


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1 All Directions Choir</b> Baskerville Hut \$20* per person <b>Ladies Group</b> \$20* per person + Lunch</p>	<p><b>2 Men's Group</b> Aspley Leagues Club \$20* per person + Lunch</p>	<p><b>3 Body Movement Class</b> \$20* per person</p>	<p><b>4 Out n About Group BBC</b> "A day on the Green" Lawn Bowls at Brighton Bowls Club \$20* per person + \$10 Lunch</p>	<p><b>5 Lifestyle Program</b> \$20* per person</p>
<p><b>8 All Directions Choir</b> \$20* per person</p>	<p><b>9</b></p>	<p><b>10 Body Movement Class</b> \$20* per person</p>	<p><b>11 Out n About Group</b> Op Shopping at Lawnton \$20* per person + Lunch</p>	<p><b>12 Lifestyle Program</b> \$20* per person</p>
<p><b>15 All Directions Choir</b> \$20* per person <b>Ladies Group</b> \$20* per person + Lunch</p>	<p><b>16 Men's Group</b> Hoyt's Movie Theatre \$20* per person + Movie ticket + Lunch</p>	<p><b>17 Body Movement Class</b> \$20* per person</p>	<p><b>18 Out n About Group BBC</b> Armchair Travel to Italy \$20* per person + \$10 Lunch</p>	<p><b>19 Lifestyle Program</b> \$20* per person</p>
<p><b>22 All Directions Choir</b> \$20* per person</p>	<p><b>23</b></p>	<p><b>24 Body Movement Class</b> \$20* per person</p>	<p><b>25 Out n About Group</b> Walking Group Samford \$20* per person + Lunch</p>	<p><b>26 Lifestyle Program</b> \$20* per person</p>
<p><b>29 All Directions Choir</b> \$20* per person <b>Ladies Group</b> \$20* per person + Lunch</p>	<p><b>30 Men's Group</b> North Devils Leagues Club \$20* per person + Lunch</p>			

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 June 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

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 + Lunch**

### Tuesday Activities

#### Men's Group

**2 June:**

#### Aspley Leagues Club

Today the Men's Group will be going to the Aspley Leagues Club for lunch. They offer great selection of lunch specials to choose from.

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

**16 June:**

#### Hoyt's Movie Theatre

The Men's Group will be heading to Hoyt's Movie Theatre at Kippa Ring.

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

### 30 June: North Devils Leagues Club

The Men's Group will enjoy Morning Tea at Nudgee Beach followed by lunch at the North Devil's Leagues Club in Nundah.

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

### Wednesday Activities

#### Body Movement Class

On Wednesdays 10am - 11am, we meet for a movement class at our Activity Centre. 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

**4 June:**

#### "A day on the green"

Today the Out and About Group will be playing games of lawn bowls at the Brighton Bowls Club. Come along for a fun day!

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

**11 June: Op Shopping**

The Out and About Group will be going to Lawnton to visit the array of op shops to find some treasures. Followed by lunch at the Lawnton Tavern.

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

### 18 June:

#### Armchair Travel to Italy

"Buongiorno" Today we will be learning about this beautiful boot-shaped country and mastering some Italian phrases while enjoying some delicious Italian cuisine.

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

#### Walking Group

**25 June: Samford**

The Walking Group will be heading to Samford for a stroll around the village at John Scott Park followed by lunch at the famous Samford Patisserie and Café. The Walking Group is available to HCP/SAH and Allied Health funding members only.

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

### Friday Activities

#### Lifestyle Program

Every Friday at 10am - 11am, we meet for a movement class at our Activity Centre. 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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