

# APRIL Groups Activity Calendar North Brisbane Aged Care for over 65's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>EASTER MONDAY</b>	<b>2</b>	<b>3</b> <b>Body Movement Class</b> \$12 per person	<b>4</b> <b>Thursday Group</b> No activity today due to Staff Professional Development Day	<b>5</b> <b>Lifestyle Program</b> \$12 per person
<b>8</b> <b>Ladies Group</b> Brighton Bowls Club \$12 per person <b>All About Living Choir</b> \$12 per person	<b>9</b> <b>Men's Group</b> BBQ at Suttons Beach \$12 per person + Lunch	<b>10</b> <b>Body Movement Class</b> \$12 per person	<b>11</b> <b>Thursday Group</b> Brighton Bowls Club Song Kran Thai New Year \$12 per person + Lunch	<b>12</b> <b>Lifestyle Program</b> \$12 per person
<b>15</b> <b>All About Living Choir</b> \$12 per person	<b>16</b>	<b>17</b> <b>Body Movement Class</b> \$12 per person	<b>18</b> <b>Thursday Group</b> Mystery Event \$12 per person + Lunch	<b>19</b> <b>Lifestyle Program</b> \$12 per person
<b>22</b> <b>Ladies Group</b> Brighton Bowls Club \$12 per person <b>All About Living Choir</b> \$12 per person	<b>23</b> <b>Men's Group</b> Mystery Event \$12 per person + Lunch	<b>24</b> <b>Body Movement Class</b> \$12 per person	<b>25</b> <b>ANZAC DAY</b>	<b>26</b> <b>Lifestyle Program</b> \$12 per person
<b>29</b> <b>All About Living Choir</b> \$12 per person	<b>30</b>	<p>Group social activities are available to eligible <b>All About Living</b> customers. Places are limited. Priority given on a first in, first served basis. Bookings are essential. Please call <b>1300 503 886</b> for more details.</p>  <p>choice   support   connection</p>		

# Groups Activities Program North Brisbane Aged Care for over 65's

## Join the Fun with Our Community Groups Program!

Our community Groups Program is designed to spice up your weekdays with a wide range of activities that cater to everyone's tastes. Whether you're eager to pick up a new skill, stay active, or make new friendships, we're your go-to for enhancing wellbeing and ensuring you have an enjoyable time.

Activities running from Monday to Friday include:

**Stay Active:** Join our Body Movement and Lifestyle Program

**Sing Your Heart Out:** Be part of our Community Choir

**Women's Circle:** Explore, share, and grow in our Ladies Group

**Men's Meet:** Connect and engage with peers in our Men's Group

**Explore & Discover:** Enjoy the excitement of our Out-and-About Day Trips



## About our activities

*group activities program for over 65's*

### All About Living Choir

*Every Monday, 10am - 11.30am*

Join us for a sing-along led by our Musical Director, Gil. Immerse yourself in the joy of singing with fellow enthusiasts! \$12 per person.

### Ladies Group

*Every other Monday, times vary with activity*

The Ladies Group meet up fortnightly and enjoy a range of activities such as art & craft, high tea and board games. \$12 per person.

### Men,s Group

*Every other Tuesday, times vary with activity*

The Men's Group gathers every two weeks to enjoy various activities, including lunches and movie outings. \$12 per person.

### Body Movement Class

*Every Wednesday, 10am - 11am*

A light exercise class. Gentle, flowing movements and stretching. Suitable for seated or standing positions. Fun, easy, \$12 per person.

### Thursday Group

*Every Thursday, times vary with activity*

This group meets every Thursday for a range of gatherings and adventures, including theme days, lunches, movies, and day trips. \$12 per person.

### Lifestyle Class

*Every Friday, 10am - 11am*

A gentle exercise class featuring smooth, flowing movements. Designed for both seated and standing participants. \$12 per person.

## Transportation Made Easy

Don't let transportation be a barrier to your fun. We offer a convenient pick-up service for those who need a lift. Seats are limited, so make sure to reserve yours early by calling **1300 503 886**. Need another way to get there? We're here to help with alternative transportation options.

 **all about living**  
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