

# All About Living : North Brisbane Aged Care over 65's only

## Social Calendar for July 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13 <b>All about living</b> Choir \$10.00 per person	14	15 <b>Body Movement Class</b> \$10.00 per person	16 <b>Thursday Group</b> Brighton Bowls Club \$10.00 per person	17 <b>Lifestyle program</b> \$10.00 per person
20 <b>All about living</b> Choir \$10.00 per person <b>Ladies Group</b> \$10.00 per person	21	22 <b>Body Movement Class</b> \$10.00 per person	23 <b>Thursday Group</b> Brighton Bowls Club \$10.00 Per person	24 <b>Lifestyle program</b> \$10.00 per person
27 <b>All about living</b> Choir \$10.00 per person  Ph: 07 3269 1915	28 <b>Men's Group</b> Brighton Bowls Club \$10.00 per person	29 <b>Body Movement Class</b> \$10.00 per person  <a href="http://www.allaboutliving.com.au">www.allaboutliving.com.au</a>	30 <b>Thursday Group</b> Brighton Bowls Club \$10.00 per person	31 <b>Lifestyle program</b> \$10.00 per person  Page 1



**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**

**28/07 Christmas in July**

It's starting to look a lot like Christmas! Join us at the Brighton Bowls club for a delicious Christmas roast, games and to sing some carols together.

\$10.00 per person

**Thursday Group**

**16/07 Reunion Lunch**

After months of groups having to be on hold we want celebrate reuniting with a delicious Lunch at the activities centre where we will be able to catch up with friends and enjoy each others company.

\$10.00 per person

**23/07 Christmas in July**

It's starting to look a lot like Christmas! Join us at the Brighton Bowls club for a delicious Christmas roast, games and to sing some carols together.

\$10.00 per person

**30/07 Arm Chair Travel to Italy**

Come Join us as we travel to little Italy without ever leaving Queensland by spending the day learning about Italian culture, language and of course indulging in Italian cuisine. That's amore!

\$10.00 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

**N.B: All About Living use the Brighton Bowls Club as their Activities centre. All Groups will be held at our Activities centre until further notice.**