

## December 2024

### TRAIN YOUR BRAIN

Thank you to our October Topic for the Month speaker, Brian who encouraged us to

have fun with numbers. How far did you get with the home work?

The Topic of the Month for December will our traditional Christmas Carols to get us ready for Christmas with Richard's expertise..

Activity Cycle choices will change in November. You can choose from: Mixed Skills, Rummikub (Numbers), Bananagrams (Word), Scattergrams (Memory) and Sequence (Perception).

An added extra will be a Christmas Craft Stall on December 7 in the Fellowship Area to raise funds for MS research.

A special thank you to our Kitchen Team for the great Morning Teas, they have spoilt us with.

TYB will resume on February 1. Same time, same place.

### EASY DOES IT

Ben, our physiotherapist who runs our Easy Does It Class, will help us get fit for Christmas.

Thank you to our EDI Kitchen Team who have prepared our very welcome afternoon Tea each week .

EDI will resume on Monday, February 3 at 1.30pm.

## DATES & TIMES

### Train Your Brain (TYB)

December 7  
9.30am – 12 Noon  
Registration from 9 am

The first TYB for 2025 is  
February 1

### Easy Does It (EDI)

Monday at 1.30pm except public  
holidays

The last class for 2024 is  
December 9

First EDI for 2025 is February 3

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

November 28 at 1.30pm

The first meeting for next year is  
February 27

### ENQUIRIES

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

## MOTHERS' UNION & FRIENDS

An invitation to all to celebrate ADVENT with MU& FRIENDS on Thursday 28 November 1.30pm in MR1/2. Lessons and music focusing on Advent, encouraging us to draw aside from the busyness of Christmas preparations and reflect on the coming of Christ. Afternoon tea to follow.

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

## CHRISTMAS QUIZ

	Lyric	Name of the Song
1	In fields where they lay	
2	heaven and nature sing	
3	let earth receive her king	
4	shall come to thee, O Israel	
5	joyful and triumphant	
6	the wonders of His love	
7	the cattle are lowing	
8	Christ is born in Bethlehem	
9	join the triumph of the skies	
10	lay down His sweet head	
11	and ransom captive Israel	
12	O come let us adore Him	