

August Groups Activity Calendar North Brisbane for over 65's

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Group social activities are available to eligible **All About Living** customers. Places are limited. Priority given on a first in, first served basis. Bookings are essential. Please call **1300 503 886** for more details.



1 Thursday Group
AAL Olympic Games
Brighton Bowls Club
\$20 per person

2 Lifestyle Program
\$20 per person

5 All About Living Choir
\$20 per person

6

7 Body Movement Class
\$20 per person

8 Thursday Group
Brisbane Bus Museum
\$35 per person

9 Lifestyle Program
\$20 per person

12 Ladies Group
Brighton Bowls Club
\$20 per person
All About Living Choir
\$20 per person

13 Men's Group
Maleny Rainforest
Discovery Centre
\$22 per person



15 Thursday Group
EKKA Day!
Brighton Bowls Club
\$20 per person

16 Lifestyle Program
\$20 per person

19 All About Living Choir
\$20 per person

20

21 Body Movement Class
\$20 per person

22 Thursday Group
Maleny Rainforest
Discovery Centre
\$22 per person

23 Lifestyle Program
\$20 per person

26 Ladies Group
Brighton Bowls Club
\$20 per person
All About Living Choir
\$20 per person

27 Men's Group
Brisbane Bus Museum
\$35 per person

28 Body Movement Class
\$20 per person

29 Thursday Group
Fire Education
Brighton Bowls Club
\$20 per person

30 Lifestyle Program
\$20 per person

August Groups Activity Program North Brisbane for over 65's

Join the Fun with Our Community Groups Program

Our 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.

About our August activities *groups program for over 65's*

Monday Activities:

Choir: 10.00am-11.30am

Every Monday, the All About Living Choir meet at the Brighton Bowls Club with our Musical Director Gil. Come along and have fun while singing with like minded people.

Cost: \$20.00 per person

Ladies Group: 10.00am-1.30pm

The Ladies Group meet fortnightly and enjoy a range of activities like art and crafts, high tea or board games.

Cost: \$20.00 per person

Tuesday Activities:

Men's Group: Times vary

13 August: Maleny Rainforest Discovery Centre

Join us for a scenic drive to Maleny. Visit the Rainforest Discovery Centre and enjoy a short, wheelie walker-friendly sky walk (40-130m) including lunch at Mary Cairns Cross Park.

Cost: \$22 per person

27 August: Brisbane Bus Museum

The wheels on the bus go round and round, all the way to the Brisbane Bus Museum. Home to some of Brisbane's oldest buses as well as historic photos and memorabilia.

Cost: \$35.00 per person

Wednesday Activities:

Body Movement Class: 10.00am-11.00am

A light exercise and movement class with gentle, flowing moves focused on breathing, stretching. Exercises can be done seated or standing. Fun and easy to follow.

Cost: \$20.00 per person

Thursday Activities:

Thursday Group: Times vary

1 August: AAL Olympic Games

Join us for a day of friendly competition with exciting challenges and the chance to win medals.

Cost: \$20.00 per person

8 August: Brisbane Bus Museum

The wheels on the bus go round and round, all the way to the Brisbane Bus Museum. Home to some of Brisbane's oldest buses as well as historic photos and memorabilia.

Cost: \$35.00 per person

15 August: Ekka Day!

Step right up for carnival games at the Activity Centre! Celebrate the Royal Queensland Show with Ekka-themed activities and special treats like the legendary Strawberry Sundae. Yum!

Cost: \$20.00 per person

22 August: Maleny Rainforest Discovery Centre

Join us for a scenic drive to Maleny. Visit the Rainforest Discovery Centre and enjoy a short, wheelie walker-friendly sky walk (40-130m) including lunch at Mary Cairns Cross Park.

Cost: \$22 per person

29 August: Fire Safety

While we are all familiar with the saying "stop, drop and roll" today a speaker from the Bribie Island Safe House will join us at the Activity Centre to expand our knowledge on fire safety. We will have an in-depth information talk on fire causes, preventions and what to do should a fire occur in your home.

Cost: \$20 per person

Friday Activities:

Lifestyle Program: 10.00am-11.00am

A light exercise and movement class with gentle, flowing moves focused on breathing, stretching. Exercises can be done seated or standing. Fun and easy to follow.

Cost: \$20.00 per person

Group Activity Fees are now included on your monthly invoice. No cash will be taken on the day.

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.

