



Weekly Bulletin

Friday 2 October 2020

CLUB CLIPBOARD

TIMETABLE

Sunday 4 October – Friday 9 October

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 4 Oct	9.20 am	Walking Group
Mon 5 Oct	9.30 am	Bolivia (cards) - GC
	2.00 pm	Social Bridge - GC
Tues 6 Oct	10.00 am	LL Cycling Group
	1.00 pm	Mah-jong - GC
Wed 7 Oct	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls - TSC
	1.00 pm	K-nit 'n' K-natter - GC
	1.30 pm	Line Dancing-Beg -TSC
	2.45 pm	Line Dancing-Imp - TSC
Thurs 8 Oct	9.30 am	500 (cards)- GC
	10.00 am	Android SIG - TSC
	10.00 am	Shutterbugs Outing
	1.15 pm	Lawn Bowls
	1.00 pm	Mah-jong - GC
	3.30 pm	Improvers Bridge - GC
Fri 9 Oct	10.00 am	Cycling Group
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls- TSC

HIGHLIGHT OF THE WEEK!

SPRING PICNIC BY THE LAKE



The Club held its first social get together under the new 'social distancing' requirements last Saturday. It was a challenge for our enterprising Social Committee with the turn to colder weather, but with some lateral thinking and carefully placed tables, the stage was set for a 'Spring Picnic by the Lake'. Members were asked to bring their picnic lunch and the colourful check tablecloths, flower table names and room decorations filled the hall with a feeling of 'spring'. While cold and windy outside, the sun still shone on the best view in town as we gave our brain a workout with a few rounds of Bingo courtesy of regular "Bingologist" Warren. Big thank you to Magda and her team of worker bees for setting the scene for an enjoyable afternoon!

RETURNING THIS WEEK!

Wednesday – 7 October – 10.00 am CARPET BOWLS

Wednesday Carpet Bowls returns this week after a short 'recess'. Although numbers are now restricted to 12 players, the game is still a social one (at a distance of course!) and provides a fun time for players, with lots of laughter. The game does not take long to learn to play and coaching is provided. New players are always welcome. Please come about ten minutes earlier than the starting time to allow time to sort out teams.

Carlene Lockyer



**BACK
AFTER
SCHOOL
HOLIDAYS**

ZUMBA GOLD
Monday 12 October

YOGA
from Monday 12 October

EXERCISE CLASSES
from Tuesday 13 October

BOOKING YOUR PLACE

Some of our 'active' activities return next week and the latest links for them are below.

ZUMBA GOLD

- Monday Classes – 9.30am - TSC

The link below will let 14 people book a spot for the class. There are 10 weeks of classes scheduled, so please only book 1 or 2 weeks in advance. Currently there is not a wait list option, but if you email Susan she will add you if someone cancels - dance4fitness@live.com.

<https://Dance4FitnessFun4FitnessSchedule.as.me/Tugg55plus>

EXERCISE CLASSES – JACKIE YOW

All Jackie's classes are still being booked through Eventbrite and the links for the three classes are below. Please only book 1 or 2 weeks in advance.

- Men's Active Exercise Class
Tuesday - 8.00 am

<https://www.eventbrite.com.au/e/copy-of-mens-active-exercise-class-with-jackie-yow-tickets-123419564239>

- Ladies Active Exercise Class
Tuesday – 9.10 am

<https://www.eventbrite.com.au/e/copy-of-ladies-active-exercise-class-with-jackie-yow-tickets-123419939361>

- Gentle Exercise
Wednesday – 12.10 pm

<https://www.eventbrite.com.au/e/copy-of-gentle-exercise-with-jackie-yow-tickets-123418627437>



LOOKING THROUGH THE LENS

The Shutterbugs Camera group will be holding a photographic outing to **Lanyon Homestead next Thursday, 8 October**. We will be meeting at the Homestead at 10.00am. If you would like to join us, you will be most welcomed.

Don't forget to take a look at our two current photo displays on the walls in the Senior Centre's Parkview Hall. Our August project "Abandoned" and our September project is a selection of our favourite "Monochrome" prints. I think that our monochrome exhibition is one of the best so far this year. What do you think?

The National Portrait Gallery currently has a photographic exhibition running titled "Pub Rock". A backstage pass to the people, places and sounds of 70's and 80's Australian pub rock bands. The exhibition will run until 14 February and is free, but you will need to book.

Our next meeting will be held on Thursday 15 October starting at 10.00 am. We will be taking a look at an interesting photo technique called "Focus Stacking" and fellow



Shutterbug's member Steve will be doing a presentation on "Histograms" and "White Balance" which will also include a workshop. If you are going to join us, please remember to bring your camera. Our project theme for October is "Rust". Members can submit up to six prints of any size they wish. They will be mounted in our special frames and placed on the hall's walls for all club members to view. Our final meeting for the year will be held in November and our project theme for the month will be "Your Choice 2020". Our favourite shots taken during the year.

