

## April 2025

### TRAIN YOUR BRAIN

Thank you Brian for your detailed First Aid presentation at our March TYB. Thank you also for

your grandson's contribution. We are going to follow the health theme in April with a presentation on Managing Pain.

In our April Activity Cycle, you can choose from: Mixed Skills, Rummikub (Numbers), WordWinder (Word), Slapzi (Memory) and Swish (Perception). A couple of snaps of our busy, happy Activity Cycle participants are on Page 2

### EASY DOES IT

It has been great to welcome out new folk who have joined our Easy Does It group. We still have room for more folk so if you have a friend(s) who

might like to come along please encourage them. The picture below shows one of the activities they could try out.



### DATES & TIMES

#### Train Your Brain (TYB)

April 5  
9.30am – 12 Noon  
Registration from 9 am

#### Easy Does It (EDI)

Monday at 1.30pm except public holidays

#### MOTHERS' UNION AND FRIENDS (MU & Friends)

April 24 at 1.30pm  
Fourth Thursday of the month  
Meeting Rooms 1-2

#### ENQUIRIES

[tyb.edi@gwac.org.au](mailto:tyb.edi@gwac.org.au)

## Train Your Brain – Activity Cycle



### **MOTHERS' UNION & FRIENDS**

MU & Friends welcome you to join us on 4th Thursday each month (1.30pm MR1/2), afternoon tea and fellowship.

#### Next Meetings:

March 27 A time of Lenten reflection.

April 24 Our HOPE into the future: consider the Christian message of Hope.

Glen Waverley Anglican Church, St Barnabas Ministry Centre, 800 Waverley Rd, Glen Waverley, 3150

[www.gwac.org.au](http://www.gwac.org.au) | [tyb.edi@gwac.org.au](mailto:tyb.edi@gwac.org.au)