

September 2019

TRAIN YOUR BRAIN

In August, we welcomed back Dr Elisabeth Miglic to speak about Balance. This month Ming Chew, who many of you will

know, will help us to refresh our road rules and let us know about recent changes to them. All important information for both drivers and pedestrians. Note the Topic of the Month will be the **first item on the program** for this month's TYB event.

In our Activity Cycle this month your choices are: Mixed Skills, Rummikub (Numbers), WordWinder (Word), SET (Perception), Slapzi (Memory).

Sarah will help our physical fitness in the exercise spot. Maybe there may be some exercises to help our balance and reinforce Elisabeth's advice last month.

EASY DOES IT

Judy, Julie and Neridah have temporarily filled in the spot left by Sarah. She has provided them with plans

and advice for each session. Sarah, your assistance is greatly appreciated. William will continue with the Meeting Room 1 Sit Down Group.

MATESPLUS

Our trip for August was changed to the Post Office Gallery at Bendigo where some of the ladies

accompanied us to the exhibition of 'Royal Visits to Bendigo' We enjoyed a very comfortable train trip to Bendigo, coffee'd at Bendigo Station, strolled to the exhibition and completed the outing with lunch at the historic Shamrock Hotel (see photo on page 2).

We returned by train to Melbourne and were home in time for dinner!

DATES & TIMES

TYB

Sept. 7, October 5, Nov. 2
8.30am – 12noon

EDI

Each Monday at 1.30pm

CREATIVE CRAFT GROUP

September 18, 8pm – 10pm
Contact Lesley – 9803 1245

MATESPLUS

September 19
Aust. National Aviation
Museum
Contact David – 9560 7582

GWAC WALKERS

September 28,
8.30am at GWAC
Contact John – 9560 6136

PRAYER MINISTRY

September 3
Praise in Song, noon – 1pm

Prayer Ministry
Tuesday 1 – 2pm

ENQUIRIES

tyb.edi@gwac.org.au

MATESPLUS (continued.)

Our next outing is to Australian National Aviation Museum, Moorabbin on September 19.

Contact: David Chamberlain, 9560 7582, for information.



CREATIVE CRAFT

The Creative Craft Group will welcome spring with the creation of an attractive decoration (pictured right) to hang of your wall or give as a gift. New folk are very welcome. Put the date in your diary.

Wednesday September 18, 8pm – 10pm,
Meeting Room 2
Contact: Lesley for details – 9803 1245



GWAC WALKERS

Twelve hardy souls conquered the Merricks Rail Trail for their August adventure. Photos showed that they all looked happy and relaxed at the completion of their walk despite the trail being a little wet and uphill. The walk lasted a full two hours. The September walk will be in the National Rhododendron Gardens.

Saturday September 28.
Meet at the GWAC Carpark at 8.30am
For information please contact: John Butcher – 9560 6136.

PASTOR'S REFLECTIONS Reacting to Rules

Somewhere along the parenting journey a friend of ours introduced Brian and me to the concept of different temperaments in children and how they respond to rules. We laughed when she explained that

most children fall into three categories: Rule keepers, rule makers, and ruler breakers. We have one of each! One child happily follows the rules and never seeks to step outside of them, one always wants to renegotiate the rules, especially bedtime, and the other seems to see rules as a challenge to get around, avoid or just walk straight through!



I wonder if you have ever reflected on how you respond to rules? Are you someone who seeks to follow them to the letter of the law or are you someone who likes to negotiate your way around them, even if only in your mind! Believers in Jesus are called to respect those placed in authority over us (Romans 13), both within the church and within society. For those of us who struggle to follow rules, or even the average Aussie brought up to be fiercely independent, this can be a challenge! Submitting to authority can mean humbling ourselves, seeking the good of others, and even just simply following the road rules, acknowledging that they are there for our good and the good of those around us. Next time you are confronted with a rule, take a moment and reflect on how you naturally react.

Rev. Bree Mills

PRAYER MINISTRY

How about some singing to get us through this cold weather?
Our monthly Praise in Song begins at 12 noon, September 3, in the

Auditorium. Rev. Lauren Mallaby will accompany us once more. Remember light refreshments will follow in the Fellowship Area at 1 pm.

The regular Tuesday Prayer Ministry in the Chapel 1pm-2.30pm



QUIZ CORNER GROUP

Let's revisit our knowledge about Melbourne's weather:

1. When did it last snow in Melbourne?
2. When was the hottest day in Melbourne?
3. What was the temperature on the hottest day in Melbourne?
4. What is the average rainfall for Melbourne?
- 5.. How does a Doppler radar help the Weather Bureau?

