

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>Body Movement Class</b> \$20* per person	<b>2</b> <b>Out n About Group</b> Flower Pot Decorating Brighton Bowls Club \$20* per person + \$10 Lunch	<b>3</b> <b>Lifestyle Program</b> \$20* per person
<b>6</b> <b>All Directions Choir</b> Baskerville Hut \$20* per person	<b>7</b>	<b>8</b> <b>Body Movement Class</b> \$20* per person	<b>9</b> <b>Out n About Group</b> Walking Group 7th Brigade Park, Chermside \$20* per person + Lunch	<b>10</b> <b>Lifestyle Program</b> \$20* per person
<b>13</b> <b>All Directions Choir</b> \$20* per person <b>Ladies Group</b> \$20* per person + Lunch	<b>14</b> <b>Men's Group</b> Samford Patisserie and Cafe \$20* per person + Lunch	<b>15</b> <b>Body Movement Class</b> \$20* per person	<b>16</b> <b>Out n About Group</b> Trivia Day \$20* per person + \$10 Lunch	<b>17</b> <b>Lifestyle Program</b> \$20* per person
<b>20</b> <b>All Directions Choir</b> \$20* per person	<b>21</b>	<b>22</b> <b>Body Movement Class</b> \$20* per person	<b>23</b> <b>Out n About Group</b> Petrie Museum \$20* per person + Lunch	<b>24</b> <b>Lifestyle Program</b> \$20* per person
<b>27</b> <b>All Directions Choir</b> \$20* per person <b>Ladies Group</b> \$20* per person + Lunch	<b>28</b> <b>Men's Group</b> Zillmere Sports Club \$20* per person + Lunch	<b>29</b> <b>Body Movement Class</b> \$20* per person	<b>30</b> <b>Out n About Group</b> Christmas in July Brighton Bowls Club \$20* per person + \$10 Lunch	<b>31</b> <b>Lifestyle Program</b> \$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.

\*Co-contribution fee.

# JULY 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 July 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

##### 14 July: Samford Patisserie and Cafe

Today the Men's Group will be going for a scenic drive to Samford for morning tea, then lunch at the famous Samford Patisserie & Café.

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

### 28 July: Zillmere Sports Club

The Men's Group will be heading to the Zillmere Sports Club "Where all the good Sports meet" for their \$10 lunch specials.

**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

##### 2 July: Flower Pot Decorating

Today the Out and About Group will be doing some Flower pot decorating at the Brighton Bowls Club. Come along for a fun day with friends.

**Cost: \$20.00\* per person + \$10 Lunch**

### 16 July: Trivia Day

Join us for a Trivia Day at the Brighton Bowls Club. Let's put our random knowledge to the test for some friendly competition.

**Cost: \$20.00\* per person + \$10 Lunch**

### 23 July: Petrie Museum

The Out and About Group will be going to the Pine Rivers Heritage Museum for a tour and cuppa tea followed by lunch at the Petrie Tavern.

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

### 30 July: Christmas in July

Today the Out and About Group will be celebrating Christmas In July. There will be games and raffles and a hot roast for lunch. The All About Living Choir will be singing on the day.

**Cost: \$20.00\* per person + \$10 Lunch**

### Walking Group

#### 9 July: 7th Brigade Park, Chermside

The Walking Group will be going to the 7th Brigade Park at Chermside for a walk around the pathways and enjoying morning tea in the sunshine followed by lunch at the Zillmere Sports Club where they have \$10 lunch specials. 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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