

All About Living February Social Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
5 All About Living Choir \$10.00 per person Ladies Group \$10.00 per person	6 Men's Group Maleny BBQ \$15.00 per person	7 Body Movement Class \$10.00 per person	1 Thursday Group Lunch @ Hall \$10.00 per person	2 Lifestyle Program \$10.00 per person
12 All About Living Choir \$10.00 per person	13	14 Body Movement Class \$10.00 per person	8 Thursday Group Woodford \$10.00 + lunch	9 Lifestyle Program \$10.00 per person
19 All About Living Choir \$10.00 per person Ladies Group \$10.00 per person	20 Men's Group Deep Water Bend \$10.00 per person	21 Body Movement Class \$10.00 per person	15 Thursday Group Chinese New Year \$15.00 per person	16 Lifestyle Program \$10.00 per person
26 All About Living Choir \$10.00 per person	27	28 Body Movement Class \$10.00 per person	22 Thursday Group Wwalkabout Creek \$10.00 + lunch	23 Lifestyle Program \$10.00 per person

Choir: 10.30am - 11.30am

Every Monday at 10.30am the All About Living Choir will meet up at the activity centre with our musical director Jenni. Come along, join in and have fun while singing with like minded people!

Cost \$10.00 per person or \$15.00 for non participants

Ladies Group:

The Ladies group meet up fortnightly and enjoy a range activities like art and crafts, high tea and board games. We meet at the All About Living head office in Sandgate. Morning tea and lunch are included.
\$10.00 per person

Body Movement Class - 10.00am—11.00 am:

A light exercise and movement class with Gentle, flowing moves
Breathing
Stretching
Seated or standing exercises
Suitable for all ages
Fun and easy to follow
\$10.00 per person

Men's Group

6/2 Maleny

Come and join us as we have a BBQ lunch at Mary Cairncross park at Maleny.

\$15.00 per person

20/2 Deep Water Bend

Today we will be going for a picnic lunch at Deep Water Bend. We will be taking the fishing rods and hoping to get a bite!

\$10.00 per person

Thursday Group

1/2 Lunch at the Activity Centre

Come and join us today for a day of fun at our activity centre. We will have quizzes and prizes followed by lunch. Come and join in the fun!

\$10.00 per person

8/2 Woodford

Today we will be taking a trip to the town of Woodford. We will be wondering around the shops in the main street and have lunch at a local café.

\$10.00 + lunch per person

Please note: This activity requires a fair amount of walking - please keep this in mind when you consider booking in for this activity.



15/2 Chinese New Year

Come and join us in celebrating the Chinese New Year—the year of the dog at our activity centre.

\$15.00 per person

22/2 Walk about creek

Today we will be visiting the Walkabout Creek discovery centre followed by lunch at the café.

\$15.00 + lunch per person

Lifestyle Program - Friday 10am—11 am

Stay flexible

Improve your balance

Recover muscles

Meet new people

Have fun!

\$10.00 per person