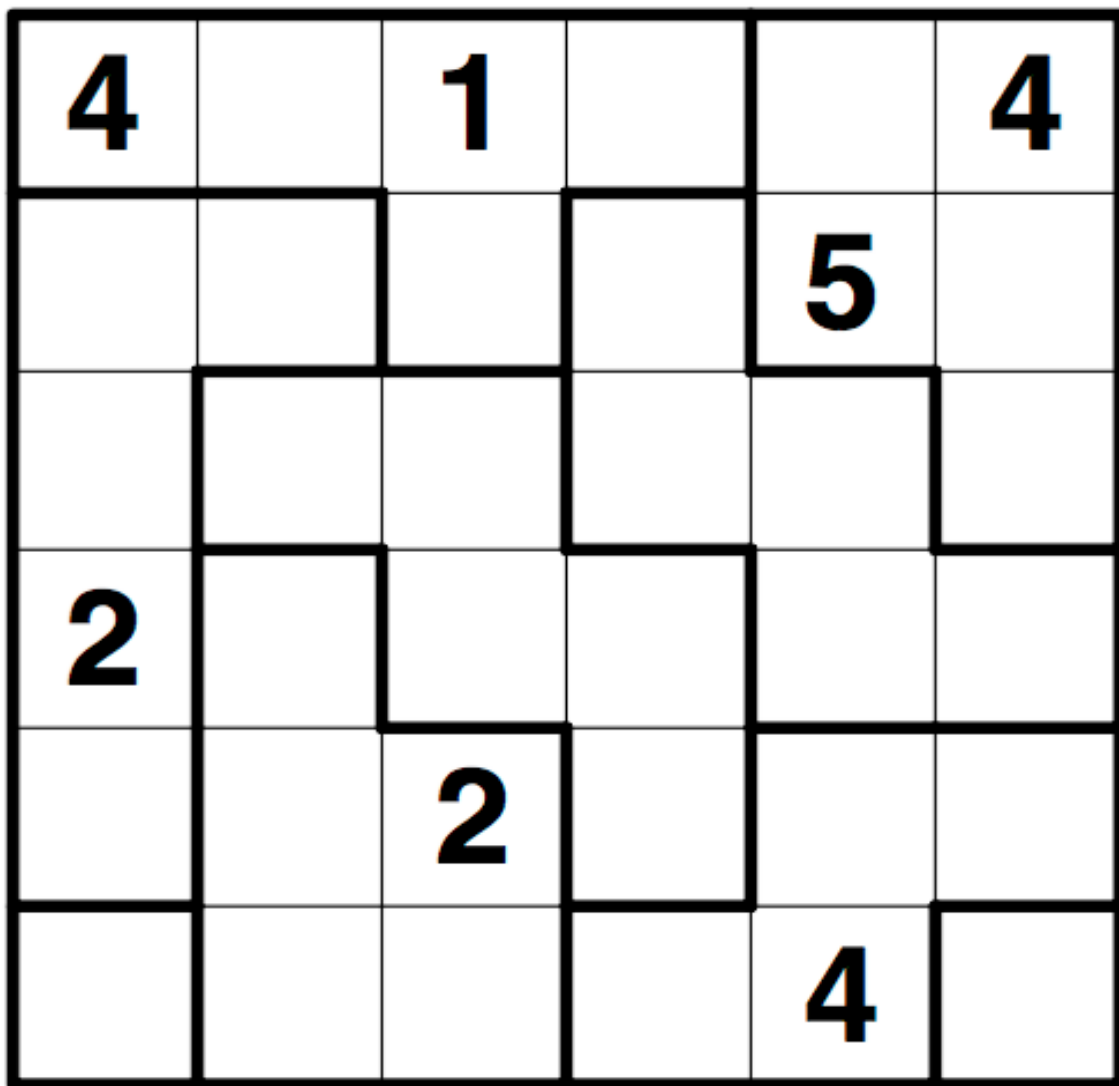
Suguru

We tried Suguru earlier this year. Just in case you have forgotten the rules, here are they are.

Rules

1. The heavy lines indicate areas, called cages, from 1 to 5 squares in size.
2. Fill each cage with unique digits counting from 1. For example, a 2-square cage will contain the numbers 1 and 2 and a 5-square cage will contain the numbers 1 to 5.
3. Adjacent (touching) squares, even ones that touch diagonally, may never contain the same number.

Suguru #2



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