

SEPTEMBER Groups Activity Program North Brisbane for over 65's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 All Directions Choir Baskerville Hut \$20* per person	2	3 Body Movement Class Brighton Bowls Club \$20* per person	4 Walking Group Kumbartcho Sanctuary \$20* per person + \$10 Lunch	5 Lifestyle Program Brighton Bowls Club \$20* per person
8 Ladies Group Taigum Square Shopping Trip \$20* per person + M/Tea & Lunch All Directions Choir Brighton Bowls Club \$20* per person	9 Men's Group Burpengary Tavern \$20* per person + Lunch	10 Body Movement Class Brighton Bowls Club \$20* per person	11 Out & About Group Armchair Travel to Switzerland \$20* per person + \$10 Lunch	12 Lifestyle Program Brighton Bowls Club \$20* per person
15 All Directions Choir Brighton Bowls Club \$20* per person	16	17 Body Movement Class Brighton Bowls Club \$20* per person	18 Out & About Group Soul Op Shop & Espresso \$20* per person + Morning Tea + Lunch	19 Lifestyle Program Brighton Bowls Club \$20* per person
22 Ladies Group Brighton Bowls Club \$20* per person + \$10 Lunch All Directions Choir Brighton Bowls Club \$20* per person	23 Men's Group Fishing and BBQ at Shorncliffe Pier \$20* per person + \$10 Lunch	24 Body Movement Class Brighton Bowls Club \$20* per person	25 Out & About Group Spring Craft \$20* per person + \$10 Lunch	26 Lifestyle Program Brighton Bowls Club \$20* per person
29 All Directions Choir Brighton Bowls Club \$20* per person	30	1 Body Movement Class Brighton Bowls Club \$20* per person	2 Out & About Group \$20* per person	3 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 September activities

Monday Activities

All Directions Choir: 10.00am–11.30am

1 Sept: Baskerville Hut

8, 15, 22, 29 Sept: Brighton Bowls Club

Lift your spirits with music! Led by our talented Musical Director Gil, the All About Living Choir is all about joyful singing, laughter, and connection.

Whether you're belting out classics or trying something new, it's a warm and welcoming space to share music, make friends, and express yourself.

Cost: \$20.00* per person

Ladies Group: 10.00am–1.30pm

8 Sept: Taigum Square Shopping Trip

Time for a shopping adventure! Join the Ladies Group as we head to Taigum Square to browse the shops, hunt for bargains, and enjoy some relaxed retail therapy together.

Cost: \$20.00* pp + M/Tea + Lunch

22 Sept: Brighton Bowls Club

From arts and crafts to outings and high teas, our Ladies Group is always up for something fun! This fortnight we're gathering at Brighton Bowls Club for great food, good company, and plenty of friendly conversation.

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

Tuesday Activities

Men's Group (Times vary)

9 Sept: Burpengary Tavern

Step back in time at one of Brisbane's oldest pubs! The Men's Group is heading to the Burpengary Tavern for a hearty bistro lunch or a classic pub favourite. Good food, good mates, and a great atmosphere.

Cost: \$20.00* per person + Lunch

23 Sept: Fishing & BBQ at Shorncliffe

Reel in a big one (or just enjoy the view) at Shorncliffe Pier! After some fishing fun, the Men's Group will fire up the BBQ for a relaxed outdoor lunch by the water.

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

Wednesday Activities

Body Movement Class: 10am – 11am

Stretch, breathe, and move with ease! This gentle exercise class is designed for all abilities, blending simple flowing movements with mindful breathing.

Cost: \$20.00* per person

Thursday Activities

Walking Group (Times vary)

4 Sept: Kumbartcho Sanctuary

Take in the fresh air at Kumbartcho Sanctuary in Eatons Hill. Stroll along leafy walking tracks and then relax with a picnic lunch. *This is available to HCP and Allied Health-funded members only.*

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

Out & About Group (Times vary)

11 Sept: Armchair Travel – Switzerland

Pack your "virtual" bags! Join us on a trip to Switzerland, where we'll explore its history, culture, and scenery, all while tasting some Swiss-inspired cuisine.

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

18 Sept: Soul Op Shop & Espresso

Treasure hunting time! The Out & About Group is off to Soul Op Shop to browse unique finds before enjoying a relaxed morning tea at their café.

Cost: \$20.00* pp + M/Tea + Lunch

25 Sept: Spring Craft

Celebrate spring with creativity! We'll be painting cherry blossom trees that look so good, people will think you bought them at a shop. Simple, fun, and beautiful.

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

Friday Activities

Lifestyle Program: 10am – 11am

End the week with movement, mindfulness, and fun! This light exercise class blends breathing, stretching, and balance-focused moves to support flexibility and relaxation. With seated or standing options, it's perfect for everyone and a great way to boost your mood before the weekend.

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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