC
	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 6 Feb	9.30 am	500 (cards) - GC
	10.00 am	Family History - TSC
	10.30 am	<i>Pool Group</i>
	1.00 pm	Mah-jong - GC
	2.00 pm	Book Club - TSC
	3.30 pm	Bridge-Improvers- GC
	3.45 pm	Yoga - TSC
Fri 7 Feb	8.00 am	<i>Cycling Group</i>
	9.15 am	Tai Chi - TSC
	10.30 am	Gentle Exercise - TSC
	2.00 pm	Carpet Bowls- TSC



## **PRESIDENT'S 'PRE-AMBLE'**

We are privileged to have the use of two ACT Government owned buildings and along with that privilege comes a responsibility that all Club members share.

As members, we can all be co-operative and respect the rights of others to enjoy the activities of the Tuggeranong 55 Plus Club.

The easiest and obvious ways to assist the effective and smooth running of our activities are:

- **Wear your name badge** when at the Club. This makes it easier for others to identify you.
- **Try to arrive early** enough to assist the coordinator if chairs, tables, equipment, etc. need to be set up before activities.
- **Stay back** to tidy them away afterwards, make sure the blinds are down, lights and air conditioners are switched off and doors locked after each session unless there is another activity immediately following yours.
- **Ensure** that the kitchen is left clean and tidy, (no used tea bags or coffee dregs left in the sink), all cups, etc in the dishwasher, the bench wiped clean. The Club's cleaners are not responsible for the kitchens, we are.
- **Make visitors feel welcome.**
- **Please respect the leader** for your activity, don't take over the group or tell other people what to do unless asked to do so by the activity leader.

If you have any problems or suggestions, do not hesitate in talking to me.

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Many of you live in areas of Tuggeranong that are now on high alert. Please take all necessary precautions for your safety and the safety of your loved ones.

We have included in this Bulletin a link to more information, details of what should be in your Home Emergency Kit and the list of Evacuation Centres which have been set up by the Government. We all need to be sensible to be safe. *Phil Burns, President*

## **ARE YOU BUSHFIRE READY?**

The year has not started well. The Emergency Services Agency website <http://esa.act.gov.au> has information about how to become proactive rather than reactive in case of a bushfire.

### **DO YOU HAVE A HOME EMERGENCY KIT?**

**Your Home Emergency Kit should contain:**

- - Portable radio with spare batteries
- - Torch with spare batteries
- - First aid kit (with supplies necessary for your household)
- - Candles and waterproof matches
- - Important papers including emergency contact numbers
- - Copy of any home emergency plans such *Home Fire Escape Plan* and *Bushfire Survival Plan*
- - Waterproof bag for valuables

**If you are required to leave your property, place in your Home Emergency Kit:**

- - A good supply of required medications
- - Any special requirements for babies, the disabled, infirm and/or elderly
- - Strong shoes
- - Fresh food and drinks
- - Keep your Home Emergency Kit in a waterproof storage container.

On a regular basis, check (remember to check use-by dates on batteries and gloves) and re-stock items if you need to.

Also, keep a list of emergency numbers on your fridge.

**The ACT Community Recovery plan** has now activated three evacuation centres for those people requiring support or essential services who have evacuated due to the fire. Erindale College, 115 McBryde Cres, Wanniasa ACT 2903  
Hedley Beare Centre, 51 Fremantle Drive, Stirling ACT 2611  
Dickson College, Phillip Avenue, Dickson  
EPIC has been activated for people evacuating with horses.