

## ISSUE NO-1 May 2018

### TRAIN YOUR BRAIN

TYB will resume running on the first Saturday of the month from July 7.

Thank you for the

suggestions for new games and theory topics. We have a speaker for theory spot about the benefits of music and singing for Seniors. Next month we will look at Thinking Tools. Please keep the ideas coming in.

May 26, will be the second month of our three-month cycle of activities to really keep you thinking. There will be 5 activities from which you need to choose any 2, preferably not the same as last time but that is up to you. We have Mixed Skills, 5 Second Rule (Words), Linkee (Memory), Unikato (Perception) and Jamacia AKA Mental Maths (Numbers). More information about each activity is on page 2.

Sarah will run our Exercise Spot again. Have you been doing those exercises she showed us last TYB?



Our Theory Spot speaker will be Paul Collier. His topic asks the question "Is this depression or what?"

A bit about Paul:

I was born in Dimboola (cool, huh?) in 1956. I am married to Sue. I am therefore known as Waldo's dad. I am also Anthony's dad, Anne-Marie Ternes' dad, and Grandpa. I graduated in medicine in 1980 and later trained as a psychiatrist. I worked in mental health for 25 years. I attend the 5 pm service at GWAC, and enjoy singing in the Royal

Melbourne Philharmonic Choir.

A bit about the topic: Depressive disorders are common and cause much suffering. That said, other things can mimic, contribute to or accompany depression. To assist people who appear depressed we all need to ask, "Is this depression, or what?"

## DATES & TIMES

### TYB

First Saturday of the month

July 7, August 4

8.30 – 12noon

### EDI

Monday 1.30pm – 2.30pm  
(except public holidays)

### CREATIVE ART GROUP

July 18, 7.30pm – 10.00pm

### MATES PLUS

Railway Museum

June 21, 9.30pm

### GWAC WALKERS

Albert Park Lake – 7 km

June 23, 8.30am

### PRAYER MINISTRY

Tuesday 1.00 – 2.30pm  
Chapel at GWAC

### ENQUIRIES

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

## 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. With regular practice these movements can improve balance, muscle strength and flexibility. 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 next MatesPlus event is a private visit to the Railway Museum on June 21. The group will meet at Glen Waverley Station at 9.30am. The cost is \$9 plus lunch.

Contact Norm Winfield 9780 2516

## GWAC WALKERS

Group walks range from 6-10 km of easy to moderate difficulty somewhere in the great outdoors. Their next outing is a 7km walk with a focus on Albert Park Lake on Saturday June 23. They will meet at Glen Waverley Station at 8.30am.

Contact John Butcher 9560 6136

## TYB ACTIVITIES CYCLE FOR MAY 5, MAY 26 and JULY 7

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|---|---|---|
| <b>Mixed Skills</b><br>This is a collection of games and puzzles that will provide a challenge in all the key mental skills areas. Some can be played individually and some in a small group. Choose something that matches your level challenge. | <b>Words 5 Second rule</b><br>It should be easy to name 3 breeds of dogs – but can you do it under pressure of a short space of time. Time is not on your side, so just say what comes into your mind. It's all good fun. | <b>Memory Linkee</b><br>A simple, shout out loud fast and fun quiz game. It will get you thinking and using your memory <b>fast</b> . You don't win by getting the answer right, but by guessing the link between the answers. No boring waiting for your turn. |
| <b>Perception Unikato</b><br>Tiles are placed to match 3 of 4 dimensions e.g. size, colour, shape etc. It requires the ability to quickly sort and weigh options across possible placements.  | <b>You will be able to choose any 2 of these activities.<br/>Just see Marina and Martin to obtain your activity cards.</b>  | <b>Numbers Mental Maths</b><br>The group needs to find an equation to equal the challenge of the dice number . . . . if they can. Speed is of the essence. The team will let you play at your level.  |

### DO YOU WANT US TO PRAY FOR YOU or WITH YOU?

Prayer is always available at TYB with a member of our GWAC Prayer Team. Just look for a person wearing a special Prayer logo with their name tag. Alternatively, you can fill out a Request and place it in the Prayer Box just outside the Auditorium. Requests are strictly confidential.

Glen Waverley Anglican Church, St Barnabas Ministry Centre, 800 Waverley Rd, Glen Waverley, 3150

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