



exercise your brain at...



Brain Games Group

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 and Dom, 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.

VOLUNTEER RESEARCHERS WELCOME

Cost: \$5

Transport: \$5 each way (booking required)

**Learning
in a fun way**

Mondays

1.30pm

**Canterbury Centre,
2 Rochester Road, Canterbury**

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