

AUGUST Groups Activity Program North Brisbane for over 65's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Ladies Group Brighton Bowls Club \$20* per person All Directions Choir Brighton Bowls Club \$20* per person	29 Men's Group Bribie Island Safe House \$20* per person	30 Body Movement Class Brighton Bowls Club \$20* per person	31 Out & About Group Picture Frame Craft \$20* per person	1 Lifestyle Program Brighton Bowls Club \$20* per person
4 All Directions Choir Baskerville Hut \$20* per person	5	6 Body Movement Class Brighton Bowls Club \$20* per person	7 Walking Group Sandgate Dowse Lagoon \$20* per person + \$10 Lunch	8 Lifestyle Program Brighton Bowls Club \$20* per person
11 Ladies Group Brighton Bowls Club \$20* per person + \$10 Lunch All Directions Choir Brighton Bowls Club \$20* per person	12 Men's Group Redcliffe Golf Club \$20* per person + Lunch	13 	14 Out & About Group Ekka Day \$20* per person + \$10 Lunch	15 Lifestyle Program Brighton Bowls Club \$20* per person
18 All Directions Choir Brighton Bowls Club \$20* per person	19	20 Body Movement Class Brighton Bowls Club \$20* per person	21 Out & About Group Redcliffe Golf Club \$20* per person + Lunch	22 Lifestyle Program Brighton Bowls Club \$20* per person
25 Ladies Group Brighton Bowls Club \$20* per person + \$10 Lunch All Directions Choir Brighton Bowls Club \$20* per person	26 Men's Group Abbey Museum \$20* per person + \$12 Entry + Lunch	27 Body Movement Class Brighton Bowls Club \$20* per person	28 Out & About Group Karaoke \$20* per person + \$10 Lunch	29 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.

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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 August activities

Monday Activities:

Ladies Group: 10.00am-1.30pm

11 & 25 August: Ladies Group Brighton Bowls Club

The Ladies Group meets fortnightly and enjoys a variety of activities, including arts and crafts, high tea, board games, guest speakers, local outings, and friendly conversation.

Cost: \$20.00* per person + \$10 Lunch

All Directions Choir:

10.00am-11.30am

4 August: Baskerville Hut
11, 18, 25 August: 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, and personal expression through song.

Cost: \$20.00* per person

Tuesday Activities:

Men's Group: Times vary

12 August: Redcliffe Golf Club

Today the Men's Group will be heading to the Redcliffe Golf Club to try the scrumptious new menu at Reddy's Bistro.

Cost: \$20.00* per person + Lunch

26 August: Abbey Museum

Venture with us to the Abbey Museum in Caboolture to be immersed in history from the World of the Prehistoric Hunter to the Industrial Revolution and the Rise of Imperialism.

Cost: \$20.00* per person + \$12 Entry + \$10 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

7 August: Sandgate Dowse Lagoon

Today the Walking Group will be going to the Sandgate Dowse Lagoon or as some locals may know it the second Lagoon.

This group caters to people of all fitness abilities so join us for a beautiful day of bird watching while we stroll around a heritage entwined Lagoon. Lunch will be provided after the walk.

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

Cost: \$20.00* per person + \$10 Lunch

Out & About Group:

Times vary

14 August: Ekka Day

Step right up and celebrate the annual Ekka royal show! Try your hand at carnival games, indulge in fairy floss and dagwood dogs. Of course no Ekka show would be complete without a strawberry sundae and a complimentary showbag.

Cost: \$20.00* per person + \$10 Lunch

21 August: Redcliffe Golf Club

Today the Men's Group will be heading to the Redcliffe Golf Club to try the scrumptious new menu at Reddy's Bistro.

Cost: \$20.00* per person + Lunch

28 August: Karaoke

Sing your heart out at the Brighton Bowls Club as we bring out the speaker and microphone for a fun Karaoke session with the group.

Cost: \$20.00* per person + \$10 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 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. The class promotes relaxation, improves mobility, and supports overall wellbeing in a friendly, 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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