

March Groups Activity Program North Brisbane for over 65's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 All Directions Choir Baskerville Hut \$20* per person	4	5 Body Movement Class \$20* per person	6 Walking Group Shorncliffe Pier \$20* per person 	7 Lifestyle Program \$20* per person 
10 Ladies Group Brighton Bowls Club \$20* per person 	11 Men's Group Brighton Bowls Club \$20* per person + Lunch 	12 Body Movement Class \$20* per person 	13 Out & About Group Brighton Bowls Club Celebrations \$20* per person 	14 Lifestyle Program \$20* per person
17 All Directions Choir Brighton Bowls Club \$20* per person	18	19 Body Movement Class \$20* per person	20 Out & About Group Lookout Cafe \$20* per person + Lunch	21 Lifestyle Program \$20* per person
24 Ladies Group Brighton Bowls Club \$20* per person All Directions Choir Brighton Bowls Club \$20* per person	25 Men's Group Bowling \$20* per person +\$10 Bowling	26 Body Movement Class \$20* per person	27 Out & About Group Armchair Travel to Brazil \$20* per person	28 Lifestyle Program \$20* per person
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

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 in the heart of Manly. This then 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 view.

Available to HCP and 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 the Brighton Bowls Club with all the festivities on a themed 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

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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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 \$20* per person	2 Lifestyle Program \$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

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Cost: \$20.00* per person

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