

FEBRUARY Groups Activity Program North Brisbane for over 65's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 All Directions Choir Baskerville Hut \$20* per person	3	4 Body Movement Class Baskerville Hut \$20* per person	5 Walking Group Murrumba Downs \$20* per person + Lunch	6 Lifestyle Program Baskerville Hut \$20* per person
9 Ladies Group \$20* per person + \$10 Lunch All Directions Choir 9:45am - 12:30pm \$20* per person	10 Men's Group Chinese New Year Solander Lake Bowls Club, Bribie Island \$20* per person + Lunch	11 Body Movement Class Baskerville Hut \$20* per person	12 Out n About Group Valentine's Day Craft and Card Making \$20* per person + \$10 Lunch	13 Lifestyle Program Baskerville Hut \$20* per person
16 All Directions Choir \$20* per person	17	18 Body Movement Class Baskerville Hut \$20* per person	19 Out n About Group Dynasty Chinese \$20* per person + Lunch	20 Lifestyle Program Baskerville Hut \$20* per person
23 Ladies Group Cupcake Making \$20* per person + \$10 Lunch All Directions Choir \$20* per person	24 Men's Group Snooker & Lunch \$20* per person + Entry + Lunch	25 Body Movement Class Baskerville Hut \$20* per person	26 Out n About Group Country & Western Day Games and Activities \$20* per person + \$10 Lunch	27 Lifestyle Program Baskerville Hut \$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 February activities

Monday Activities

All Directions Choir:

On all Mondays at 10am - 11am, our Choir meet up at the Activity Centre. Come along and have fun singing with like-minded people! The first Monday of every month the choir is held at the Baskerville Hut.

Cost: \$20.00* per person

Ladies Group

9 Feb: Welcome Back

Today we welcome back the Ladies for their first Ladies Group of the year. The Ladies Group meet up fortnightly.

Cost: \$20.00* per person + \$10.00 Lunch

23 Feb: Cupcake Making

The Ladies will be decorating some freshly baked cupcakes.

Cost: \$20.00* per person + \$10.00 Lunch

Tuesday Activities

Men's Group

10 Feb: Chinese New Year

Join us for Morning Tea and Board Games at beautiful Bribie Island followed by lunch to celebrate the Chinese New Year at Solander Lakes Bowls Club for a delicious Chinese meal.

Cost: \$20.00* per person + Lunch

24 Feb: Snooker & Lunch

Today the Men's Group will be heading to Redcliffe for a game of Snooker or two followed by Lunch at the Ambassador Hotel.

Cost: \$20.00* per person + Entry + \$10.00 Lunch

Wednesday Activities

Body Movement Class:

Every Wednesday at 10am - 11am, we meet for a light exercise and movement class at Baskerville Hut. 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

Walking Group

5 Feb: Murrumba Downs

Today the Walking Group will be going to Murrumba Downs Park to enjoy the lovely surroundings and walking track followed by lunch at the Murrumba Downs Tavern. The Walking Group is available to SAH and Allied Health funded members only.

Cost: \$20.00* per person + Lunch

Out n About Group

12 Feb: Valentines Day Craft and Card Marking

Today is all about love and friendship. Our Thursday Group will be participating in Valentines Day Craft and Card Making.

Cost: \$20.00* per person + \$10.00 Lunch

19 Feb: Dynasty Chinese

Today the Thursday Group will celebrate the Chinese New Year participating in Chinese Checkers and Mahjong, and a scrumptious meal at Dynasty Chinese Restaurant in Margate.

Cost: \$20.00* per person + \$10.00 Lunch

26 Feb: Country & Western Day

Yeehaw! Buckle up for a fun filled Country & Western Day, with music, games and activities throughout the day.

Cost: \$20.00* per person + \$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

Location Details

Activity Centre (Brighton Bowls Club):

47 Northcote Street, Brighton.

Baskerville Hut:

174 Baskerville Street, Brighton.

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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