

MAY Groups Activity Program North Brisbane for over 65's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Lifestyle Program \$20* per person
4  Labour Day Public Holiday	5 Men's Group Redcliffe Museum Morgans Fish and Chips \$20* per person + Lunch	6 Body Movement Class \$20* per person	7 Out n About Group Games Day \$20* per person + \$10 Lunch	8 Lifestyle Program \$20* per person
11 All Directions Choir Baskerville Training Centre \$20* per person	12	13 Body Movement Class \$20* per person	14 Out n About Group Walking Group Shorncliffe \$20* per person + Lunch	15 Lifestyle Program \$20* per person
18 All Directions Choir \$20* per person Ladies Group \$20* per person	19 Men's Group Bunnings Trip and BBQ Lunch \$20* per person + Morning Tea + \$10 Lunch	20 Body Movement Class \$20* per person	21 Out n About Group The Biggest Morning Tea  \$20* per person + \$10 Lunch + Donations	22 Lifestyle Program \$20* per person
25 All Directions Choir \$20* per person	26	27 Body Movement Class \$20* per person	28 Out n About Group Redcliffe Museum Sea Salt n Vine \$20* per person + Lunch	29 Lifestyle Program \$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 May 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

18 May:

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

5 May: Redcliffe Museum and Morgan's Fish and Chips

Today the Men's Group will be going to the Redcliffe Museum for Morning Tea and have a look around the museum, then heading to Morgan's Seafood at Scarborough for some delicious Fish and Chips and to enjoy the scenery there.

Cost: \$20.00* per person + Lunch

19 May: Bunnings Trip + BBQ Lunch

The Men's Group will be heading to Bunnings at Rothwell for Morning Tea at the Café there followed by a BBQ lunch down at Scarborough.

Cost: \$20.00* per person + Morning Tea + \$10.00 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

Out n About Group

7 May: Games Day

Today the Out n About Group will be having a Board Games and Table Top Games Day at the Brighton Bowls Club.

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

Walking Group

14 April: Walking Group Shorncliffe Pier

The Walking Group will be going down to the beautiful Shorncliffe for a walk along the foreshore and pier followed by morning tea then lunch at The Shelley Inn.

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

Cost: \$20.00* per person + Lunch

Out n About Group

21 May:

The Biggest Morning Tea

Today we will be celebrating Australia's Biggest Morning Tea at the Brighton Bowls Club to raise money for Cancer.

As in previous years, we will be playing games and putting on a delicious Morning Tea spread.

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

28 May: Redcliffe Museum

The Out n About Group will be going to the Redcliffe Museum and then heading to Sea Salt n Vine at Scarborough for lunch.

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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