

AUGUST Groups Activity Program North Brisbane for over 65's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 All Directions Choir Baskerville Hut \$20* per person	4	5 Body Movement Class \$20* per person	6 Walking Group The Mill Park at Petrie \$20* per person + \$10 Lunch *Available for Allied Health and SAH Clients Only	7 Lifestyle Program \$20* per person
10 All Directions Choir \$20* per person Ladies Group \$20* per person + Lunch	11 Men's Group Hangar 7 Aircraft Museum Eagle Farm \$20* per person + Lunch	12 EKKA Public Holiday	13 Out n About Group EKKA Day at the Brighton Bowls Club \$20* per person + \$10 Lunch	14 Lifestyle Program \$20* per person
17 All Directions Choir \$20* per person	18	19 Body Movement Class \$20* per person	20 Out n About Group Lunch at the Brighton Hotel \$20* per person + Lunch	21 Lifestyle Program \$20* per person
24 All Directions Choir \$20* per person Ladies Group \$20* per person + Lunch	25 Men's Group Brighton Hotel \$20* per person + Lunch	26 Body Movement Class \$20* per person	27 Out n About Group Country and Western Day at the Brighton Bowls Club \$20* per person + \$10 Lunch	28 Lifestyle Program \$20* per person
31 All Directions Choir \$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.

AUGUST 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 August 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

11 August: Hangar 7 Aircraft

Today the Men's Group are going to Hangar No. 7 located at Eagle Farm, a heritage listed hangar for a tour followed by lunch at the café located there.

Cost: \$20.00* per person + Lunch

25 August: Brighton Hotel

The Men's Group will be getting together for a day out with morning tea along the Shorncliffe foreshore and at the Brighton Hotel for their lunch specials.

Cost: \$20.00* per person + Lunch

Wednesday Activities

Body Movement Class

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

Cost: \$20.00* per person

Thursday Activities

Walking Group

6 August: The Mill at Petrie

The Walking Group will be going to new Mill Park Petrie for a leisurely walk along the tracks and for morning tea in the sunshine and a picnic lunch. The Walking Group is available to HCP/SAH and Allied Health funding members only.

Cost: \$20.00* per person + Lunch

Out n About Group

13 August:

EKKA Day at the Brighton Bowls Club

Today we will be celebrating our own Ekka Day at the Brighton Bowls Club with some carnival games and activities and enjoying a Dogwood Dog and strawberry sundaes! Come along for a fun day.

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

20 August: Brighton Hotel

The Out and About Group will be heading to the Shorncliffe park for morning tea and games followed by lunch at the Brighton Hotel.

Cost: \$20.00* per person + Lunch

27 August:

Country and Western Day

Yeehaw! Buckle up for a fun filled Country and Western Day at the Brighton Bowls Club, with music, games and activities throughout the day

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

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.

 all about living
choice | support | connection