

August 4, 2018

TRAIN YOUR BRAIN

Our next TYB is August 4.

There will be 5 activities from which you need to choose any 2. We have

Mixed Skills, Word Winder (Words), Concentration (Memory), SET (Perception) and Triominos (Numbers).

Our Theory Spot speaker will be Dr Richard McNeill who has spoken before about music and the brain and the importance of strong, supportive relationships between grandparents/special friends with youngsters. During the last two months, we have asked participants to let us know what their favourite songs are. His presentation is titled "Tell Me About Home: a musical journey. What has Richard got in store for us this month?

Sarah is back to run our physical work out. Special thanks to Sharon who stepped in last month to teach us some new dance steps to keep fit.

EASY DOES IT

EDI is a gentle exercise class. There is no running, fast movements or jumping up and down – just simple movements

that are as easy as walking. Come and give it a try/workout. Wear something casual that does not restrict movement and comfortable walking shoes. EDI runs between 1.30pm – 2.30pm in the Hall at GWAC followed by a chat and a cuppa. The cost is \$5 paid on the day. The first session is free, so come and give it a try.

MATESPLUS

The MatesPlus outing to Bendigo Art Gallery on July 19 was postponed due to the Thanksgiving Service of Allan

which many of those on the list to go wished to attend. Thank you David and your team for the ring around to let folk know. The trip has been rescheduled to August 2. The group will meet at Glen Waverley Station at 8am. Contact Norm Winfield - 9780 2516

CREATIVE CRAFT

Those who attended the July meeting created a device to help both adults and children who find it hard to hold a hand

of playing cards. Two old computer discs with a hole made in the

DATES & TIMES

TYB

First Saturday of the month
August 4, 8 September 1
8.30 – 12 noon

EDI

Monday 1.30pm – 2.30pm
(except public holidays)

CREATIVE CRAFT GROUP

August 15, 8pm – 10pm

MATESPLUS

August 2, Meet at 8am at
Glen Waverley Station
Bendigo Art Gallery.

GWAC WALKERS

July 28, August 25

PRAYER MINISTRY

Tuesday 1.00 – 2.30pm
Chapel at GWAC

ENQUIRIES

tyb.edi@gwac.org.au

middle were padded and joined together giving enough space to hold the cards between the discs. The device was then decorated with bits of material and buttons etc. The next meeting is in Meeting Room 2 at GWAC on August 15, 8pm – 10pm. Contact Lesley – 9803 1245

GWAC WALKERS GROUP

A great time was had by all who took up the challenge of the weather for their last walk. They travelled by light rail to the old St Kilda Station where they started their walk along Lakeside Drive with a coffee break at the National Sailing Club. To finish the day there was a choice – some visited the South Melbourne Market while others chose to investigate South Wharf. Please check the GWAC website or ring the office – 9560 7494 for details about the next walk,

REFLECTIONS FROM THE SENIOR'S PASTOR (Sharon Footit)

What does home mean to you? Home is much more than a house. It is a place where people connect with one another, in love and support and encouragement. Home usually includes a building of some sort, (a house), or, for some it is in a retirement village, where it begins with a unit, but there is capacity for one to move when the need arises into other places where more care can take place. My girlfriend used to be a staff member/care giver in a pilot program, where 5 houses in a court were set up to house Dementia patients in their own rooms, but living in one of the houses, sharing meals together, with one lounge room, courtyards outside and all the stuff that makes a house into a home. In this series of homes, residents were encouraged to be part of cooking the meal

together, under supervision of a staff member, and negotiate what they will do for the day and what they will watch on TV, just like any other home environment. Making houses into homes is very important for our health, physical, emotional and mental.

Jesus, God in human flesh, made his home among us. He showed us what belonging in God's home was really like. He showed us love, and grace; he welcomed people who were rejected by others, and isolated in life. He still does this in the form of the Spirit, who he sends to make his home among us; indwelling us and telling us of Jesus. More than this, we are promised a time in the future, when we will be permanently at home with Jesus and his father.

I heard a loud shout from the throne, saying, "Look, God's home is now among his people! He will live with them, and they will be his people. God himself will be with them. 4 He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever."

Now, that's a home I am really looking forward to being part of!!!

QUIZ CORNER

What is the metric value of the following?

An inch, a foot, an acre, a rod, a chain, a yard, a pint, a gallon, a quart.

General Knowledge (Beware the obvious response may not be the real answer.)

1. What is the colour of the flight recorder used to give information to investigators about a commercial plane malfunction?
2. How long was the Hundred Years War between England and France? What were the starting and finishing dates?
3. What was George the VI's first name? Why was it not used when he became king?
4. What is the name of the singer with the hit song "These Boots Are Made For Walking". What was her father's nick name?
5. What makes brown sugar brown?
6. What town is at the convergence of the Murray and the Darling Rivers?
7. Who was the first European to arrive and map part of the Australian continent? What part did he map?