

April 2024

Easter blessings to all.

After all the holiday breaks in March we will get back to our regular times for our activities.

TRAIN YOUR BRAIN

TYB will continue to be the first Saturday each month. Registration starts at 9am.

We will commence the program at 9.30am with the Topic for the Month, Resilience. Neridah will tell us about what she learnt about an approach to resilience by having coffee with a friend.

Your choices for the Activity Cycles are: Mixed Skills, Rummikub (Numbers), WordWinder (Word), Slapzi (Memory) and Swish (Perception). Then it's time for morning Tea at 10.25am.

After morning tea Activity Cycle 2 will complete our morning together.

EASY DOES IT

Our Hall Group has made an excellent start to the year under Kevin's guidance and Ben (who has filled in for Kevin

during his holiday). Both are physiotherapist from Integrated Health.

Judy, Veronica and Frances are back to prepare refreshments for our enjoyment in in the Fellowship Area.

DATES & TIMES

Train Your Brain (TYB)

April 6, May 4
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 25 – 1.30pm
May 23 – 1.30pm

Contact: Lynn 0401 257 647

ENQUIRIES
tyb.edi@gwac.org.au

EASY DOES IT

continued

Thank you to each of the volunteers who have helped with the serving of afternoon tea,

Our costs have increased this year. This gives us two options.

- We increase the participants contribution.
- We find more participants.

The latter is our preferred option. Will you help us out please by inviting family members or friends to join us on Monday afternoons? We need up to 10 new participants to maintain current costs.

MOTHERS' UNION & FRIENDS

MU April

As our next meeting falls on Anzac Day, we **will** be gathering as usual - Meeting rooms 1&2, 1.30pm. We plan to share our Anzac memories, with memorabilia as possible. You are welcome to join us.

MU May

At our May meeting (Thursday 23rd) our guest speaker is to be Ian Whitehill, who leads Prison Fellowship. He and his team minister to prison residents and their families. All are welcome to come hear this engaging speaker, MR1/2 1.30pm.

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JUST A SHORT QUIZ CORNER TO COMPLETE THIS EDITION

1. What do you need to spot an iceberg in the distance?
2. What do you find in a ghost's freezer?
3. What do cats eat at parties?
4. Why did the cook put the cake in the refrigerator?
5. What is the difference between the law and an ice-block?

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