

Monday	Tuesday	Wednesday	Thursday	Friday
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4 <b>All about living Choir</b> \$10.00 per person <b>Ladies Group</b> \$10.00 per person	5 <b>Men's Group</b> Brighton Hotel \$10.00 per person + Lunch	6 <b>Body Movement Class</b> \$10.00 per person	7 <b>Thursday Group</b> Brighton Bowls Club \$10.00 per person	8 <b>Lifestyle program</b> \$10.00 per person
11 <b>All about living Choir</b> \$10.00 per person	12	13 <b>Body Movement Class</b> \$10.00 per person	14 <b>Thursday Group</b> Brighton Hotel \$10.00 per person + Lunch	15 <b>Lifestyle program</b> \$10.00 per person
18 <b>All about living Choir</b> \$10.00 per person <b>Ladies Group</b> \$10.00 per person	19 <b>Men's Group</b> Nudgee beach hotel \$ 10.00 per person + Lunch	20 <b>Body Movement Class</b> \$10.00 per person	21 <b>Thursday Group</b> Brighton Bowls Club \$10.00 per person	22 <b>Lifestyle program</b> \$10.00 per person
25 <b>All about living Choir</b> \$10.00 per person	26 <b>Australia Day</b> <b>Public Holiday</b> 	27 <b>Body Movement Class</b> \$10.00 per person	28 <b>Thursday Group</b> Daisy Hill Koala Sanctuary \$10.00 per person	29 <b>Lifestyle program</b> \$10.00 per person

Ph: 07 3269 1915

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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**

05/01 The Brighton Hotel

Come join us as we enjoy Morning Tea beside the beautiful Sandgate foreshore followed by lunch at The Brighton Hotel renowned for its fantastic \$10.00 roast special.  
\$10.00 per person + Lunch

19/01 Nudgee Beach Hotel

Today we will be venturing out to have morning tea at the seaside of Nudgee beach followed by a delicious lunch at the Nudgee Beach hotel.  
\$10.00 per person + Lunch

**Thursday Group**

07/01 Welcome Back

We will be having a catch up with how everyone spent the holidays at The Brighton Bowls Club and brainstorm group outings for the year!  
\$10.00 per person

14/01 The Brighton Hotel

Come join us as we enjoy Morning Tea beside the beautiful Sandgate foreshore followed by lunch at The Brighton Hotel renowned for its fantastic \$10.00 roast special.  
\$10.00 per person + lunch

21/01 Australia Day

G'day! We will be spending the day at The Brighton Bowls Club with games to celebrate being Australian followed by a tucker that would have any bloke or shelia cheering.  
\$10.00 per person

28/01 Daisy Hill Koala Sanctuary

Come With us for a drive down to Daisy Hill to spend the morning admiring our cute and sleepy native animals the koalas. At the education facility we will learn a little about the loveable mammals as well as see them up close in person in their out door enclosure. This day out will meet the Koalafications for fun!  
\$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