

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

Social Calendar for May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2  Happy Labour Day	3	4 Body Movement Class \$10.00 per person	5 Thursday Group Bribie island cruise \$45.00 per person	6 Lifestyle program \$10.00 per person
9 All about living Choir \$10.00 per person Ladies Group The famous Samford Patisserie and café \$10.00 per person + M'tea	10 Men's Group Flour and Chocolate \$10.00 per person + M'tea	11 Body Movement Class \$10.00 per person	12 Thursday Group Brighton Bowls Club Family Day \$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 Flour and Chocolate \$10.00 per person+ M'tea	20 Lifestyle program \$10.00 per person
23 All about living Choir \$10.00 per person Ladies Group \$10.00 per person	24 Men's Group Bribie island cruise \$45.00 per person	25 Body Movement Class \$10.00 per person	26 Thursday Group Brighton Bowls Club Words of wisdom \$10.00 per person	27 Lifestyle program \$10.00 per person
30 All about living Choir \$10.00 per person Ph: 07 3269 1915	31	www.allaboutliving.com.au		Page 1



Choir: 10.30am - 11.30am

Every Monday at 10.30am the All about living Choir will meet up at the activity centre to join in song. Come along, join in and have fun while singing with like minded people!

Cost \$10.00 per person

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

09/05 The Famous Samford Patisserie and cafe

Today we are going the famous Samford patisserie and café for morning tea followed by a drive up mount Nebo to have lunch. Please note this day will involve driving on winding roads.

\$10.00 per person + M'tea

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

10/05 Flour and Chocolate

Did somebody say chocolate?! Today we will be going to one of Brisbane's Best patisserie located in Redcliffe for a delicious morning tea followed by lunch by the sea side.

\$10.00 per person + M'tea

24/05 Bribie Island Cruise

Today we are going for a very scenic morning tea boat cruise along pumice stone passage. There will be commentary on the cruise with information about Bribie's history. Be sure to keep your eyes peeled for dugong's, dolphins and turtles while on board.

\$45.00 per person

Thursday Group

05/05 Bribie Island cruise

Today we are going for a very scenic morning tea boat cruise along pumice stone passage. There will be commentary on the cruise with information about Bribie's history. Be sure to keep your eyes peeled for dugong's, dolphins and turtles while on board.

\$45.00 per person

12/05 Family day

"Family where life begins and Love never ends." Today we are inviting you to bring pictures to share with the group of you and your family whether it be your parents, siblings, partners, children or very close friends.

\$10.00 per person

19/05 Flour and Chocolate

Did somebody say chocolate?! Today we will be going to one of Brisbane's Best patisserie located in Redcliffe for a delicious morning tea followed by lunch by the sea side.

\$10.00 per person + M'tea

26/05 Words of wisdom day

Join us at The Brighton Bowls Club for a chance to share some wisdom with the group. Perhaps someone gave you some advice you want to pass on or you have words you live by. Today is the day to share your anecdotal wisdom with the group.

\$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