



# Out and About Group

Volume 1, Issue 1

A social group for active older women and men  
Brunswick Uniting Church

## What's happening in the next few months

**Friday 22 September** 10.30 am—2.30 pm in the Olive Way room.

Flowers for enjoyment and giving! Valmai will demonstrate some simple ways to assemble a floral gift for a friend or a vase of flowers for a shelf or table using what's available. Discussion point—bring along a picture of a garden you have visited on your travels and share a story about it. Gold coin donation if you wish. Bring a plate to share for lunch. Tea and coffee provided.

Question? Do you think the floral arts are a women-only interest? Answer—Seems to be

**Friday 20 October.** Visit Victorian Artists Gallery 430 Albert Street East Melbourne. for the current exhibition FIVE. Meet at 11 am at the Gallery.

Helen Burnham's friend is exhibiting. <https://fiveartexhibition.blogspot.com.au>

But consider Botanical drawing and study, Ikebana, Bonsai. Men have made a specialty of these. And then there's the poets! And the artists - "I perhaps owe having become a painter to flowers." Claude Monet

**Friday 10 November.** Tour of Parliament House Melbourne.

This tour has been specially arranged for our group. RSVP to Helen essential. Meet at 10.40 am at Parliament House in Spring Street, at the top of Bourke Street ready to begin the tour at 11 am. (1 hour tour) Details of accessible entrance will be made available. Lunch at Treasury Café., 1 MacArthur Street.

**Date TBC**—End of year luncheon. Same place as last year? Suggestions please.

Out and About is for active older people with weekday flexibility and who enjoy socialising. We visit places of interest and enjoy having meals and coffee breaks with each other. We try to use public transport whenever possible. Sometimes there will be a cost for entrance fees or refreshments. Contact Helen Rowe 0423 009 813

## Other activities at BUC you may choose to support

**Saturday 16 September**  
Glitter Balls and Big Hair  
Fundraiser for Palestine Israel  
Ecumenical Network PIEN

**Thursday 12 October**  
Griefs Observed 1—what to say, what to do.

**Thursday 19 November**  
Griefs Observed 2—The Hidden Experience. Whatever or whoever you have lost. A safe and loving place to be.

Creative Arts Exhibition Fri 27 Oct –Tues 7 Nov.

**What is Creativity? and What does Creativity mean to you?** You are invited to respond in any

art form and medium as our exhibition encompasses music, poetry, prose, dance, story-telling, visual art, craft, sculpture and more! It is open to all ages and our focus is on gratitude, inclusion and celebration.

Please join us by contacting Ann Soo

(annsoo11@tpg.com.au) or Simone Alesich for more details. Closing date for submissions are 21/10 and 22/10 when works will be accepted!