

All About Living : North Brisbane Aged Care over 65's only Social Calendar for February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 All about living Choir \$10.00 per person Ladies Group \$10.00 per person	4 Men's Group Maleny Cheese Factory \$ 22.00 per person	5 Body Movement Class \$10.00 per person	6 Thursday Group Brighton Bowls Club \$10.00 per person	7 Lifestyle program \$10.00 per person
10 All about living Choir \$10.00 per person	11	12 Body Movement Class \$10.00 per person	13 Thursday Group Redcliffe Museum and BBQ \$10.00 per person	14 Lifestyle program \$10.00 per person
17 All about living Choir \$10.00 per person Ladies Group \$10.00 per person	18 Men's Group Movie Buffs \$10.00 per person + Ticket	19 Body Movement Class \$10.00 per person	20 Thursday Group Brighton Bowls Club \$10.00 per person	21 Lifestyle program \$10.00 per person
24 All about living Choir \$10.00 per person	25	26 Body Movement Class \$10.00 per person	27 Thursday Group Maleny Cheese Factory \$22.00 per person	28 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 of 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

Men's Group

04/02 Maleny Cheese Factory

Our outing today will see us travelling past the stunning glass house mountains and rolling green pastures to the Maleny Cheese Factory for a delicious cheese tasting and Devonshire Tea.

\$22.00 per person

18/02 Movie Buffs

Let's sit back and relax in the cool comfort of the movie theatre while watching the latest block buster movie.

\$10.00 per person + Ticket

Choice | Support | Connection

Thursday Group

06/02 Valentines Day

Today is the day we express our love and gratitude to the special people in our lives. We will be creating cards and learning a little history about the Day at our activity centre. The Brighton Bowls Club. \$10.00 per person

13/02 Redcliffe Museum & BBQ

Reminisce about the heyday of seaside holidays and marvel at the vision and hard work needed to make the peninsula what it is today, followed by lunch in a local park.

\$10.00 per person

20/02 Chinese New Year

Today we will be celebrating the Chinese New Year in the comfort of the Brighton Bowls Club.

\$10.00 per person

27/02 Maleny Cheese Factory

Our outing today will see us travelling past the stunning glass house mountains and rolling green pastures to the Maleny Cheese Factory for a delicious cheese tasting and Devonshire Tea.

\$22.00 per person

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