Our quote for the month comes from Peter Adams: "Good photography is about depth of feeling not depth of field". *Norm Swanwick*

LET SOME FLOWERS BRIGHTEN YOUR DAY



Spring in the nation's capital means flowers and blossoms take over the city. But with the traditional Floriade and Tulip Tops Gardens experiences falling victim to Covid-19, there are still some fabulous flowers to find after a long, grey winter.



Floriade's Tulip Trail - Bulbs bloom in the 'Burbs

From 12 September to 11 October floral displays with a difference have moved out into the suburbs, colouring the city with a tulip trail winding its way to somewhere near you. In total, there are a dazzling one million bulbs and annuals popping up their flowery heads around the ACT. The reimaged Floriade involves a mix of displays in beds, boxes and pots. Of these, there are 11 temporary garden beds and 19 large floral displays in planter boxes and pots that have been created by Floriade's horticultural team. Click on the link to [Follow the Floriade Bloom Tulip Trail](#)

The 2020 event has also embraced technology and many of the festival's most loved features will move online with podcasts, videos and workshops for adults and children ensuring the entire Floriade experience. For more information click [here](#).

Tulip Top Gardens Moves into the Cloud:

Tulip Top Gardens has always complimented Floriade, attracting as many visitors. This year, the local family-run business has taken the garden into cyberspace. Offering a digital subscription including tours and time-lapse footage, this provides an innovative way to experience these beautiful gardens. To visit the garden in the clouds, click [here](#).

The Old Parliament House Rose Garden Wisteria Walk:

While the roses are this garden's namesake and star attraction, for a few weeks in spring the wisteria here takes centre stage. With a proliferation of purple flowers cascading from a pergola, it is the most spectacular walkway in Canberra. The wisteria is planted in both the Senate and House of Representatives gardens.

Lennox Gardens Blossoms:

There are two blossom 'seasons' at Lennox Gardens - the late winter blooms in the Beijing Garden and the usual spring run in the Nara Peace Park. These gardens are set out as traditional Chinese and Japanese gardens, so as well as the blossoms there are some striking sculptural and architectural pieces throughout the gardens. You can also extend your walk along the shores to Queen Elizabeth Terrace. The stand of ornamental pears here is breathtaking when the white blooms are at their best - on a still day the trees are reflected by the lake doubling the pleasure.

And if your health or changing restrictions mean you can't get out amongst things, why not create some spring magic of your own? Canberra has some amazing independent nurseries and garden centres so whether you have room for a pot or a whole flower bed, there are plenty of flowers that will be happy to add a little colour to your life.

So, whether it's trekking the tulip trail, getting online, or planting a little spring garden of your own, 2020 is the year we need to appreciate the beauty of the little things more than ever, so please make some time for yourself to stop and smell the flowers.





#ReimaginingAgeing

A MONTH OF #REIMAGININGAGEING

During the month of October, Council on the Ageing (COTA) ACT is launching a campaign called #ReimaginingAgeing.

COTA ACT is taking the opportunity to link a succession of special days and events together to raise awareness of issues associated with the territory's wonderful ageing population.

It is important to remember that while "older people" may be labelled as one homogenous group, individuals within it can span an age range of more than 40 years. At each stage, individuals have distinctive behaviours, preferences and buying power, different levels of health and wellbeing, and different needs for support and celebration in their lives.

During the recent COVID-19 lockdown, many older Canberrans have not been able to participate in their usual activities. Staying at home has led to feelings of isolation and loneliness.

#ReimaginingAgeing is a time to celebrate older people in the Canberra community and in our families. Living as an older person can be a very exciting time. Retirement can be filled with activities, grandchildren, travel and pursuing volunteering, charitable and advocacy pursuits.

COTA is supporting and celebrating many activities across the Territory for, about and focused on, older Canberrans:

DATE	THEME	RAISING AWARENESS ON
1 October	International Day of the Older Person	Pandemics: do they change how we address age and ageing?
2 October	International day of non-violence	Elder abuse prevention
8 October	World Sight Day	Recycle your glasses for charity
9 October	World Post Day	Send a postcard to your grandparents or carers
10 October	World Mental Health Day and Universal Music Day	Look out for seniors' wellbeing and golden oldie singalong
16 October	World Food Day	The best scone recipe or classic 70s recipes
17 October	Hughes Community Shed	Working bee with ADFA Cadets
19- 25 October	Get Online Week	Be Connected event (Get I.T.) a COTA ACT program for seniors Phone: 62823777
24 Oct – 1 Nov	ACT Children's Week	Intergenerational activities
25 October	ACT Grandparents Day	Send a postcard to your grandparents or carers
27 October	Silver Sprayers Day	Spray painting the hash tag #ReimaginingAgeing at Hughes Community Centre
28 October	#ReimaginingAgeing Beyond Bank Dollar Match Donation Day	Donate to COTA ACT. Beyond Bank will match dollar for dollar what is donated.
29 October	Internet Day	Get I.T. for seniors. Phone: 62823777
31 October	Halloween	Dress up with the grandkids

