

# November & December Groups Calendar Nth Brisbane for 65+

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**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**.

**1** **Lifestyle Program**  
\$20 per person

**4** **Ladies Group**  
Brighton Bowls Club  
\$20 per person  
**All About Living Choir**  
Bracken Ridge Hall  
\$20 per person

**5** **Men's Group**  
Fishing & Redcliffe RSL  
\$20 per person  
+ Lunch

**6** **Body Movement Class**  
\$20 per person

**7** **Thursday Group**  
Brighton Bowls Club  
AAL Home Care  
Package Information Forum  
\$20 per person

**8** **Lifestyle Program**  
\$20 per person

**11** **All About Living Choir**  
Brighton Bowls Club  
\$20 per person

**12**

**13** **Body Movement Class**  
\$20 per person

**14** **Thursday Group**  
Slaughter Falls BBQ  
\$20 per person  
+ Lunch

**15** **Lifestyle Program**  
\$20 per person

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

**19** **Men's Group**  
Slaughter Falls BBQ  
\$20 per person

**20** **Body Movement Class**  
\$20 per person

**21** **Thursday Group**  
Brighton Bowls Club  
Christmas Card Craft  
\$20 per person

**22** **Lifestyle Program**  
\$20 per person

**25** **All About Living Choir**  
Brighton Bowls Club  
\$20 per person

**26**

**27** **Body Movement Class**  
\$20 per person

**28** **Thursday Group**  
Wolston Farmhouse  
\$40 per person

**29** **Lifestyle Program**  
\$20 per person

**2** **Ladies Group**  
Christmas Shack Virginia  
\$20 per person + Lunch  
**All About Living Choir**  
Baskerville Hut  
\$20 per person

**3** **Men's Group**  
Strawberry View  
Coffee Shack  
\$20 per person  
+ Morning Tea

**4** **Body Movement Class**  
\$20 per person

**5** **Thursday Group**  
Brighton Bowls Club  
AAL Christmas Party  
\$45 per person

**6** **Lifestyle Program**  
\$20 per person

# AAL 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 November & December activities

*social connections*

### Monday Activities:

**Choir: 10.00am-11.30am**

**4 Nov: Bracken Ridge Hall**

**11, 18 & 25 Nov: Brighton Bowls Club**

Every Monday, the All About Living Choir meets with our Musical Director, Gil. This month, they'll be getting into the Christmas spirit as they prepare for their carol performances in November and December. Come along and enjoy singing with like-minded people in a fun, festive atmosphere!

**Cost: \$20.00 per person**

**Ladies Group: 10.00am-1.30pm**

**4 & 18 Nov: 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**

**Ladies Group: Times vary**

**2 Dec: Christmas Shack**

Embrace the holiday spirit with a trip to the enchanting Christmas Shack in Virginia. After exploring the festive wonderland, we'll enjoy a delicious lunch at Sandgate's famous Flinders fish and chip shop.

**Cost: \$20.00 per person + Lunch**

### Tuesday Activities:

**Men's Group: Times vary**

**5 Nov: Fishing & Redcliffe RSL**

Today, we're off to Woody Point Pier for fishing, followed by a scenic waterfront drive and lunch at the Redcliffe RSL. It's sure to be a great day - hook, line, and sinker!

**Cost: \$20.00 per person + Lunch**

**19 Nov: Downfall Creek Bushland**

Join us on a scenic journey to the iconic Mt Coot-tha, where we'll embark on a mountain drive with spectacular views of Brisbane city. Afterward, we'll enjoy lunch at the Slaughter Falls picnic area. During this annual outing, attendees may even be greeted by a cheeky, sausage-stealing kookaburra, adding some extra fun to the day!

**Cost: \$20.00 per person**

**3 Dec: Strawberry View Coffee Shack**

Join us for a trip to Bellmere and enjoy morning tea at Strawberry View Coffee Shack. Afterward, we'll have lunch surrounded by the beautiful Australian forest at Rocksberg Heritage Park.

**Cost: \$20.00 per person + M/Tea**

### Wednesday Activities:

**Body Movement Class: 10.00am-11.00am**

Join us for a light exercise and movement class with gentle, flowing moves focused on breathing, stretching. Exercises can be done seated or standing.

**Cost: \$20.00 per person**

### Thursday Activities:

**Thursday Group: Times vary**

**7 Nov: Home Care Package Forum**

Have your friends and family been raving about their Home Care Package? Want to learn more? Join us at the Brighton Bowls Club, where our Case Management Team will answer all your questions.

**Cost: \$20.00 per person**

**14 Nov: Downfall Creek Bushland**

Join us on a scenic journey to the iconic Mt Coot-tha, where we'll enjoy a mountain drive with stunning views of Brisbane city. Lunch will be at the Slaughter Falls picnic area, and attendees might even get a cheeky visit from a sausage-stealing kookaburra during this annual outing!

**Cost: \$20.00 per person**

**21 Nov: Christmas Card Craft**

Kick off the holiday season by creating handmade Christmas cards for your loved ones. All supplies supplied, making it a fun and festive way to start the celebrations!

**Cost: \$20.00 per person + Lunch**

**28 Nov: Wolston Farmhouse**

Join us for a tour to Wolston Farmhouse. This historic home captures the essence of a 19th century rural homestead, fully set up to recreate life during that period.

**Cost: \$40.00 per person**

**5 Dec: AAL Groups Christmas Party**

Join us at Brighton Bowls Club to kick off the holiday season and celebrate another great year at AAL Groups! Enjoy a performance by the All Directions choir, games, prizes, and a Christmas roast lunch and a visit Santa!

**Cost: \$45.00 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. It's fun and easy to follow.

**Cost: \$20.00 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  
choice | support | connection