


# January & February Groups Calendar North Brisbane for 65+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>20</b>  <b>All Directions Choir</b>                      Brighton Bowls Club                      \$20* per person</p>	<p><b>21</b></p>	<p><b>22</b>  <b>Body Movement Class</b>                      Brighton Bowls Club                      \$20* per person</p>	<p><b>23</b>  <b>Out &amp; About Group</b>                      BBQ at Parade Park,                      Deception Bay                      \$20* per person</p>	<p><b>24</b>  <b>Lifestyle Program</b>                      Brighton Bowls Club                      \$20* per person</p>
<p><b>27</b>    <b>Australia Day Public Holiday</b></p>	<p><b>28</b>  <b>Men's Group</b>                      Glasshouse Mountains                      Lookout Cafe                      \$20* per person + Lunch</p>	<p><b>29</b>  <b>Body Movement Class</b>                      Brighton Bowls Club                      \$20* per person</p>	<p><b>30</b>  <b>Out &amp; About Group</b>                      Australia Day Celebrations                      \$20* per person</p>	<p><b>31</b>  <b>Lifestyle Program</b>                      Brighton Bowls Club                      \$20* per person</p>
<p><b>3</b>  <b>All Directions Choir</b>                      Baskerville Training Centre                      \$20* per person</p>	<p><b>4</b></p>	<p><b>5</b>  <b>Body Movement Class</b>                      Brighton Bowls Club                      \$20* per person</p>	<p><b>6</b>  <b>Out &amp; About Group</b>                      Redcliffe Museum                      \$20* per person</p>	<p><b>7</b>  <b>Lifestyle Program</b>                      Brighton Bowls Club                      \$20* per person</p>
<p><b>10</b>  <b>Ladies Group</b>                      Brighton Bowls Club                      \$20* per person  <b>All Directions Choir</b>                      Brighton Bowls Club                      \$20* per person</p>	<p><b>11</b>  <b>Men's Group</b>                      Dynasty Chinese                      \$20* per person + Lunch</p>	<p><b>12</b>  <b>Body Movement Class</b>                      Brighton Bowls Club                      \$20* per person</p>	<p><b>13</b>  <b>Out &amp; About Group</b>                      Chinese New Year                      \$20* per person</p>	<p><b>14</b>  <b>Lifestyle Program</b>                      Brighton Bowls Club                      \$20* per person</p>
<p><b>17</b>  <b>All Directions Choir</b>                      Brighton Bowls Club                      \$20* per person</p>	<p><b>18</b></p>	<p><b>19</b>  <b>Body Movement Class</b>                      Brighton Bowls Club                      \$20* per person</p>	<p><b>20</b>  <b>Out &amp; About Group</b>                      Butterfly Hill                      \$20* per person                      + \$10 Entry Fee</p>	<p><b>21</b>  <b>Lifestyle Program</b>                      Brighton Bowls Club                      \$20* per person</p>
<p><b>24</b>  <b>Ladies Group</b>                      Brighton Bowls Club                      \$20* per person  <b>All Directions Choir</b>                      Brighton Bowls Club                      \$20* per person</p>	<p><b>25</b>  <b>Men's Group</b>                      Glow Worm Caves                      \$20* per person                      + \$25 Entry Fee</p>	<p><b>26</b>  <b>Body Movement Class</b>                      Brighton Bowls Club                      \$20* per person</p>	<p><b>27</b>  <b>Out &amp; About Group</b>                      Trivia Day                      \$20* per person</p>	<p><b>28</b>  <b>Lifestyle Program</b>                      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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# AAL Groups Activity Program North Brisbane for over 65's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b>  <b>All Directions Choir</b>                      Baskerville Hut                      \$20* per person</p>	<p><b>4</b></p>	<p><b>5</b>  <b>Body Movement Class</b>                      \$20* per person</p>	<p><b>6</b>  <b>Walking Group</b>                       Sandgate Dowse Lagoon                      \$20* per person</p>	<p><b>7</b>  <b>Lifestyle Program</b>                      \$20* per person</p>
<p><b>10</b>  <b>Ladies Group</b>                      Brighton Bowls Club                      \$20* per person + Lunch  <b>All Directions Choir</b>                      Brighton Bowls Club                      \$20* per person</p>	<p><b>11</b>   <b>Men's Group</b>                      Celtic Corner Bistro                      \$20* per person                      + Lunch  </p>	<p><b>12</b>  <b>Body Movement Class</b>                      \$20* per person</p>	<p><b>13</b>   <b>Out &amp; About Group</b>                      Brighton Bowls Club                      St Patrick's Day Celebrations   \$20* per person</p>	<p><b>14</b>  <b>Lifestyle Program</b>                      \$20* per person</p>
<p><b>17</b>  <b>All Directions Choir</b>                      Brighton Bowls Club                      \$20* per person</p>	<p><b>18</b></p>	<p><b>19</b>  <b>Body Movement Class</b>                      \$20* per person</p>	<p><b>20</b>   <b>Out &amp; About Group</b>                      Lookout Cafe                      \$20* per person                      + Lunch</p>	<p><b>21</b>  <b>Lifestyle Program</b>                      \$20* per person</p>
<p><b>24</b>  <b>Ladies Group</b>                      Brighton Bowls Club                      \$20* per person + Lunch  <b>All Directions Choir</b>                      Brighton Bowls Club                      \$20* per person</p>	<p><b>25</b>  <b>Men's Group</b>                      Bowling                      \$20* per person                      +\$10 Bowling</p>	<p><b>26</b>  <b>Body Movement Class</b>                      \$20* per person</p>	<p><b>27</b>  <b>Out &amp; About Group</b>                      Armchair Travel to Brazil                      \$20* per person</p>	<p><b>28</b>  <b>Lifestyle Program</b>                      \$20* per person</p>
<p><b>31</b>  <b>All Directions Choir</b>                      Brighton Bowls Club                      \$20* per person</p>	<p><b>1</b></p>	<p><b>2</b>  <b>Body Movement Class</b>                      \$20* per person</p>	<p><b>3</b>   <b>Walking Group</b>                      Shorncliffe Pier                      \$20* per person</p>	<p><b>4</b>  <b>Lifestyle Program</b>                      \$20* per person</p>

