

# All About Living March Social Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
5 <b>All About Living Choir</b> \$10.00 per person <b>Ladies Group</b> \$10.00 per person	6 <b>Men's Group</b> Armchair Travel \$10.00 per person	7 <b>Body Movement Class</b> \$10.00 per person	8 <b>Thursday Group</b> St Patrick's Day \$10.00 per person	9 <b>Lifestyle Program</b> \$10.00 per person
12 <b>All About Living Choir</b> \$10.00 per person	13	14 <b>Body Movement Class</b> \$10.00 per person	15 <b>Thursday Group</b> Mary Cairncross Park \$15.00 per person	16 <b>Lifestyle Program</b> \$10.00 per person
19 <b>All About Living Choir</b> \$10.00 per person <b>Ladies Group</b> \$10.00 per person	20 <b>Men's Group</b> Movies \$10.00 + ticket	21 <b>Body Movement Class</b> \$10.00 per person	22 <b>Thursday Group</b> HEALTH FORUM \$10.00 per person	23 <b>Lifestyle Program</b> \$10.00 per person
26 <b>All About Living Choir</b> \$10.00 per person	27	28 <b>Body Movement Class</b> \$10.00 per person	29 <b>Thursday Group</b> Easter Lunch \$10.00 per person	30 <b>Lifestyle Program</b> \$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**  
6/3 Armchair travel

Today we will be taking a trip to Cameroon! We will be learning facts, hearing stories and eating food from Cameroon.  
\$10.00 per person

**20/3 Movies**

Today we will be going to the movies to see the latest block buster film!  
\$10.00 + ticket per person

**Thursday Group**

**1/3 Bramble Bay Bowls Club**

Come and join us today as we sit by the water for morning tea then go to the Bramble Bay Bowls Club for lunch.  
\$10.00 + lunch per person

**8/3 St Patricks Day**

Today we will be celebrating St Patricks day at the activity centre.  
\$10.00 per person

**15/3 Mary Cairncross Park**

Today we will be going to Mary Cairncross Park at Maleny for a picnic lunch  
\$15.00 per person

**22/3 Health Forum**

Today we will be holding a Health Forum at our activity centre. We will have guest speakers on the following topics:

- Hearing - Jessica -National Hearing Care
- Physio - Jackie - Global Community Resourcing
- Exercise class - Karen - All About Living
- Podiatry - Foot Ease
- Continence - Kayla - Wellness Rehab

**29/3 Easter Lunch**

Today we will be having a lunch to celebrate Easter at our activity centre!  
\$10.00 per person

**Lifestyle Program** - Friday 10am—11am

- Stay flexible
- Improve your balance
- Recover muscles
- Meet new people
- Have fun!