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Serving the community for 60 years

A	L	T
S	B	C
I	D	U

Target Letter Game - How many words can you make using the letters in the grid

Instructions:

All words must contain the Red Letter in the centre square.

Each letter can be used only once per word.

Words must contain at least three letters.

Names can be used.

Letters don't have to be connected to each other i.e. Built

Morning

I wanted to share with you some ideas I have put together that might appeal to you. Hopefully something might interest you, and maybe you can share with me other options for people in the areas as I am a newbie.....

- ✓ Join the **library** either on line or in person. The Council has a free home library service. The service is available to Brisbane residents unable to visit a Council library due to frailty, disability or long-term illness.
Eligibility:
Brisbane residents who are unable to visit a library in person due to frailty, illness or disability and their full-time carers are eligible to receive Council's Home Library Service. You can also access books, audiobooks, magazines, music and films thru the Council's online app. Saves money on magazines and transport
<https://www.brisbane.qld.gov.au/things-to-see-and-do/council-venues-and-precincts/libraries>
- ✓ **Zumba Gold – Free Classes** Captain Burke Park, 117 Holman Street, Kangaroo Point. Perfect for active older adults who are looking for a fun way to keep moving with easy-to-follow moves.
<https://www.brisbane.qld.gov.au/whats-on-and-events/event/zumba-gold-153011025>
- ✓ **Seniors Cheese Making Class** at Brisbane Botanic Gardens - Outdoor kitchen Mount Coot-Tha Road, Toowong, QLD 4066. A free event Wed., 8 September 2021 at 9:30 am – 12:30 pm. To register <https://www.brisbane.qld.gov.au/whats-on-and-events/event/seniors-cheese-making-class-154515488>
- ✓ **University of the Third Age** established in 1986, U3A Brisbane is a self-funded organisation, managed and operated entirely by volunteers, which provides a wide range of intellectually stimulating activities for older people. They also provide tutors. <https://www.u3abrisbane.org.au/>
- ✓ **Dendy Cinemas** (Portside and Coorparoo) - \$7 Senior each Wednesday morning. Enjoy the movie with a complimentary morning tea.
- ✓ **New Farm & Districts Historical Society** is a community-based organisation whose members are passionate about ensuring the rich and vibrant history of New Farm and nearby suburbs is not forgotten. Saturday 28 August 2021, 2.30pm The Garnett Family Grocery Store
<https://newfarmhistorical.org.au/>
- ✓ **Tai Chi Qigong** at New Farm Park every Saturday 8 – 9am, \$5
- ✓ **Museum of Brisbane** offers tours – Public Art Walking Tours \$30 or free City in the Sun Tours within the museum. <https://www.museumofbrisbane.com.au/>

Remember we have vacancies for most of our days so feel free to book in, keep safe, well and happy.....Lynelle



Booking policy: *bookings are essential.* All bookings and changes to go to the Office on 3391 8122.

'A Day in the Life'

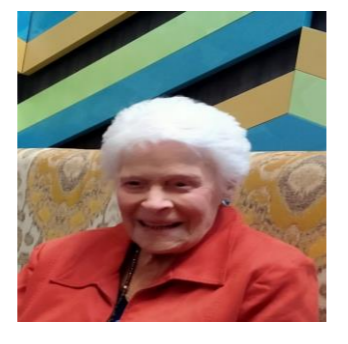
By Volunteer Trevor

Hello there Metro Hub Family, I do hope you are all well and getting by okay during these times. This month, I've got Betty, Shirley & Yvonne from the Wednesday Outings team and our lovely Activities Officer – Kym. I do hope you all have a great month and I look forward to seeing you all next month...
Ciao

