



JANUARY Groups Activity Program North Brisbane for over 65's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 All About Living Choir \$20* per person	20	21 Body Movement Class Baskerville Training Centre \$20* per person	22 Thursday Group Walking Group Welcome Back lunch Redcliffe RSL \$20* per person + Lunch	23 Lifestyle Program Baskerville Training Centre \$20* per person
26 Public Holiday	27 Men's Group Welcome Back lunch Redcliffe RSL \$20* per person	28 Body Movement Class Baskerville Training Centre \$20* per person	29 Thursday Group Australia Day Celebration \$20* per person + \$10 Lunch	30 Lifestyle Program Baskerville Training Centre \$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 January activities

Monday Activities

All About Living Choir: 10am – 11am

19 Jan:

This Monday at 10.00am the All About Living Choir will meet up at the activity centre with our Musical Director, Gil. Come along, join in and have fun while singing with like-minded people! The first Monday of every month the choir will be held at the Baskerville training centre 174 Baskerville street Brighton.

Cost: \$20.00* per person

Ladies Group

The first Ladies Group will start on the 9th of February 2026.

The Ladies group meet up fortnightly and enjoy a range of activities like Art and Crafts, High Tea and Board Games.

Cost: \$20.00* per person

Tuesday Activities

Men's Group

27 Jan: Welcome Back Lunch

Today we welcome back the Men's group with Morning Tea and card games by the seaside and lunch at the Redcliffe RSL.

Cost: \$20.00* per person + Lunch

Wednesday Activities

Body Movement Class: 10am – 11am

Every Wednesday, we meet together for a light exercise and movement class at Baskerville Training Centre, 174 Baskerville Street, Brighton. With gentle and flowing moves, the breathing and stretching seated or standing exercises are fun and easy to follow.

Cost: \$20.00* per person

Thursday Activities

Thursday Group

22 Jan: Thursday Out n About Group

Join us for Morning Tea at Woody Point, where you can enjoy the fresh ocean air, catch up after the holiday season, and take a gentle walk along the waterfront. The morning will also include games and social time, followed by a delicious lunch at the Redcliffe RSL.

Cost: \$20.00* per person + Lunch

29 Jan: Australia Day

Aussie Aussie Aussie Oi Oi Oi! Today we celebrate Australia Day with all things Australian from eating lamingtons and a meat pie to having a classic thong toss. So come join us at the Brighton Bowls Club to have a true blue Aussie day.

Cost: \$20.00* pp + \$10.00 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.

 **all about living**
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