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September Groups Activity Calendar North Brisbane for over 65's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 All About Living Choir Bracken Ridge Hall \$20 per person</p>	<p>3</p>	<p>4 Body Movement Class \$20 per person</p>	<p>5 Thursday Group St John's Cathedral Concert \$20 per person</p>	<p>6 Lifestyle Program \$20 per person</p>
<p>9 Ladies Group Sea Salt and Vine \$20 per person + M'tea All About Living Choir Brighton Bowls Club \$20 per person</p>	<p>10 Men's Group Mount Glorious Café \$20 per person + Lunch</p>	<p>11 Body Movement Class \$20 per person</p>	<p>12 Thursday Group Brighton Bowls Club Legal Aid from Northside Connect \$20 per person</p>	<p>13 Lifestyle Program \$20 per person</p>
<p>16 All About Living Choir Brighton Bowls Club \$20 per person</p>	<p>17</p>	<p>18 Body Movement Class \$20 per person</p>	<p>19 Thursday Group The Nurso \$20 per person + Morning Tea</p>	<p>20 Lifestyle Program \$20 per person</p>
<p>23 Ladies Group Brighton Bowls Club \$20 per person All About Living Choir Brighton Bowls Club \$20 per person</p>	<p>24 Men's Group Broncos League Club \$20 per person + Lunch</p>	<p>25 Body Movement Class \$20 per person</p>	<p>26 Thursday Group Brighton Bowls Club The Price is Right \$20 per person</p>	<p>27 Lifestyle Program \$20 per person</p>
<p>30 All About Living Choir Brighton Bowls Club \$20 per person</p>	 <p>choice support connection</p> <p>All About Living Groups are open to eligible CHSP and HCP participants in or near Aspley, Bald Hill, Sandgate, and Redcliffe. Places are limited. Priority given on a first in, first served basis. Bookings are essential. Please call 1300 503 886 for more details.</p>			

September Groups Activity Program North Brisbane for over 65's

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About our September activities

groups program for over 65's

Monday Activities:

Choir: 10.00am-11.30am

Every Monday, the All About Living Choir gathers with our Musical Director, Gil, for a joyful session of singing and friendship with like-minded people.

Cost: \$20.00 per person

Ladies Group:

9 Sept: Sea Salt & Vine

The Ladies Group will enjoy a delicious morning tea at Sea Salt and Vine in scenic Scarborough Harbour, followed by a picnic lunch in a local park to soak up the sun and ocean breeze.

Cost: \$20.00 per person

+ Morning Tea

Ladies Group: 10.00am-1.30pm

23 Sept: Brighton Bowls Club

The Ladies Group meet fortnightly and enjoy a range of activities like art and crafts, high tea or board games.

Cost: \$20.00 per person

Tuesday Activities:

Men's Group: Times vary

10 Sept: Mount Glorious Café

Enjoy the fresh mountain air and lush scenery of D'Aguilar National Park as we drive up Mount Glorious for lunch at the unique café. Note: winding roads ahead.

Cost: \$20.00 per person + Lunch

24 Sept: Broncos League Club

The Men's Group is heading to the Broncos Leagues Club for lunch and a chance to see some legendary Broncos memorabilia.

Cost: \$20.00 per person + Lunch

Wednesday Activities:

Body Movement Class:

10.00am-11.00am

A light exercise and movement class with gentle, flowing moves focused on breathing, stretching. Exercises can be done seated or standing. Fun and easy to follow.

Cost: \$20.00 per person

Thursday Activities:

Thursday Group: Times vary

5 Sept: St John's Cathedral Concert

Enjoy a brass performance by the Queensland Conservatorium at the historic St. John's Cathedral, where stunning stained glass and awe-inspiring architecture create a beautiful setting for a live concert.

Cost: \$20.00 per person

12 Sept: Legal Aid from Northside Connect

Today we will have a quest speaker from Northside connect who has an expertise in legal education. Our special guest will give information pertaining to EPOA, Wills and other topics relevant to seniors living in their own homes.

Cost: \$20.00 per person + Lunch

19 Sept: The Nurso Chandler

Whether you have a green thumb, enjoy browsing Bric a Brac, want to pat an alpaca or just love a morning tea with friends, our outing to The Nurso has something for everyone!

Cost: \$20.00 per person

+ Morning Tea

26 Sept: The Price is Right

"Spin that wheel!" Today, we're recreating Wheel of Fortune games, including guessing the price of household items for prizes.

Cost: \$20.00 per person + Lunch

Friday Activities:

Lifestyle Program:

10.00am-11.00am

A light exercise and movement class with gentle, flowing moves focused on breathing, stretching. Exercises can be done seated or standing. Fun and easy to follow.

Cost: \$20.00 per person

Transportation Made Easy

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