

APRIL Groups Activity Program North Brisbane for over 65's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Body Movement Class \$20* per person	2 Walking Group Easter Celebration Nudgee Beach \$20* per person + \$10 Lunch	3  GOOD FRIDAY
6  EASTER MONDAY	7 Men's Group Murrumba Downs Tavern \$20* per person + Lunch	8 Body Movement Class \$20* per person	9 Out n About Group Paint and Sip \$20* per person + \$10 Lunch	10 Lifestyle Program \$20* per person
13 All Directions Choir \$20* per person	14	15 Body Movement Class \$20* per person	16 Out n About Group VEND Markets \$20* per person + Lunch	17 Lifestyle Program \$20* per person
20 All Directions Choir \$20* per person Ladies Group \$20* per person + \$10 Lunch	21 Men's Group Anzac Day Geebung RSL \$20* per person + Lunch	22 Body Movement Class \$20* per person	23 Out n About Group Anzac Day \$20* per person + \$10 Lunch	24 Lifestyle Program \$20* per person
27 All Directions Choir \$20* per person	28	29 Body Movement Class \$20* per person	30 Out n About Group Rocks Cafe and Museum \$20* per person + Morning Tea	

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.

APRIL Groups Activity Program North Brisbane for over 65's

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 April 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! It will be held at the Baskerville Hut the first Monday of the month.

Cost: \$20.00* per person

Ladies Group

20 April:

The Ladies group meet up fortnightly and enjoy a range of activities together.

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

Tuesday Activities

Men's Group

7 April: 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

21 April: Geebung RSL

To honour Anzac Day, the Men's Group is going to the Geebung RSL to pay our Respects to the Men and Women who served Anzac Day followed by lunch.

Cost: \$20.00* per person + Lunch

Wednesday Activities

Body Movement Class

On Wednesdays 10am - 11am, we meet for a 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

2 April: Nudgee Beach

Today the Walking Group will be going to Nudgee Beach to enjoy the beautiful surroundings. The Group is only available to HCP/SAH and Allied Health funded members only.

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

Out n About Group

9 April: Paint and Sip

Today we will be getting artistic and painting canvases whilst sipping mocktails! Bring your creative skills for a fun filled day

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

16 April: VEND Markets

The VEND markets in Virginia are filled with an assortment of hand made trinkets and cute collectables all for sale followed by lunch at thecafé.

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

23 April: Anzac Day

Today we will be honouring the Anzacs and invite members of the group to bring photos and stories of any friends or loved ones who served. We will also be doing Anzac Day themed craft at the Brighton Bowls Club. Lest We Forget.

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

30 April:

Rocks Cafe and Museum

The Out and About Group will be heading to the Rocks Café at Griffin for Morning Tea and to look at the museum there followed by lunch overlooking the River at Dohles Rocks.

**Cost: \$20.00* per person
+ Morning Tea**

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.

 all about living
choice | support | connection