All About Living offers Social Support Groups to eligible participants under the Commonwealth Home Support Programme (CHSP) and Home Care Packages (HCP) in North Brisbane, including Redcliffe. These services require a co-contribution fee from participants, which may vary depending on the specific activity. Additional costs may include travel, entry fees, and expenses for meals such as lunch or morning tea during certain activities. To confirm your eligibility and obtain detailed information about Social Support costs, please contact your Case Manager at 1300 503 886.

# March 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 March activities

*groups program for over 65's*

### Monday Activities:

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

**10 & 24 Mar: Ladies Group**

The Ladies Group meets fortnightly and enjoys a variety of activities, including arts and crafts, high tea, and board games.

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

**All Directions Choir: 10.00am-11.30am**

**3 Mar: Baskerville Hut**

**10, 17, 24 & 31 Mar: Brighton Bowls Club**

The All About Living Choir, led by Musical Director Gil, offers joyful singing sessions where members connect through music and friendship. It's a welcoming space for all, fostering a sense of community and uplifting spirits through shared musical experiences.

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

### Tuesday Activities:

**Men's Group: Times vary**

**11 Mar: Celtic Corner Bistro**

Join us for our St Patrick's Day celebrations as we visit Celtic Corner Bistro, located in the heart of Manly. This themed restaurant will transport you to the Emerald Isle with an authentic Irish experience.

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

**25 Mar: Ten Pin Bowling**

Do you have any time to **Spare**? If so bowling with the men's group may be right up your **alley**! Whether you would like to watch or try your hand at knocking down pins, this will be a day full of fun and laughter. Try it we're sure you'll **strike** it.

**Cost: \$20.00\* per person + \$10 to Bowl**

### Wednesday Activities:

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

Join us for a light exercise and movement class designed with gentle, flowing moves that focus on breathing and stretching. Suitable for all abilities, it's fun, easy and a great way to relax!

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

### Thursday Activities:

**Walking Group: Times vary**

**6 Mar: Sandgate Dowse Lagoon**

Join us for our first monthly walking group at Sandgate's Dowse Lagoon, also known as the Second Lagoon. Open to all fitness levels, enjoy birdwatching and a scenic stroll. Lunch provided. **Available to HCP and Allied Health-funded members only.**

Don't miss this nature-filled outing!

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

**Out & About Group: Times vary**

**13 Mar: St Patrick's Day Celebrations**

Celebrate the luck of the Irish at Brighton Bowls Club with all things green and a fun-filled day with friends!

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

**20 Mar: The Lookout Cafe**

Today, we venture to the mesmerizing Glass House Mountains. We will have morning tea at the Glass House Mountains lookout, followed by lunch at the The Lookout Café.

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

**27 Mar: Armchair travel to Brazil**

**Aproveite o Carnaval!** Today, the Brighton Bowls Club transforms into Carnival Brazil, featuring Brazilian food, vibrant décor, and lively music for an unforgettable cultural experience.

