


January & February Groups Calendar North Brisbane for 65+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>20 All Directions Choir Brighton Bowls Club \$20* per person</p>	<p>21</p>	<p>22 Body Movement Class Brighton Bowls Club \$20* per person</p>	<p>23 Out & About Group BBQ at Parade Park, Deception Bay \$20* per person</p>	<p>24 Lifestyle Program Brighton Bowls Club \$20* per person</p>
<p>27  Australia Day Public Holiday</p>	<p>28 Men's Group Glasshouse Mountains Lookout Cafe \$20* per person + Lunch</p>	<p>29 Body Movement Class Brighton Bowls Club \$20* per person</p>	<p>30 Out & About Group Australia Day Celebrations \$20* per person</p>	<p>31 Lifestyle Program Brighton Bowls Club \$20* per person</p>
<p>3 All Directions Choir Baskerville Training Centre \$20* per person</p>	<p>4</p>	<p>5 Body Movement Class Brighton Bowls Club \$20* per person</p>	<p>6 Out & About Group Redcliffe Museum \$20* per person</p>	<p>7 Lifestyle Program Brighton Bowls Club \$20* per person</p>
<p>10 Ladies Group Brighton Bowls Club \$20* per person All Directions Choir Brighton Bowls Club \$20* per person</p>	<p>11 Men's Group Dynasty Chinese \$20* per person + Lunch</p>	<p>12 Body Movement Class Brighton Bowls Club \$20* per person</p>	<p>13 Out & About Group Chinese New Year \$20* per person</p>	<p>14 Lifestyle Program Brighton Bowls Club \$20* per person</p>
<p>17 All Directions Choir Brighton Bowls Club \$20* per person</p>	<p>18</p>	<p>19 Body Movement Class Brighton Bowls Club \$20* per person</p>	<p>20 Out & About Group Butterfly Hill \$20* per person + \$10 Entry Fee</p>	<p>21 Lifestyle Program Brighton Bowls Club \$20* per person</p>
<p>24 Ladies Group Brighton Bowls Club \$20* per person All Directions Choir Brighton Bowls Club \$20* per person</p>	<p>25 Men's Group Glow Worm Caves \$20* per person + \$25 Entry Fee</p>	<p>26 Body Movement Class Brighton Bowls Club \$20* per person</p>	<p>27 Out & About Group Trivia Day \$20* per person</p>	<p>28 Lifestyle Program Brighton Bowls Club \$20* per person</p>

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 January & February Groups activities *social connections*

Monday Activities:

All Directions Choir: 10.00am-11.30am

20 Jan: Brighton Bowls Club

3 Feb: Baskerville Training Centre

10, 17 & 24 Feb: Brighton Bowls Club

Join the All About Living Choir, *All Directions*, every Monday. Led by our talented Musical Director, Gil, it's the perfect opportunity to sing your heart out, meet like-minded people, and have a lot of fun along the way.

Cost: \$20* per person

Ladies Group: 10.00am-1.30pm

10 & 24 Feb: 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* per person

Tuesday Activities:

Men's Group: Times vary

28 Jan: Glass House Mountains

Today we welcome back the Men's group with a day out to the mesmerising Glass House Mountains. We will have morning tea at the lookout followed by lunch at the Glasshouse Mountains Lookout Cafe.

Cost: \$20* per person + Lunch

11 Feb: Dynasty Chinese

To celebrate Chinese New Year, we're heading to the popular Dynasty Chinese for a delightful and authentic Chinese meal. Don't miss this opportunity to savour traditional flavours and join in the festive spirit of Chinese New Year!

Cost: \$20* per person + Lunch

25 Feb: Glow Worm Caves

Join us for a scenic drive through the Mount Tamborine rainforest to see the magical, naturally bioluminescent glow worms. We'll also explore Frogs Hollow to discover fascinating reptiles. Walkers are welcome, but please note there are two steps into the cave. While the cave is dark, soft red lights will remain on throughout for visibility.

Cost: \$20* + \$25 Entry Fee per person

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, relaxation, and improving overall well-being. Exercises can be done seated or standing.

Cost: \$20* per person

Thursday Activities:

Out & About Group: Times vary

23 Jan: BBQ at Parade Park

Join us for a BBQ at Parade Park in Deception Bay to enjoy the fresh ocean breeze and reconnect after the holiday season. Take a short stroll along the waterfront as well as join in some fun games.

Cost: \$20* per person

30 Jan: Australia Day Celebrations

Aussie Aussie Aussie, Oi Oi Oi! Join us at the Brighton Bowls Club to celebrate Australia Day with all things Aussie, from enjoying classic meat pies to competing in a thong toss. Don't miss out on a true blue day of fun and festivities!

Cost: \$20* per person

6 Feb: Redcliffe Museum

Today, we're visiting the Redcliffe Museum for a unique and contemporary exploration of the people, places, significant moments, and stories that have shaped this historic seaside town. Enjoy a delicious lunch by the waterfront to complete the experience!

Cost: \$20* per person

13 Feb: Chinese New Year

Celebrate the Lunar New Year with a delicious Chinese meal at the Brighton Bowls Club. Discover what the Year of the Wood Snake has in store for you

Cost: \$20* per person

20 Feb: Butterfly Hill

Today, we're visiting Butterfly Hill in Nambour to marvel at nature's incredible shape-shifters. Explore the butterfly sanctuary and discover the fascinating world of these amazing creatures.

Cost: \$20* + \$10 Entry Fee per person

27 Feb: Trivia Day

Test your knowledge with team Trivia! With diverse categories and questions, it's fun for trivia buffs and curious minds alike. Join us for a great time!

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. It's fun and easy to follow.

Cost: \$20* 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.

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