

JUNE Groups Activity Program North Brisbane for over 65's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ladies Group Shopping at Taigum \$20* pp + M/Tea & Lunch All Directions Choir Baskerville Hut \$20* per person	3 Men's Group Crepe Café \$20* per person + Lunch	4 Body Movement Class Brighton Bowls Club \$20* per person	5 Out & About Group Brighton Bowls Club Western Day \$20* per person	6 Lifestyle Program Brighton Bowls Club \$20* per person
9 All Directions Choir Brighton Bowls Club \$20* per person	10	11 Body Movement Class Brighton Bowls Club \$20* per person	12 Out & About Group Darvella Pâtisserie & CityCat Ride \$20* pp + M/Tea & Ticket TRANSLINK GO CARD NEEDED	13 Lifestyle Program Brighton Bowls Club \$20* per person
16 Ladies Group Brighton Bowls Club \$20* per person All Directions Choir Brighton Bowls Club \$20* per person	17 Men's Group Darvella Pâtisserie & CityCat Ride \$20* pp + M/Tea & Ticket TRANSLINK GO CARD NEEDED	18 Body Movement Class Brighton Bowls Club \$20* per person	19 Out & About Group Brighton Bowls Club Hearing Australia \$20* per person	20 Lifestyle Program Brighton Bowls Club \$20* per person
23 All Directions Choir Brighton Bowls Club \$20* per person	24	25 Body Movement Class Brighton Bowls Club \$20* per person	26 Walking Group Suttons Beach \$20* per person	27 Lifestyle Program Brighton Bowls Club \$20* per person
30 Ladies Group Brighton Bowls Club \$20* per person All Directions Choir Brighton Bowls Club \$20* per person	1 Men's Group	2 Body Movement Class Brighton Bowls Club \$20* per person	3 Out & About Group	4 Lifestyle Program Brighton Bowls Club \$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.

JUNE 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 June activities *join our groups program for over 65's*

Monday Activities:

Ladies Group: 10.00am-1.30pm

2 June: Ladies Group - Taigum Shopping

Today the ladies are heading to Taigum Shopping Centre to browse a wide range of stores. The centre offers great variety, including shops like Best & Less, Big W, The Reject Shop, Millers, and more!

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

16 & 30 June: 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

2 June: Baskerville Hut

9, 16, 23 & 30 June: 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

3 June: Crepe Café

The group will enjoy morning tea at Boondall Wetlands, with time to explore the Environmental Centre. For lunch, we'll head to the Crepe Café in Aspley, known for its delicious crepes, tasty brunch options, and great value.

Cost: \$20.00* per person + Lunch

17 June: Darvella Pâtisserie + CityCat

We're off to Bulimba to enjoy a treat at the exquisite Darvella Pâtisserie, followed by a scenic CityCat ride along the Brisbane River.

Please note, a short walk is required.

TRANSLINK GO CARD REQUIRED.

Cost: \$20.00* per person

+ Morning Tea & CityCat Ticket

Wednesday Activities:

Body Movement Class: 10.00am-11.00am

Join us for a light exercise 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:

Out & About Group:

Times vary

5 June: Western Day

This isn't our first Rodeo! Dust off your boots and cowboy hat as we have a hoedown at the Activities Centre, with games, music, prizes and a whole lot of fun!

Cost: \$20.00* per person

12 June: Darvella Pâtisserie + CityCat

We're off to Bulimba to enjoy a treat at the exquisite Darvella Pâtisserie, followed by a scenic CityCat ride along the Brisbane River just a walk from the café.

Please note, a short walk is required.

TRANSLINK GO CARD REQUIRED.

Cost: \$20.00* per person

+ Morning Tea & CityCat Ticket

19 June: Hearing Australia

Today at the Bowls Club we have an expert from Hearing Australia coming to speak with the group about the prevention and importance of early detection on hearing loss.

Cost: \$20.00* per person

Walking Group: Times vary

26 June: Suttons Beach

Stretch your legs and take in the refreshing ocean air with a walk along Suttons Beach. Enjoy the coastal views, gentle breeze, and relaxed company during a peaceful stroll along the scenic waterfront. A tasty BBQ lunch will be provided afterwards, offering the perfect opportunity to relax, socialise, and take in the beautiful surroundings.

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

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, and improving flexibility and balance. Exercises can be done seated or standing, making it accessible for everyone. It's fun, easy to follow, and suitable for all fitness levels, including beginners. The class promotes relaxation, increases mobility, and helps support overall wellbeing in a friendly and supportive environment.

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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