

March 2025

TRAIN YOUR BRAIN

Let's reflect on our Topic of the Month to start the year. We looked at ways in

which exercises can benefit the ways the brain operates. We even did some exercises to start putting what we learned into practice. Can you remember which part of the brain we focused on to help this improvement? I hope everyone who was present at our February gathering can answer this opening question on March 1.

We are going to follow the health theme in March with Brian Stokes who will focus on First Aid.

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

If you would like to help with any of the Activity Groups or setting up please let's have a chat. You may like to help each month or as an emergency or just once a cycle.

EASY DOES IT

EDI started on Monday February 3 at the usual time 1.30pm in the Hall with Ben.

It was great to welcome some new faces however we still need some additional group members to keep the cost at \$5.00. Let's see what we can do. Let them know that hot/cold weather is not a problem as the Hall has cooling and heating equipment just like the Fellowship Area where we have our afternoon tea.

A reminder that there will be no EDI on March 10 (Labour Day holiday).

DATES & TIMES

Train Your Brain (TYB)

March 1
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)

February 27
MU & Friends welcome you to join us on 4th Thursday each month (1.30pm MR1/2), afternoon tea and fellowship :
March 27 : A time of Lenten reflection

ENQUIRIES

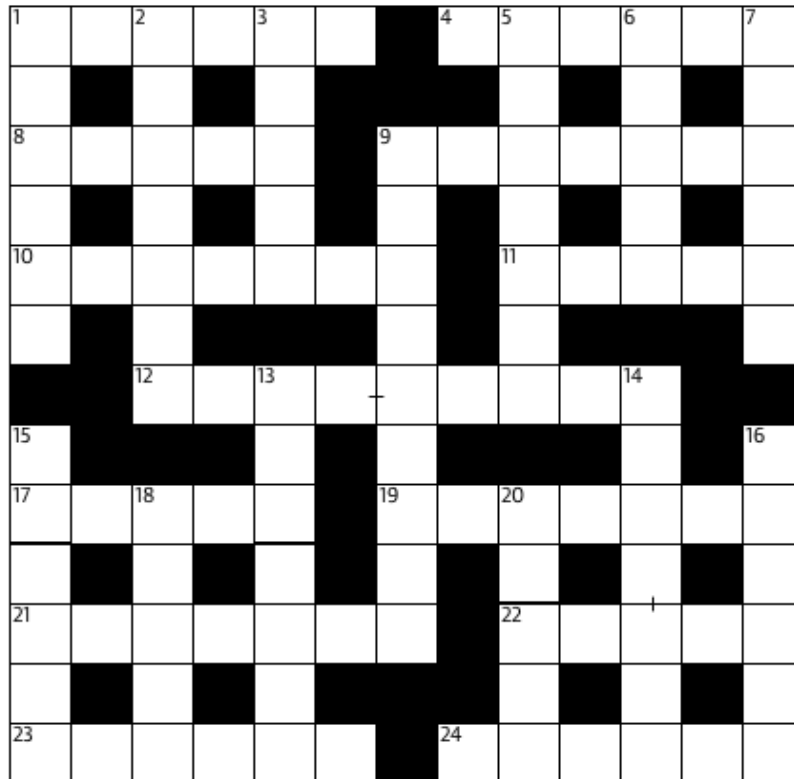
tyb.edi@gwac.org.au

MOTHERS' UNION & FRIENDS

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

The next meeting is March 27: A time of Lenten reflection.

A PUZZLE TO FINISH



Across

- 1 Modest (6)
- 4 Grieves (6)
- 8 Evil spirit (5)
- 9 Kitchen utensil (7)
- 10 Picks (7)
- 11 Stressful (5)
- 12 Achiever (4-5)
- 17 Brown in front of a fire (5)
- 19 Greenery (7)
- 21 Small strongly-flavoured food fish (7)
- 22 Scandinavian – vegetable (5)
- 23 Everything one owns (6)
- 24 Robber (6)

Down

- 1 Work out (6)
- 2 Gigantic – extinct animal (7)
- 3 Encircles (5)
- 5 Obviously (7)
- 6 French sculptor of The Kiss, d. 1917 (5)
- 7 Water ice (6)
- 9 In a shy and timid manner (9)
- 13 Clear off! (3,4)
- 14 Run into another vehicle from behind (4-3)
- 15 Relaxed (2,4)
- 16 Discover (6)
- 18 Racecourse near Windsor (5)
- 20 Bewildered (2,3)