**Cost: \$20.00\* 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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31</b> <b>All Directions Choir</b> Brighton Bowls Club \$20* per person	<b>1</b>	<b>2</b> <b>Body Movement Class</b> \$20* per person	<b>3</b> <b>Walking Group</b>  Shorncliffe Pier \$20* per person	<b>4</b> <b>Lifestyle Program</b> \$20* per person
<b>7</b> <b>Ladies Group</b> Bracken Ridge Tavern \$20* per person + Lunch <b>All Directions Choir</b> Baskerville Hut \$20* per person	<b>8</b> <b>Men's Group</b> BBQ at Bullocky Rest \$20* per person	<b>9</b> <b>Body Movement Class</b> \$20* per person	<b>10</b> <b>Out &amp; About Group</b> Brighton Bowls Club Easter Celebrations \$20* per person	<b>11</b> <b>Lifestyle Program</b> \$20* per person
<b>14</b> <b>All Directions Choir</b> Brighton Bowls Club \$20* per person	<b>15</b>	<b>16</b> <b>Body Movement Class</b> \$20* per person	<b>17</b> <b>Out &amp; About Group</b> BBQ at Bullocky Rest \$20* per person	<b>18</b>  <b>Good Friday</b> Public Holiday
<b>21</b>  <b>Easter Monday</b> Public Holiday	<b>22</b> <b>Men's Group</b> Redcliffe RSL \$20* per person + Lunch	<b>23</b> <b>Body Movement Class</b> \$20* per person	<b>24</b> <b>Out &amp; About Group</b> Anzac Day Remembrance & Craft \$20* per person	<b>25</b> <b>Anzac Day</b> Public Holiday  <i>Lest We Forget</i>
<b>28</b> <b>All Directions Choir</b> Brighton Bowls Club \$20* per person	<b>29</b>	<b>30</b> <b>Body Movement Class</b> \$20* per person	<b>1</b> <b>Walking Group</b> \$20* per person	<b>2</b> <b>Lifestyle Program</b> \$20* per person

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# April 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 April activities

groups program for over 65's

### Monday Activities:

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

**7 Apr: Ladies Group Bracken Ridge Tavern**

The Ladies Group meets fortnightly and enjoys a variety of activities, including arts and crafts, high tea, and board games.

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

**All Directions Choir: 10.00am-11.30am**

**7 Apr: Baskerville Hut**

**14 & 28 Apr: Brighton Bowls Club**

The All About Living Choir, led by Musical Director Gil, offers joyful singing sessions where members connect through music and friendship. It's a welcoming space for all, fostering a sense of community and uplifting spirits through shared musical experiences.

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

### Tuesday Activities:

**Men's Group: Times vary**

**8 Apr: BBQ at Bullocky Rest**

Journey to Joyner for a delicious BBQ lunch at the tranquil Bullocky Rest. Located on the shores of Lake Samsonvale, this scenic spot offers picturesque picnic areas and stunning views of the serene surroundings.

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

**22 Apr: Redcliffe RSL**

To honour the upcoming Anzac Day, the Men's Group will visit the Redcliffe Anzac Memorial on the foreshore, followed by lunch at the Redcliffe RSL.

*Lest we forget.*

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

### Wednesday Activities:

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

Join us for a light exercise and movement class designed with gentle, flowing moves that focus on breathing and stretching. Suitable for all abilities, it's fun, easy and a great way to relax!

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

### Thursday Activities:

**Walking Group: Times vary**

**3 Apr: Shorncliffe Pier**

Enjoy a breath of fresh air as we spend the day at the Shorncliffe Pier. The group will take a gentle walk along the pier and foreshore, followed by a BBQ lunch.

**This group is available to HCP and Allied Health-funded members only.**

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

**Out & About Group: Times vary**

**10 Apr: Easter Celebrations**

Enjoy Easter lunch with the Group and showcase your creativity as we decorate Easter bonnets.

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

**17 Apr: BBQ at Bullocky Rest**

Journey to Joyner for a delicious BBQ lunch at the tranquil Bullocky Rest. Located on the shores of Lake Samsonvale, this scenic spot offers picturesque picnic areas and stunning views of the serene surroundings.

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

**24 Apr: Anzac Day Remembrance & Craft**

Today, we honor the Anzac's and invite group members to bring photos and stories of any friends or loved ones who served. We will also be creating Anzac Day themed crafts. *Lest we forget.*

**Cost: \$20.00\* 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

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