

Brain Games Group

Live Well **Feel Good**

Challenging your brain and staying socially active are the two most important factors in avoiding the pitfalls of ageing.

This is not your average quizz group. Run by volunteers Bruce, Caroline & Kate, who produce really thought provoking material. A stimulating hour and a half of presentations, brain teasers and group discussion.

Come for a FREE trial on Monday for newcomers.

“We have so much fun and learn so much from the wonderful presenters that I always walk out with a smile on my face and lightened mood”

Moyra D



Mondays

1.30pm

Canterbury Centre,
2 Rochester Road, Canterbury

Cost: \$5

Transport: \$5 each way

Come early at 12.30pm to enjoy a delicious 3 course lunch for only \$12

 **BASScare**

BOROONDARA AGED SERVICES SOCIETY

ENQUIRIES

9880 4709

WEBSITE

basscare.org.au

FACEBOOK

@BASScareAgedCare