



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Lifestyle program \$10.00 per person
4 All about living Choir \$10.00 per person	5	6 Body Movement Class \$10.00 per person	7 Thursday Group The Abbey Museum \$20.00 per person	8 Lifestyle program \$10.00 per person
11 All about living Choir \$10.00 per person. Ladies Group \$10.00 per person	12 Men's Group Boondall Wetlands \$10.00 per person	13 Body Movement Class \$10.00 per person	14 Thursday Group World Kindness Day \$10.00 per person	15 Lifestyle program \$10.00 per person
18 All about living Choir \$10.00 per person	19	20 Body Movement Class \$10.00 per person	21 Thursday Group Caboolture Historical Village \$21.00 per person	22 Lifestyle program \$10.00 per person
25 All about living Choir \$10.00 per person Ladies Group \$10.00 per person	26 Men's Group Diners Club \$10.00 per person + Lunch	27 Body Movement Class \$10.00 per person	28 Thursday Group Diners Club \$10.00 per person	29 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.

\$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
- Fun and easy to follow
- \$10.00 per person
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Men's Group

12/11 Boondall Wetlands

Come and visit the Boondall Wetlands Environment Centre. You can view the environmental and cultural display, discover facts about the fauna and flora and learn about the importance of preserving our natural areas followed by a BBQ Lunch.

\$10.00 per person

26/11 Diners Club

Today we will be going to Caboolture Sports Club for a delicious Lunch and fine company.

\$10.00 per person + Lunch

Thursday Group

7/11 The Abbey Museum

Be in awe with a guided tour of medieval, Edwardian and Victorian Stained Glass in the Abbey Church and a self guided tour of the Abbey Museum archaeological gallery.

\$20.00 per person

14/11 World Kindness Day

Today we will be celebrating World Kindness Day in the comfort of our Activity Centre. Kindness is known as a virtue, and recognized as a value in many cultures and religions. Scientific research indicates that altruistic deeds have a profound impact in our wellbeing.

\$10.00 per person

21/11 Caboolture Historical Village

Let's take a trip back in time with a guided tour through the Caboolture Historical Village, past the old post office, barber, butcher and general store, which is sure to bring back memories for many.

\$21.00 per person

28/11 Diners Club

Today we will be going to the North Leagues Sports Club for a delicious Lunch and enjoy the company of your fellow participants.

\$10.00 per person + Lunch

Lifestyle program - Friday 10am—11am

A light exercise and movement class with

- Gentle, flowing moves
- Breathing
- Stretching
- Seated or standing exercises
- Fun and easy to follow
- \$10.00 per person