



Weekly Bulletin

Friday 20 March 2020

UPDATE FROM PRESIDENT

The Management Committee met this week, and the following was decided.

As 'social distancing' is being advised by the health authorities, especially for our membership demographic, the Club and all activities will continue to be suspended indefinitely.

However, if members wish to continue to meet as a group privately, i.e. cycling, walking, etc. that will not be a problem, but as the Club is officially closed, please be aware that it will be deemed as a private gathering and not under the Club's 'umbrella'.

If other 'inside' groups also decide to meet privately, we urge you to consider why the Club has suspended its activities. Our age group is seen as high risk and the closure is to help protect Club members and aid containment within the community.

As the future remains uncertain, all organised trips are cancelled and those who have booked and paid will be contacted regarding their refund.

The Tugg Talks Bulletin will continue weekly maintaining the Club connection. It will contain updates as well as 'bits n pieces' of interest regarding Club activities and beyond. Both premises will continue to be cleaned weekly in lieu of our return which we hope will not be too long and office emails will be regularly monitored.

If you have any queries or concerns, please do not hesitate in contacting me on email address below.

My best wishes to you all.

Phil Burns, President

phillip.burns5@gmail.com

AND A WORD FROM ME

Over the coming weeks I hope that this Bulletin will give you some inspiration and ideas on how to fill your days now that we are 'footloose and fancy free'.

I would very much welcome your input as well; a recipe, article or whatever you think your fellow club member might enjoy, please email to phillip.burns5@bigpond.com – all contributions gratefully received! *Janelle Burns*



MEMBERSHIP RENEWALS

While membership renewals are due by **31 March**, due to our uncertain length of closure, an adjustment will need to be considered by the Management Committee for the future. However, although the office is closed, you can still pay using Internet Banking. Renewal fee remains \$15.00 & the Club's Direct Credit details are:

BSB 633 000 Acc No: 159575455

For identification, please include your name as the description.

We will send you a confirmation email so that you know your payment has been successful!

Lia Battison, Treasurer

'COMMUNITY' BILLBOARD

HOW TO KEEP YOUR COOL!

Social Distancing will mean that we will spend more time at home. Here are some tips (courtesy of Canberra Weekly) to help keep you busy, sane and connected while housebound.

Keep a routine

Wake up, shower, coffee, check emails. Try to maintain structure in your daily life and plan your day. We often feel that there is not much we can control at present, but each day is yours to do with what you wish so take charge of it!

Fresh Air

Get out of the house if you can. Staying cooped up inside all day is not good for us and getting some fresh air into your lungs and gentle sunlight on your face can do a lot for your disposition. Even if it is just ten minutes doing a backyard lap or sitting on your balcony, make the effort to get out there for your own mental health and wellbeing.

Screen Time

If you are home for an extended period chances are you are going to binge-watch. Just make sure that you set firm boundaries around screen time for the sake of your own wellbeing.

Read a book

Now is a great time for some serious reading and our 'Spotlight on' gives you a few tips!

Check on your neighbours

Either give them a call or knock on their door, check in and offer them your assistance; shopping, lift to the shops if necessary. If you are aware of a neighbour who is vulnerable and lonely, please help if you can.

Phone a friend

Social distancing does not mean complete isolation. Pick up the phone and give a few friends or family members a call, or send them a message.

SENIORS INFORMATION LINE – 6282 3777

COTA ACT are very aware that this virus is most damaging to seniors in our community. COTA staff will be manning the Seniors Information Line between 9:00am - 5:00pm Monday to Friday. They will be available to take your calls, listen to your concerns and provide advice. *However, for advice specific to the virus, please call the Coronavirus Health Information Line on 1800 020 080. If you have symptoms, such as difficulty breathing, please call Triple Zero (000).*

STRENGTH FOR LIFE ACT

Strength for Life is a progressive training program designed to improve the participant's strength, balance, coordination and endurance.

Strength for Life ACT is offering two classes a week on COTA ACT Facebook page. If you can't make it to your regular exercise sessions this might be for you! These free online classes that are specifically designed for older people and will take place live on:

Thursday 26, Tuesday 31 March and Thursday 2 April 2020 at 1.00pm.

Each class will be 30 minutes in length and all you will need to participate is a chair, comfortable clothing and shoes!

To be able to participate in these online classes, follow these simple steps:

1. Login to the internet from your computer, mobile or tablet.
2. Type into the Google search bar – www.facebook.com/cotaact/
3. Once you are on the COTA ACT Facebook page, click on the 'Like' button.
4. Once you have clicked on the "Like" button, scroll down the page until you see the live Strength for Life class appear in a box below.

For more information visit the Council on the Ageing (COTA) ACT website – <https://www.cotaact.org.au/>



THE READING GROUP which normally meets on third Thursday of the month, is theme based and you can read fact or fiction in any written form of your choice (book, article, essay, etc) that includes the month's theme.

We met this month via email linkup and shared thoughts on March's topic - **Antiquity - books about a time period prior to the Middle Ages.**

In his book, **Celtic Britain, Charles Thomas** starts with 'The End of Roman Britain' where he discusses the differences between the Britain Rome found initially and the Britain that existed in the 5th century. Rome's influence was wide; farming, government, warfare, agriculture as well as religion and the written word. The extent and nature of Rome's effect on Britain became more obvious in later centuries.

Continuing with the Roman theme, **Gerta Wolff: The Roman-Germanic Cologne. A Guide to the Roman-Germanic Museum and the City of Cologne** introduces the reader to this world class museum. The Roman Empire established several settlements on The Rhein, including what has become Cologne and the museum has a large collection of Roman artefacts. The museum protects the original place of a Roman town villa, of which the large Dionysus Mosaic remains in its original place in the basement now, and the related Roman road is just outside. In this respect the museum is an archaeological site.

Next month's topic is **Africa – a book set in the African continent!**

Why not peruse your shelves at home and discover those little gems that are residing there, perhaps never read or not read for a while? This is a great time to extend your reading boundaries!

Take your reading habit out with e-books and audiobooks

Readers all appreciate the power of a book. Whether it's a physical copy or an eBook or audio, we know that books change lives. No doubt most of us will have books that left an indelible mark on our hearts and minds. It's encouraging that 41% of readers are borrowing from libraries, but what if you haven't considered this option for a long time? How long since you gave libraries a second thought? Libraries are still magical places and now you can have a library come to you by downloading eBooks and audiobooks from the comfort of your own home. Libraries ACT members just need to install the free BorrowBox app (available for iOS and Google Android devices) on their tablet or smartphone to search or browse titles, check them out, download and start reading or listening.



To download the BorrowBox App

- Go to iTunes  or Google  and search for "BorrowBox" and install.
- When this is complete, BorrowBox icon can be found on the device's wall.
- Open BorrowBox and follow the prompts to create your account – you will need your library card ID and password/PIN.

If you do not feel confident doing this, visit your local library and they will only be too happy to assist you. Happy Reading!

