

# MARCH Groups Activity Program North Brisbane for over 65's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p><b>All Directions Choir</b> Baskerville Hut \$20* per person</p>	<p><b>3</b></p>	<p><b>4</b></p> <p><b>Body Movement Class</b> Baskerville Hut \$20* per person</p>	<p><b>5</b></p> <p><b>Walking Group</b> Downfall Creek Bushland \$20* per person + Lunch</p>	<p><b>6</b></p> <p><b>Lifestyle Program</b> Baskerville Hut \$20* per person</p>
<p><b>9</b></p> <p><b>All Directions Choir</b> \$20* per person</p> <p><b>Ladies Group</b> Kippa-Ring Shopping Trip \$20* per person</p>	<p><b>10</b></p> <p><b>Men's Group</b> Murrumba Downs Tavern \$20* per person + Lunch</p>	<p><b>11</b></p> <p><b>Body Movement Class</b> Baskerville Hut \$20* per person</p>	<p><b>12</b></p> <p><b>Out n About Group</b> St Patrick's Day \$20* per person + \$10 Lunch</p>	<p><b>13</b></p> <p><b>Lifestyle Program</b> Baskerville Hut \$20* per person</p>
<p><b>16</b></p> <p><b>All Directions Choir</b> \$20* per person</p>	<p><b>17</b></p>	<p><b>18</b></p> <p><b>Body Movement Class</b> Baskerville Hut \$20* per person</p>	<p><b>19</b></p> <p><b>Out n About Group</b> Butterfly House, Bribie Island \$20* per person + \$10 Entry + \$10 Lunch</p>	<p><b>20</b></p> <p><b>Lifestyle Program</b> Baskerville Hut \$20* per person</p>
<p><b>23</b></p> <p><b>All Directions Choir</b> \$20* per person</p> <p><b>Ladies Group</b> Easter Craft \$20* per person + \$10 Lunch</p>	<p><b>24</b></p> <p><b>Men's Group</b> Hay Cottage, Dayboro \$20* per person + Lunch</p>	<p><b>25</b></p> <p><b>Body Movement Class</b> Baskerville Hut \$20* per person</p>	<p><b>26</b></p> <p><b>Out n About Group</b> Harmony Day \$20* per person + \$10 Lunch</p>	<p><b>27</b></p> <p><b>Lifestyle Program</b> Baskerville Hut \$20* per person</p>
<p><b>30</b></p> <p><b>All Directions Choir</b> \$20* per person</p>	<p><b>31</b></p>	<p>All About Living offers Social Support Groups to eligible participants under the Commonwealth Home Support Program (CHSP) and SupportAtHome (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.</p>		

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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 March activities

### Monday Activities

#### All Directions Choir:

Every Monday at 10am - 11am, the All Directions 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 Choir will be held at the Baskerville Hut the first Monday of the month.

**Cost: \$20.00\* per person**

#### Ladies Group

##### 9 March:

#### Kippa-Ring Shopping Trip

Today the Ladies will head to Kippa-Ring Shopping Centre to browse a variety of shops.

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

##### 23 March: Easter Craft

Today the Ladies will be participating in Easter Craft.

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

### Tuesday Activities

#### Men's Group

##### 10 March:

#### Murrumba Downs Tavern

Today the Men's Group will be having Morning Tea at Blatchford Recreation Reserve in Murrumba Downs for games of Bocce in the park followed by lunch at the Murrumba Downs Tavern.

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

##### 24 March:

#### Hay Cottage, Dayboro

Today the Men's Group will be going on a scenic drive to Dayboro, stopping for Morning Tea and a look at Hay Cottage followed by lunch at the Dayboro Bakery.

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

### Wednesday Activities

#### Body Movement Class:

On Wednesdays 10am - 11am, we meet for a light movement class at Baskerville Hut. With gentle and flowing breathing and stretching moves, the seated or standing exercises are fun and easy to follow.

**Cost: \$20.00\* per person**

### Thursday Activities

#### Walking Group

##### 5 March:

#### Downfall Creek Bushland

Today the Walking Group will be going to Downfall Creek Bushland Reserve in Chermside West for a nature walk, followed by lunch at the Aspley Leagues Club!

The Walking Group is only available to HCP/SAH and Allied Health funded members.

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

### Out n About Group

##### 12 March: St Patrick's Day

Happy St Patrick's Day! Celebrate the luck of the Irish with all things green and enjoy a fun day with friends.

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

##### 19 March:

#### Butterfly House, Bribie Island

Today our Out n About Group will be heading up to the Butterfly House in Bribie Island. It is a beautiful destination and a safe sanctuary for butterflies. If a butterfly lands on you, that's wonderful! We will have to make sure we have our camera ready.

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

### 26 March: Harmony Day

Today we will be celebrating and learning about Harmony Day. This is a time for us to celebrate multiculturalism and inclusion. Feel free to wear the colour orange, which symbolises peace and diversity in our society.

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

### Friday Activities

#### Lifestyle Program:

Every Friday at 10am -11am, we meet for a light movement class at Baskerville Hut. With gentle and flowing breathing and stretching moves, the seated or standing exercises are fun and easy to follow.

**Cost: \$20.00\* per person**

#### Location Details

**Activity Centre:** 147 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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