



Weekly Bulletin

Friday 21 February 2020

DATE FOR YOUR DIARY!

Saturday – 14 March – 10.00 am – 1.00 pm **ACRYLIC ART WORKSHOP**

In the next of our series of workshops with Maria Polmeer for beginners and continuing beginners, participants will work on something mysterious, dramatic and extremely eye-catching, yet easy to paint.

Register your interest by **Friday 6 March** at the Club's office with payment of \$50.00. See noticeboards for full details.



Monday – 16 March – 9.30 am **INDIVIDUAL ADVANCE CARE PLAN SESSIONS**

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 16 March, there will be three hourly sessions - 9.30, 10.30, 11.30 and they are, of course, free of charge.

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 9.30am - 2.30pm daily.



SPOTLIGHT ON.....



CARPET BOWLS

Carpet bowls are played twice a week -

Wednesdays at 10.00 am and **Fridays at 2.00 pm**. New players are welcome to come along and try their hand at this game, some coaching is available if needed.

It is a very social game and a lot of fun; there is also a break for morning or afternoon tea which it is a good time to meet new people. So just turn up on any of the days about ten minutes early than the starting time which gives time to sort out the teams.

HIGHLIGHTS OF THE WEEK!



Sunday – 23 February – 2.00pm **SUNDAY FUN TRIVIA**

A last-minute reminder that our first Sunday Fun Trivia for the year will be held this coming Sunday 23 February at 2.00 pm.

Why not join us for our special themed quiz "Colours"; questions and/or answers with a colour in them. If you are not au fait with your colours, there will also be plenty of general knowledge questions as well.

Organise a team with family or friends or just come along and join a table with your fellow club members. Lots of prizes, lots of fun, a great afternoon tea and chocolates for everyone. Don't forget that parking in the public car park is free on a Sunday. I hope you can join us for a fun afternoon's activity.

Norm Swanwick

TSC -101 Cowlshaw Street, Greenway
GC - 97 Cowlshaw Street, Greenway
Phone: 6293 4004 Email: tugg55plusclub@gmail.com
Website: 55plusclub.org.au

Thursday – 27 February - 1.30 pm

AFTERNOON LAWN BOWLS

Unfortunately, due to the poor air quality associated with the recent bush fires, last month's lawn bowls activity had to be cancelled. Now that the smoke has cleared, we will be hitting the grass again this coming Thursday 27 February from 1.30 pm. Not played before and would like to give it a try? John Williamson and his fellow club members will be only too pleased to show you how and it is all free, courtesy of the Tuggeranong Vikings Lawn Bowls Club. Please wear flat sole shoes, or if you like, just go bare foot and don't forget to wear a hat. There is plenty of free car parking at the rear of the main club building. Why not join us? *Norm Swanwick*

Friday – 28 February – 10.00 am

PITCH AND PUTT

Our next pitch and putt game will be on Friday 28 February with a tee off time of 10.00 am. The cost is \$9.50 for 18 holes and you will need a putter and a pitching club and a golf ball. There is plenty of free parking and everyone is welcome to join us at the Canberra International Golf Centre in Narrabundah. *Barbara Dromgool*

MEMBERSHIP RENEWALS

All memberships (except new members) are now due for renewal by **31 March**. The renewal fee remains at \$15.00 and this early notice gives you plenty of time to visit one of our lovely ladies in the office – 9.30 am to 2.30 pm Monday to Friday. If you would prefer to use Internet Banking, the Club's Direct Credit details are:
BSB 633 000 Acc No: 159575455
However, you MUST include your name as the description, so that we can identify your payment. We will send you a confirmation email so that you know your payment has been successful!

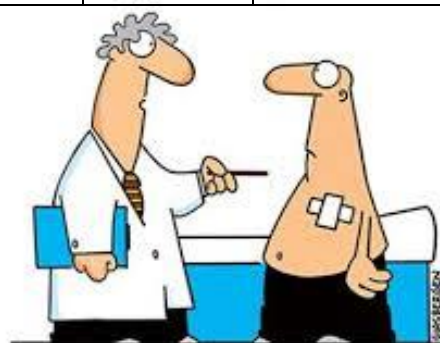
Lia Battisson, Treasurer

TIMETABLE

Sunday 23 Feb – Sunday 28 Feb

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 23 Feb	2.00 pm	Fun Trivia - TSC
Mon 24 Feb	9.30 am	Bolivia (cards) - GC
	9.30 am	Zumba Gold - TSC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Bridge-Dup/Soc - GC
	5.15 pm	Yoga - TSC
Tues 25 Feb	8.10 am	Active Ex – Men - TSC
	9.00 am	Active Ex – W - TSC
	1.00 pm	Mah-jong - GC
	1.15 pm	Seated Yoga - TSC
Wed 26 Feb	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls - TSC
	11.00 am	Bridge – Beg - 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 27 Feb	9.30 am	500 (cards)- GC
	9.30 am	Shutterbugs - TSC
	1.00 pm	Mah-jong - GC
	1.30 pm	Lawn Bowls
	3.30 pm	Bridge-Improvers- GC
	3.45 pm	Yoga - TSC
Fri 28 Feb	8.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
	10.00 am	Pitch n Putt
	10.30 am	Gentle Exercise - TSC
	12.00 am	Learning Circle - TSC
	2.00 pm	Carpet Bowls- TSC
	4.15 pm	Uke 55 - TSC
	6.00 pm	Square Dancing - TSC



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kidneys, lungs, and pancreas!"