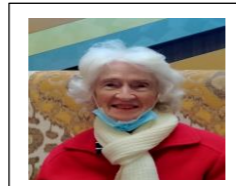
Kym enjoys catching up with friends and family especially the grandkids, going to the theatre or movies when possible, catching up for a coffee date and the occasional weekend away to the beach. When Kym was 9yrs old she remembers doing a particular test at school where she knew the answer to the question but didn't write it down correctly and changed it. The teacher then asked the boy who marked it and herself to go outside and "discuss" the situation. Of course, she had to admit that she had changed it. Instead of getting into trouble, her very wise teacher taught her the importance of honesty and it didn't matter if she got the answer right or wrong but should always be truthful. A lifelong lesson well learnt. Kym has 5 daughters, all with very different personalities. The eldest is a professional who works very long hours, is married and has 3 wonderful, talented children. Her second daughter lives on a property in Gympie with her husband and 2 children. Her third daughter and partner have a lovely daughter who many of the members know as she liked to come to nanna's work when she was little. Her youngest daughters live with her, one is a very talented artist who has taken over the back patio to create her studio and the other is a flight attendant who loves to travel and see the world (She is having withdrawal symptoms with the current state of the world). Most of us all know of Kym's beautiful border collie, Wally. He has his own Instagram page with over 1000 followers. Wally is one big black and white ball of fun and so gorgeous... Kym's favourite part of working at the Metro Hub has to be the pure joy she experiences while sharing in the lives of all the beautiful people she gets to spend her days with. Kym says she feels as though we're closer than friends. One lady once said to her "Kym we are family."



Betty remembers going to a place called Cashes Crossing (located in the Albany Creek area on the southern side of the South Pine River. It was originally called Chinaman's Creek, then later known as Cash's Crossing). She says she remembers a time going there with her then boyfriend who became her husband, he wanted her to go swimming, but Betty couldn't swim. But she decided to go in and unfortunately began to sink and required saving. A good memory anyway. Betty went to Holy Cross school in Wooloowin, she also remembers that she was quite ill for some of the time, but she loved English. Betty enjoys going to the seaside as an interest and her most favourite destination is Melbourne.



Shirley remembers going to ballet class, then as she became older, she became a teacher and examiner. Fond memories indeed. Shirley went to the Holy Spirit School in New Farm, where she enjoyed doing Shorthand, reading a good book and devouring it. Like Betty, Shirley also enjoys holidays to the seaside.



Yvonne remembers when she was 4 yrs old, she fell off a drum and split open her head leaving her with a scar. Yvonne went to Dalby State High school and enjoyed taking Home Science. Yvonne enjoys knitting and remembers making quite a few things. Yvonne loved going away on family holidays to Tugun on the Gold Coast.



HAPPY BIRTHDAY TO YOU:

Llewellyn H, Bev C, Vonda F, Roy R,
Lorraine P, Shirley H, Trish C, Adelle K,
Dianne S, Desley S, Elizabeth C, Rose
W

September Birthstone – Sapphire

Asters and Morning
Glory– a symbol of love
affection Unrequited
love, mortality



JUST FOR LAUGHS –

An elderly couple visits McDonalds. He ordered one hamburger, one order of French fries and one drink.



The old man unwrapped the plain hamburger and carefully cut it in half. He placed one half in front of his wife. He then carefully counted out the French fries, dividing them into two piles. And neatly placed one pile in front of his wife.

He took a sip of the drink, his wife took a sip and then set the cup down between them.

As he began to eat his few bites of hamburger, the people around them kept looking over and whispering.

You could tell they were thinking; 'That poor old couple. All they can afford is one meal for the two of them.'

As the man began to eat his fries a young man came to the table. He politely offered to buy another meal for the old couple.

The old man said they were just fine. They were used to sharing everything.

The surrounding people noticed the little old lady hadn't eaten a bite. She sat there watching her husband eat and occasionally taking turns sipping the drink.

Again, the young man came over and begged them to let him buy another meal for them. This time the old woman said; 'No thank you, we are used to sharing everything.'

As the old man finished and was wiping his face neatly with the napkin, the young man again came over to the little old lady who had yet to eat a single bite of food and asked; 'What is it you are waiting for?'

She answered; 'The TEETH!'

