



Weekly Bulletin

Friday 7 August 2020

CLUB CLIPBOARD

ACTIVITIES UPDATE

The second week back has seen an increase in attending numbers which in turn for some activities, due to room restriction numbers, has meant the introduction of booking systems. The following systems have been or are being put in place:

- Zumba – Susan has set up a booking system on her website
- Line Dancing – class has a permanent list and is full; there is a waiting list
- Jackie Yow's exercise class - booking be available soon via Eventbrite

These systems are place only and will not require online payment.

If you would like further information including the booking links, please email the office tugg55plusclub@gmail.com

ACTIVITY SIGN ON SHEET

As there is a government requirement to register your attendance in the building, we have tried to make it easier for you when signing on for your activity. Each activity has a printed list of all participants who have attended that activity over a six-month period.

The names are in first name alphabetical order and cover the current month. All you are required to do is find your name and fill in the date column with either the amount you are paying or your prepaid voucher number.

PLEASE check the list before you add your name in the spaces at the bottom.

PREPAID VOUCHERS

The new Prepaid Vouchers have been very popular since the Club reopened.

The vouchers are available from the Club office - \$20 for \$4 activities and \$35 for \$7 activities. They cover 6 activities – 5 prepaid and one complimentary.



When using them, please make sure that you write the Voucher No. (i.e. V15) on the sign on Activity Sheet. As it is a cash replacement, it needs to be accounted for.

MEMBERSHIP RENEWALS

All members need to be financial to attend activities, and reminder emails and letters have been sent to everyone whose membership is still outstanding. Membership renewal fee (\$15.00) is due by the extended period of 15 August 2020

Once paid, your membership will now carry through until the 2022 renewal period.

Office hours: 9.30am – 2.30pm
Direct Deposit: Bendigo Bank BSB 633-000
Acc No: 159575455. *(If paying via Internet, please make sure that you put your name on your deposit so we can register and receipt your payment).*

Lia Battisson, Treasurer

TIMETABLE

Monday 10 August – Sunday 16 August

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 10 Aug	9.30 am	Bolivia (cards) - GC
	9.30 am	Zumba Gold - TSC
	10.00 am	iPad SIG - TSC
	2.00 pm	Social Bridge - GC
	5.15 pm	Yoga - TSC
Tues 11 Aug	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W - TSC
	10.00 am	LL Cycling Group
	1.00 pm	Mah-jong - GC
	1.15 pm	Seated Yoga - TSC
Wed 12 Aug	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	Line Dancing - TSC
Thurs 13 Aug	9.30 am	500 (cards)- GC
	10.00 am	Android SIG - TSC
	12.45 am	Lakeside Art Gp - TSC
	1.00 pm	Mah-jong - GC
	3.30 pm	Improvers Bridge - GC
Fri 14 Aug	3.45 pm	Yoga – TSC
	10.00 am	Cycling Group
	10.00 am	Pitch n Putt
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls- TSC
Sun 16 Aug	9.20 am	Walking Group



Monday – 10 August – 2.00 pm

Thursday – 13 August – 3.30pm

BRIDGE – SOCIAL & IMPROVERS

Bridge has continued online during the Club closure through the persistence and skill of Margaret Kennedy and her group members. While some of these groups are remaining online, Bridge is returning this week – Social Bridge on Mondays and Improvers on Thursdays, both at Gumnut Cottage.

Monday – 10 August – 10.00am
iPAD SPECIAL INTEREST
GROUP (SIG)



The Club's iPad SIG will resume on Monday 10 August, exactly five years after our first meeting in 2015. Six of the original members are still coming along to our monthly sessions.

As we had only one meeting this year before the Club closed due to Covid19, I look forward to welcoming the regulars back and hopefully some new members as well.

We are a self-help group who help one another solve problems, share apps and other news to do with Apple iPads.

If you would like more information, please contact me on 0400 772 424. *Anne Meade*

Thursday – 13 August – 10.00 am
ANDROID SPECIAL INTEREST
GROUP (SIG)



Android SIG will also resume next week with Margaret Lester standing in for Jenny Marincic until she is able to return.

This group of beginner enthusiasts get together each month to ask questions, share their knowledge (and discoveries) and learn about Android technology.

As a 'Special Interest Group', all Android devices are covered, and new members are always welcome. This is a friendly group who enjoy a cuppa and chat, and they look forward to meeting you!





BLAZE Aid - not just rebuilding fences, but helping rebuild lives.

