

DECEMBER Groups Activity Program North Brisbane for over 65's

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| 1 Ladies Group Redcliffe Leagues Club \$20* per person + Lunch All Directions Choir Baskerville Hut \$20* per person | 2 Men's Group Christmas Alight \$20* per person + Lunch | 3 Body Movement Class Brighton Bowls Club \$20* per person | 4 Out & About Group Groups Christmas Party \$50* per person | 5 Lifestyle Program Brighton Bowls Club \$20* per person |
| 8 All Directions Choir Brighton Bowls Club \$20* per person | 9 | 10 Body Movement Class Brighton Bowls Club \$20* per person | 11 Walking Group Newport, Scarborough \$20* per person + \$10 Lunch | 12 Lifestyle Program Brighton Bowls Club \$20* per person |

All About Living offers Social Support Groups to eligible participants under the Commonwealth Home Support Program (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 Care 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 December activities

groups program for over 65's

Monday Activities

All Directions Choir:

10am – 11.30am

1 Dec: Baskerville Hut

8 Dec: 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: (Times vary)

1 Dec: Redcliffe Leagues Club

Today is our final Ladies Group for the year and we will be celebrating with lunch at the Redcliffe Leagues Club, and some live entertainment.

Cost: \$20.00* per person + Lunch

Tuesday Activities

Men's Group (Times vary)

2 Dec: Christmas Alight

We're wrapping up our Men's Group for the year with a festive outing to enjoy the beautiful Christmas lights and décor, then sharing lunch together at Arana Hills Leagues Club.

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, while improving balance, flexibility, coordination and overall wellbeing at your pace.

Cost: \$20.00* per person

Thursday Activities

Out & About Group (Times vary)

4 Dec: Groups Christmas Party

Join us at the Brighton Bowls Club to kick off the holiday season and celebrate another wonderful year with our All About Living Groups. Enjoy a special performance by the All Directions Choir, along with games, prizes, raffles and a delicious traditional Christmas lunch. Keep an eye out... there may even be a special visit from the man in the big red suit!

Cost: \$50.00* per person



Walking Group (Times vary)

11 Dec: Newport, Scarborough

The Walking Group is heading out for a scenic walk through Newport and Scarborough, taking in the fresh sea air before enjoying a relaxed and social BBQ lunch together by the waterfront.

Cost: \$20.00* pp + \$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 available, it's perfect for everyone to enjoy.

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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