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Hub Happenings

July 2022
 Volume 22, Issue 6
 22 Qualtrough Street Woolloongabba, 4102
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Serving the community for 60 years

Can you solve these picture puzzles? Answers next month

25 THIS SOMETHING	26 BRING FUN	27 STcelebrateYLE
28 L Y I N G J O B	29 THE QESIN	30 12.00 P.M. THIS
31 RAEG	32 AFTER ME AFTER ME	33  —ONS
34 1760 YARDS 14 LBS	35 PROMIGES	36 A I N T

Members ask...What is Come Dance with me on the Calendar?

Dancing is good for your brain - Come Dance with Me

Recall old steps from memory, choose to create new ones, no matter, there is no wrong way, only your way.

Our weekly dance classes provide a failure free opportunity for all people affected by dementia, to engage in physical exercise and social engagement whilst providing creative opportunities for the joyful expression of emotion and feeling through movement. Benefits include increased sociability, sustained friendships, and countless moments of creative playfulness, accompanied by exciting, heart-warming improvements in cognitive function. Examples are communication, increased ability to focus, pay attention, concentrate and stay in the moment, orientation to time place and person and a very rewarding decrease in periods of anxiety.

We exist for everyone affected by dementia, including partners and friends. We know from experience, that dancing and having a 'cuppa' with those who have the personal experience to empathise, makes a positive difference. Our members are people still living in the community who are independently mobile, able to take care of personal needs, or are accompanied by a person who can provide assistance, if/as required. The class is held on Tuesdays. It begins at 10.30 am and ends at 12.30 pm. Volunteers are there before 10.15 am.

No need for special clothes, we wear loose, comfortable clothing and well-fitting shoes.

We have morning tea half way through the class and it lasts for approximately half an hour. Sometimes this will be longer, if we have a Birthday to celebrate (we always have a special cake), but not shorter. The social aspects of the class are very important and morning tea is substantial e.g. fruit, cheese, biscuits, cake

We try to ensure everybody drinks water regularly and rests if tired. For further information, contact the:

Class Coordinator, Beverley Giles OAM at: Email: beverleygiles4@gmail.com
 Mobile: 0409 844 814

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



CHANGE IS CONSTANT!



There have been many big changes in the world in the 70 years since Queen Elizabeth the Second, started her reign in February of 1952. Here's a few random facts I managed to gather thanks to the wonders of the internet:

	<u>1952</u>	<u>NOW</u>
World human population	2.6 billion	7.8 billion
Australian population	8.7 million	25.7 million
Brisbane population	470,000	2.6 million
Median age in Australia	30 years	37 years
Cars on the planet	25 million	1.4 billion
Satellites in space	0	8,221
Average weekly wage	\$28	\$1200
Average city house price	\$4000	\$920,000
Women in House of Reps (Fed)	0	58
Women in Senate (Fed)	4	43
Average sea level	10cm above 1880 level	26cm above 1880 level
Average temperature	Gone up by 1 degree since 1952	
Sovereign Countries	108	193
Peopled Moon landings	0	6
Smallpox cases (world)	167,000	0

FUN FACT – Queen Elizabeth's full title is - "Elizabeth the Second, by the Grace of God, of the United Kingdom of Great Britain and Northern Ireland and of Her other Realms and Territories Queen, Head of the Commonwealth, Defender of the Faith." Note that "Queen of England" is not her title. The last Queen of England, Scotland and Ireland was Queen Anne up until the "Acts of Union" created Great Britain in 1707

Happy Birthday to you:

Raey W; Ellen R; Phillipa W; Andrew D; Marina F; Mollie Jean H; Margaret K; Beryl Egan; Margaret H; Margaret D; Ester E.

July Flower – Larkspur: Water Lily
Meaning – Positivity, dignity, Purity

July Birthstone – Ruby
Meaning – protection from evil
Love and Passion



I heard on the news this week that Australia has qualified for the World Cup. It reminded me of this little gem I read some time ago and thought I'd share it for all our footy fans.

An Australian dies and is sent to hell. He had been a horrible man throughout life and even the devil wanted to punish him, so he puts him to work breaking up rocks with a sledgehammer. To make it worse he cranks up the temperature and the humidity, "Love my Kingdom!" laughs the devil.

After a couple of days, the devil checks in on his victim to see if he is suffering adequately. The devil is aghast as he looks at the Aussie happily swinging his hammer and whistling a happy tune. The devil walks up to him and says, "I don't understand this. I've turned the heat way up, it's humid, you're crushing rocks ... why are you so happy?"

The Aussie, smiling big, looks at the devil and replies, "This is great! It reminds me of January in Australia. Hot, humid, a good place to work. It reminds me of home. This is fantastic!"

The devil, extremely perplexed, walks away to ponder the Aussie's remarks. Then he decides to drop the temperature, send down driving wind and torrential rain. Soon, hell is a wet, muddy mess. Walking in mud up to his knees with dust blowing into his eyes, the Aussie is happily slogging through the mud pushing a wheelbarrow full of crushed rocks.

Again, the devil asks how he can be happy in such conditions. The Aussie replies, "This is great! Just like September in Darwin. It reminds me of working out in the fields with spring planting!"

The devil is now completely baffled. Angry, and desperate to make hell really hell, he tries one last ditch effort. He makes the temperature plummet. Suddenly hell is blanketed in snow and ice. Confident that this will surely make the Australian unhappy, the devil checks in on him.

He is aghast at what he sees. The Aussie is dancing, singing, and twirling his sledgehammer as he cavorts in glee. "How can you be so happy? Don't you know it's 40 below zero?" screams the devil.

Jumping up and down the Aussie throws a snowball at the devil and yells, "Hell's frozen over!! This means the Wallabies won the World Cup!!!"