

August 2024

TRAIN YOUR BRAIN

In August we welcome back Bethany as our Topic for the Month speaker.

The title of this presentation is Laughter is the Best Medicine.

Our Exercise Spot will help us to revisit and refresh our memories about what we learned concerning developing neural pathways in our brains with play. We will do a reprise of some of the exercises plus some new ones. This raises the question of how much you have practised them during July?

A new Activity Cycle begins in August. You can choose from: Mixed Skills, Triominos (Numbers), Quiddler (Word), Concentration (Memory) and SET (Perception). July is the last month of this Activity Cycle.

Some Changes

We have decided to trial running all the Activity Groups in the Hall. We hope it will make setting up and packing up easier, reduce heating/cooling costs and make it easier to find your chosen activity.

Term Holiday!!! What is this all about?

In the Time and Dates you will notice that TYB will not run in September. It's just not viable as too many folk will be away. Sorry. Let's think about it a term holiday and all return refreshed with lots of tales to tell when we return in October.

DATES & TIMES

Train Your Brain (TYB)

August 3, October 5
9.30am – 12 Noon
Registration from 9 am

Please Note:
No TYB in September

Easy Does It (EDI)

Monday at 1.30pm except public holidays

MOTHERS' UNION AND FRIENDS (MU & Friends)

July 25, August 22
1.30pm

Contact: Lynn 0401 257 647

ENQUIRIES
tyb.edi@gwac.org.au

EASY DOES IT

Our decision to continue meeting and use videos from a variety of sources until Ben joins us has been a bit of adventure. We have had a lot of giggles and tried out a variety of exercises to improve our fitness. A big thank you to group members for feedback and ideas to try out. We are not quite up to Olympic standard (yet).

Unfortunately, we can't staff EDI on August 3 and 10 however to help our progress to continue Exercise Sheets will be available for you to use at home or wherever you choose. (Thank you Kevin)

Ben, who worked with Kevin as part of his Physiotherapy course, will take up the position on August 19. Let's see how fit we can be.

MOTHERS' UNION & FRIENDS

You are invited to join us on **Thursday 22 August** (1.30 pm, MR1&2/ Fellowship Area) to learn from our speaker, Ian Nyholm, about the history of GWAC, with illustrative video. Afternoon tea included.

Enquiries to Lynn Pryor 0401257647.

SOME PUZZLES TO FINISH

1. What do you need to spot an iceberg in the distance?
2. When is a potato like a bad idea?
3. What do ants take when they are ill?
4. What do you call an imposter pretending to be a judge at a painting competition?
5. How can you make tomatoes turn red?