

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Men's Group Brighton Bowls Club \$10.00 per person	2 Body Movement Class \$10.00 per person	3 Thursday Group Brighton Bowls Club \$10.00 per person	4 Lifestyle program \$10.00 per person
7 All about living Choir \$10.00 per person	8	9 Body Movement Class \$10.00 per person	10 Thursday Group Dinners Club \$10.00 per person+ Lunch	11 Lifestyle program \$10.00 per person
14 All about living Choir \$10.00 per person Ladies Group \$10.00 per person	15 Men's Group Dinners Club \$10.00 per person + Lunch	16 Body Movement Class \$10.00 per person	17 Thursday Group Brighton Bowls Club \$10.00 per person	18 Lifestyle program \$10.00 per person
21 All about living Choir \$10.00 per person	22	23 Body Movement Class \$10.00 per person	24 Thursday Group Brighton Bowls Club \$10.00 per person	25 Lifestyle program \$10.00 per person
28 All about living Choir \$10.00 per person Ladies Group \$10.00 per person	29 Men's Group Brighton Bowls Club \$10.00 per person	30 Body Movement Class \$10.00 per person		

Ph: 07 3269 1915

www.allaboutliving.com.au

Page 1

all about living



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

01/09 Reminiscing

Take a trip down memory lane with us in the Brighton Bowls club. Bring a picture, a piece of memorabilia or even just a memory from the past and relive the glory days surrounded by friends.
\$10.00 per person

15/09 Dinner Club

Today we will be going to Crockatt park in Woody Point for a scenic morning tea followed by lunch across the road at The Belvedere.
\$10.00 per person + Lunch

29/09 Day of Laughter

A good belly laugh strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress, so come and join us at the Brighton Bowls Club for a day of laughter. Don't forget to bring a joke or a funny story.
\$10.00 per person

Thursday Group

03/09 Spring Celebrations

Spring has Sprung! Join us at The Brighton Bowls club for some spring themed crafts and activities.
\$10.00 per person

10/09 Dinner Club

Today we will be going to Crockatt park in Woody Point for a scenic morning tea followed by lunch across the road at The Belvedere
\$10.00 per person + Lunch

17/09 Mexican Independence day

Today we will be Celebrating Mexico's Independence from Spain with Mexican inspired dishes and festive décor that will have you Taco "Bout it for days!
\$10.00 per person

24/09 Day of Laughter

A good belly laugh strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress, so come and join us at the Brighton Bowls Club for a day of laughter. Don't forget to bring a joke or a funny story.
\$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 uses the Bowls club as their Activities Centre