

APRIL Groups Activity Program North Brisbane for over 65's

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

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.

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

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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MAY Groups Activity Program North Brisbane for over 65's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 All Directions Choir Brighton Bowls Club \$20* per person	29	30 Body Movement Class \$20* per person	1 Walking Group Boondall Wetlands \$20* per person	2 Lifestyle Program \$20* per person
5 Labour Day Public Holiday	6 Men's Group El Camino Cantina \$20* per person + Lunch	7 Body Movement Class \$20* per person	8 Out & About Group Mini Golf \$20* per person	9 Lifestyle Program \$20* per person
12 All Directions Choir Baskerville Hut \$20* per person	13	14 Body Movement Class \$20* per person	15 Out & About Group Samford Bakery \$20* per person + Morning Tea	16 Lifestyle Program \$20* per person
19 Ladies Group Brighton Bowls Club \$20* per person All Directions Choir Brighton Bowls Club \$20* per person	20 Men's Group Movies \$20* per person + Lunch & Movie Ticket	21 Body Movement Class \$20* per person	22 Out & About Group Gatsby 1920's Party \$20* per person	23 Lifestyle Program \$20* per person
26 All Directions Choir Brighton Bowls Club \$20* per person	27	28 Body Movement Class \$20* per person	29 Out & About Group Op Shopping \$20* per person + Lunch	30 Lifestyle Program \$20* per person

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MAY 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 May activities *join our groups program for over 65's*

Monday Activities:

Ladies Group: 10.00am-1.30pm

**19 May: Ladies Group
Brighton Bowls Club**

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

**12 May: Baskerville Hut
19 & 26 May: 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 shared musical experiences.

Cost: \$20.00* per person

Tuesday Activities:

Men's Group: Times vary

6 May: El Camino Cantina

Feliz Cinco de Mayo! Today, we celebrate Cinco de Mayo by going to El Camino Cantina for lunch. This vibrant restaurant has delicious Mexican food, sombreros to wear, and a bright, energetic atmosphere that makes it the perfect spot for a festive celebration.

Cost: \$20.00* per person

+ Lunch

20 May: Kippa-Ring Movies

Join us for a fun trip to the Kippa-Ring Cinemas to catch a flick! Afterwards, the group will head to the food court for lunch, where you can enjoy a variety of delicious food options and share your thoughts on the movie.

Cost: \$20.00* per person

+ Lunch & Movie Ticket

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

1 May: Boondall Wetlands

Immerse yourself in nature with a peaceful walk through the beautiful Boondall Wetlands. Enjoy a stroll among mangrove trees, accompanied by the chatter of birds. A delicious lunch will be provided after the walk.

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

Cost: \$20.00* per person

Out & About Group:

Times vary

8 May: Mini Golf

Today, we're transforming the Bowls Club into a putt-putt course! Practice your swing and test your skills to see if you can score a hole-in-one.

Cost: \$20.00* per person

15 May: Samford Bakery

Travel to the Samford Bakery and enjoy a selection of pastries for morning tea. Afterward, we will explore the Kombartcho Sanctuary.

Cost: \$20.00* per person

+ Morning Tea

22 May: Gatsby 1920 Party

Travel back to the roaring twenties at our Gatsby-themed bash! Groove to jazz, rock a flapper hat, and try your luck at cards for a day of classic fun!

Cost: \$20.00* per person

29 May: Op Shopping

One man's trash is another man's treasure. Today, we'll be shopping at the Lawton second-hand store hub, where you'll find hidden gems, followed by a relaxing lunch at the Pine Rivers Bowls Club with good food and great company.

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, and improving flexibility. Exercises can be done seated or standing. It's fun, easy to follow, and suitable for all fitness levels.

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.

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