

January 2025

TRAIN YOUR BRAIN

Thank you to our TYB Trio who presented our December Topic of the Month singing

traditional Christmas Carols with a twist. Great work Bethany, Gwyneth and Lesley.

Our Topic for the Month will be "The Brain – changing the benefits of exercises."

In our Activity Cycle for the next 3 months, you can choose from: Mixed Skills, Rummikub (Numbers), WordWinder (Word), Slapzi (Memory) and Swish (Perception).

Thank you to everyone for your support of Betty's Christmas Craft Stall on December 7 in the Fellowship Area to raise funds for MS research. Together with her stalls at Church, Betty raised \$1,000. What a great effort.

EASY DOES IT

A big thank you to Ben, our physiotherapist who runs our Easy Does Class, who provided

exercises to help us stay fit through the holiday time.

Don't worry if you didn't give Ben's exercises a daily workout. No questions will be asked about how much time you gave them.

EDI starts on Monday February 3 at the usual time 1.30pm in the Hall.

We really need some additional group members to keep the cost at \$5.00. Let's see what we can do.

DATES & TIMES

Train Your Brain (TYB)

February 1
9.30am – 12 Noon
Registration from 9 am

Easy Does It (EDI)

February 3
Monday at 1.30pm except public holidays

MOTHERS' UNION AND FRIENDS (MU & Friends)

The first meeting for next year is February 27

ENQUIRIES
tyb.edi@gwac.org.au

**MOTHERS' UNION
& FRIENDS**

Mothers Union & Friends is in recess until 27th February meeting.
Watch this space for information.

A QUIZ TO FINISH

Why are ghosts such bad liars?

Why couldn't the magician pull the rabbit out of his hat?

What do you get if you cross a rabbit with a spider?

What do you get if you cross a rabbit with a comedian?

What's sadder than giraffe with a sore throat?