



Monday	Tuesday	Wednesday	Thursday	Friday
2 All about living Choir \$10.00 per person	3	4 Body Movement Class \$10.00 per person	5 Thursday Group Redland Bay Museum \$23.00 per person	6 Lifestyle program \$10.00 per person
9 All about living Choir \$10.00 per person Ladies Group \$10.00 per person	10 Men's Group City Cat \$10.00 per person	11 Body Movement Class \$10.00 per person	12 Thursday Group Brighton Bowls Club \$10.00 per person	13 Lifestyle program \$10.00 per person
16 All about living Choir \$10.00 per person	17	18 Body Movement Class \$10.00 per person	19 Thursday Group Collie & Co \$10.00 per person + Lunch	20 Lifestyle program \$10.00 per person
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30 All about living Choir \$10.00 per person				

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 - Wednesday-10.00am—11.00 am:

This is a light exercise and movement class tailored for seniors. It includes gentle flowing movements, stretching as well as seated and standing exercises. The class is fun and easy to follow!
\$10.00 per person

Men's Group

10/11 City Cat
Enjoy morning tea by the Brisbane Rive in the beautiful surrounds of Newfarm Park followed by a trip down the river on one of the City Cats. **Please bring your GoCard.**
\$10.00 per person

24/11 Redland Bay Museum

With over 14,000 pieces of memorabilia this museum is a sight to behold with artefacts dating back to 1842 and a vast range of collectables from military and machinery to school and textiles. There will surely be something to catch your eye in this museum that will take you back in time.
\$23.00 per person

Thursday Group

5/11 Redland Bay Museum
With over 14,000 pieces of memorabilia this museum is a sight to behold with artefacts dating back to 1842 and a vast range of collectables from military and machinery to school and textiles. There will surely be something to catch your eye in this museum that will take you back in time.
\$23.00 per person

12/11 Thanksgiving

Come join us at The Activities Centre to celebrate a day of gratitude with a traditional thanksgiving meal surrounded by Friendly faces.
\$10.00 per person

19/11 Collie & Co

Just when you think a delicious lunch in the heart Samford couldn't get any better we added puppies! Collie and Co is a Café that also offers a puppy play experience to be able to pat, play and get pictures with mans cutest four legged friend! It will be an experience that will have your tail wagging.
\$10.00 per person + Lunch

26/11 Arm Chair Travel Canada

Have you ever wanted to experience the interesting and kind culture of Canada? Well today is your chance as we bring Canada to you at The Activity Centre with cuisine, games and facts that will leave you feeling like you spent the day on the other side of the world.
\$10.00 per person

Lifestyle program - Friday 10am—11am

This is a light exercise and movement class tailored for seniors. It includes gentle flowing movements, stretching as well as seated and standing exercises. The class is fun and easy to follow!
\$10.00 per person

N.B All About Living uses The Brighton Bowls Club as an Activities Centre