Reach out to make a new friend, ask a question, join in on community activities, share a recipe, borrow some sugar, make tea for two and celebrate ageing. For more information email

Events@cotaact.org.au or phone 6282 3777.

**PROBUS TUGGERANONG
TOUR OF HUNTER VALLEY
24 – 28 November 2020**

Probus Club Tuggeranong have organised a 5 days / 4 nights Hunter Valley tour and have opened it to Club members. Details are below, as is the contact for more information.

***Hunter Valley Discovery
Christmas Lights Spectacular***

Ex Canberra with Trade Travel

5 Days / 4 Nights

Tour Departs: Tuesday 24 November - Saturday 28 November, 2020.



TRADE TRAVEL
Group & Private Tour Specialists



Tour Highlights: Ken Duncan Gallery & Lunch Sanctuary Cafe; Magnificent Hunter Valley Gardens & The Gardens Shopping Village; McLeish Estate Cellar Door; Kurri Kurri Murals Tour; Maitland Gaol; Mortels Sheepskin Factory Tour & Sheeps Back Museum; Sketchley Cottage; Fighter World Museum Williamtown RAAF Base; Historic Morpeth Village; Monarchs in the Hunter; Hunter Valley Gardens Christmas Dinner & Christmas Lights Spectacular; Newcastle Christchurch Cathedral; Newcastle Harbour Christmas Lunch Cruise plus much more.

Ex Canberra: \$1598.00 per person Twin Share (Single Supplement \$232.00)

Tour cost based on minimum 20 pax

Deposit: A deposit of \$100 per person is due on booking to secure your place on this tour, along with completed and signed booking form.

Final Payment: Due no later than 30th October 2020

We will have designated pick-up points on the south side.

Contact Valerie Sanders to receive an e-copy of the tour.

valerie.sanders@live.com.au or ring Valerie on 0403 930 864 or 02 6286 3033

LA TROBE UNIVERSITY RESEARCH PROJECT

Free online memory course for older adults

The new free online course is called **OPTIMiSE, which stands for Online Personalised Training in Memory Strategies for Everyday.**

It is designed specifically for older adults (60+) who have memory concerns. It is completely free and comprises six modules (approximately 2 hours each) to be completed over an eight-week period.

The course will start on 20 October and will run until 15 December, with a single booster module in early March 2021.

This course forms the basis of a research project being conducted by Dr Kerryn Pike from La Trobe University, in collaboration with Associate Professors Kathryn Ellis and Christina Bryant from the University of Melbourne, and Dr Maree Farrow from the University of Tasmania.

This research is being conducted in order to evaluate the acceptability, feasibility, and effectiveness of OPTIMiSE. Although we know that similar memory interventions for older adults are effective, these are typically delivered in face-to-face groups, which are not equally accessible to everyone, especially people living in rural or remote areas, people with mobility issues, or health vulnerabilities.

We are currently looking for people who want to take part in this research who are 60 years of age or older; live in Australia; think their memory or other aspects of their thinking are worse than they were 10 years ago; and do NOT have a diagnosis of dementia, neurological conditions, or current psychiatric disorder.

Participation involves:

Completing an interactive online course comprising 6 modules (approximately 2 hours per module) over an 8 week period;

Completing a set of online questionnaires before and after the course, covering personal memory goals, memory knowledge, ability, and contentment;

Completing a follow up booster module three months after completion of the course.

If you would like more information or are interested in being part of the research study, please visit the website at optimise.mooc.utas.edu.au or contact Carl Muller, Senior Research Support Officer – OPTIMiSE, Department of Psychology & Counselling | La Trobe University, directly by email at optimise@latrobe.edu.au or on (03) 9479 1467.

This research has been reviewed and approved by the La Trobe University Human Research Ethics Committee.

ADVERTISING SLOGAN QUIZ ANSWERS

- | | | | | | | | |
|---|-------------------|----|----------|----|--------|----|---------|
| 1 | Yellow Pages | 2 | Nurofen | 3 | Holden | 4 | Eclipse |
| 5 | Chemist Warehouse | 6 | Holden | 7 | Finder | 8 | Youi |
| 9 | Brylcreem | 10 | 40 Winks | 11 | Nike | 12 | M & Ms |