

NOVEMBER Groups Activity Program North Brisbane for over 65's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Ladies Group Op Shopping \$20* per person + Lunch All Directions Choir Baskerville Hut \$20* per person	4 Men's Group Op Shopping \$20* per person + Lunch	5 Body Movement Class Brighton Bowls Club \$20* per person	6 Out & About Group Thanksgiving \$20* per person + \$10 Lunch	7 No Lifestyle Program Today
10 All Directions Choir Brighton Bowls Club \$20* per person	11	12 Body Movement Class Brighton Bowls Club \$20* per person	13 Out & About Group Movies \$20* per person + Ticket & Lunch	14 Lifestyle Program Brighton Bowls Club \$20* per person
17 Ladies Group Op Shopping \$20* per person + Lunch All Directions Choir Brighton Bowls Club \$20* per person	18 Men's Group Redcliffe Leagues Club \$20* per person + Lunch	19 Body Movement Class Brighton Bowls Club \$20* per person	20 Out & About Group Gingerbread Decorating \$20* per person	21 Lifestyle Program Brighton Bowls Club \$20* per person
24 All Directions Choir Baskerville Hut \$20* per person	25	26 Body Movement Class Brighton Bowls Club \$20* per person	27 Out & About Group Christmas Alight \$20* per person + Lunch	28 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 Support At Home (SAH) 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 November activities

Monday Activities

All Directions Choir: 10.00am–11.30am

3 & 24 Nov: Baskerville Hut

10 & 17 Nov: 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

3 Nov: Op Shopping

Join the Ladies Group for a fun day out in Lawnton! Explore a fantastic range of op shops, hunt for hidden treasures, and enjoy a delicious lunch together at the Norths Leagues Club to relax and share your finds.

Cost: \$20.00* per person + Lunch

17 Nov: 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)

4 Nov: Op Shopping

The Men's Group will be going op shopping in Lawnton, exploring a great variety of stores to browse and find hidden treasures, followed by lunch at the Norths Leagues Club.

Cost: \$20.00* per person + Lunch

18 Nov: Redcliffe Leagues Club

Today, the Men's Group will visit the Redcliffe Leagues Club to enjoy live entertainment and lunch together.

Cost: \$20.00* per person + 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

Out & About Group (Times vary)

6 Nov: Thanksgiving

Thanksgiving is the perfect time to come together, reflect on the year, and share gratitude. Join us for a delicious traditional turkey meal, warm conversation, and good company as we celebrate friendship and thankfulness.

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

13 Nov: Movies

Join us for a fun day out with friends. Enjoy a great movie at Hoyts Redcliffe, then relax over lunch together.

Cost: \$20.00* pp + Ticket & Lunch

20 Nov: Gingerbread Decorating

"You can't catch me, I'm the Gingerbread Man!" Get into the Christmas spirit by decorating your own gingerbread men at the Brighton Bowls Club. Take your creations home to gift or enjoy yourself!

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

27 Nov: Christmas Alight

Join the Out & About Group for a festive trip to Christmas Alight to enjoy the dazzling lights and décor, with lunch at Arana Hills Leagues Club.

Cost: \$20.00* per person + 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.

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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