BlazeAid is a volunteer-based organisation that works with families and individuals in rural Australia after natural disasters such as fires and floods. Working alongside the rural families, the volunteers help to rebuild fences and other structures that have been damaged or destroyed. Equally important, volunteers also help to lift the spirits of people who are often facing their second or third flood event after years of drought, or devastating losses through bushfires. BlazeAid was born when Kilmore East farmers, Kevin and Rhonda Butler, were among those whose fences were burnt after Black Saturday fires in 2009. Needing to quickly secure their 1,500 sheep, they sought assistance from family, friends and local volunteers to help rebuild their fences.

Within a week, the fences were completed – a task that would have taken them months to do on their own. Grateful for the assistance they received, Rhonda and Kevin decided to try to help a few others with their fencing.

Since those bushfires, thousands of long and short-term volunteers have come to help rebuild fences and lives. The volunteers have come from all parts of Australia, as well as New Zealand, Switzerland, England, Afghanistan, Canada, Germany, Austria, America and France.

Working tirelessly but cheerfully alongside the bushfire survivors, they have helped to remove hundreds of kilometres of damaged fencing, removed fallen trees from fence-lines, helped with gardening projects, and even built the odd chook shed or two.

BlazeAid's work could not have been achieved without the generosity of the many donors, sponsors, volunteer groups, individuals and businesses who have assisted with tools and equipment, food, accommodation and billeting, transport and hands-on support in the fire zones

The volunteers work in a disaster-affected area for many months, not only helping individuals and families, but also helping rebuild the local communities. The survivors who they have assisted are extremely grateful for the work, support and friendship of these amazing BlazeAid volunteers.

ADOPT A WILD KOALA

Your adoption helps with the rescue and treatment of sick and injured koalas and release back to their home range where possible. Your adoption also assists with the conservation and expansion of habitat, collection of information for research relating to habitat, disease, nutrition and habits of wild koalas. It also helps to provide educational material to increase public awareness of all aspects of the koala.

For more information:

<https://www.koalahospital.org.au/adopt-a-koala>



MASK 'ETIQUETTE'!

How do I wear a face covering correctly?

Cloth mask

A cloth mask should fit securely around the face, specifically covering the nose and the mouth areas. The mask should fit snugly on your face and be secured by ties at the back of your head or ear loops. If you are using a mask with ear loops, you can use a plastic clip or tie to join the ends together at the back of your head to make sure it fits snugly on your face.

Make sure that your mask does not have holes or any unfiltered one-way valves. This can result in breathing out the virus if you have coronavirus (COVID-19).

Wash your hands for at least 20 seconds with soap and water or use hand sanitiser that is made up of over 60% alcohol, before putting on your mask and after taking it off. Avoid touching your eyes, nose, or mouth at all times and store used cloth face masks in a plastic bag until you have an opportunity to wash them.

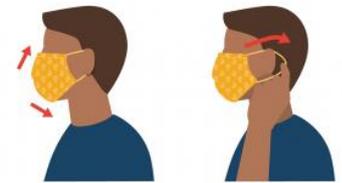
How do I know my cloth face mask is working?

You know your mask is working to protect you if it is well fitted. If the ties are loose, tighten them to ensure a snug fit. The mask should fit snugly and cover your nose and mouth. Keep an eye on the integrity of the fabric as it may thin over time with repeated washing. If this happens, replace the mask.

JUMBLE SOLUTION

else, elusive, ELUSIVELY, evil, ileus, isle, level, levy, lieu, lisle, live, lively, lyse, seel, sell, sieve, veil, vile, vilely, yell, yule.

The new fashion accessory



How do I stop face covering fogging up my glasses?

Make sure the face covering is fitted and pinched on your nose if possible. Put your glasses on after the mask. Wash your glasses with detergent and water to create a film to prevent fogging. You can also use micropore tape (available at all pharmacies) to tape the mask along the bridge of your nose and cheeks, then put your glasses on top. Or put a folded tissue across the bridge of your nose, then put your mask on and your glasses on top.

When should I wash my cloth mask?

A cloth mask should be washed each day after use. However, if during the day your mask is visibly dirty or wet, do not continue wearing your mask; the mask needs to be washed.

Re-using a cloth mask without washing is risky because it can become contaminated or may not be as effective in protecting you.

How do I wash my cloth mask?

Cloth masks can be washed in the washing machine with other clothes, or hand-washed using soap and the warmest appropriate water setting for the cloth.

Your cloth mask should be dry before re-using it. You can use the heat setting on your dryer or lay out flat to air dry. If possible, place the cloth mask in direct sunlight. Wash your hands after handling used face masks.