

SEPTEMBER Groups Activity Program North Brisbane for over 65's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Body Movement Class \$20* per person	3 Walking Group Osprey House Environmental Centre \$20* per person + Lunch *Available for Allied Health and SAH Clients Only	3 Lifestyle Program \$20* per person
7 All Directions Choir Baskerville Hut \$20* per person Ladies Group \$20* per person + Lunch	8 Men's Group Osprey House Environmental Centre \$20* per person + Lunch	9 Body Movement Class \$20* per person	10 Out n About Group Spring Craft \$20* per person + \$10 Lunch	11 Lifestyle Program \$20* per person
14 All Directions Choir \$20* per person	15	16 Body Movement Class \$20* per person	17 Out n About Group Marvel Fish and Chips at Scarborough \$20* per person + Lunch	18 Lifestyle Program \$20* per person
21 All Directions Choir Baskerville Hut \$20* per person Ladies Group Shopping Trip at Kippa Ring \$20* per person + Lunch	22 Men's Group Fishing and BBQ Lunch \$20* per person + \$10 Lunch	23 Body Movement Class \$20* per person	24 Out n About Group Reminiscing Day \$20* per person + \$10 Lunch	25 Lifestyle Program \$20* per person
28 All Directions Choir \$20* per person	29	30 Body Movement Class \$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 September 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 and have fun 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

21 September:

Shopping Trip to Kippa Ring

Today the Ladies Group will be going to Kippa Ring Shopping Centre for a browse followed by lunch at Café 63.

Cost:

\$20.00* per person + Lunch

Tuesday Activities

Men's Group

8 September:

Osprey House, Griffin

Today the Men's Group is visiting Osprey House on the Pine River to explore local bird and marine life, followed by lunch at Norths Leagues Club.

Cost:

\$20.00* per person + Lunch

22 September:

Fishing and BBQ Lunch

The Men's Group will be heading to Bullocky's Rest to have a nice, relaxing BBQ and a spot of fishing looking out over the beautiful calm waters of Lake Samsonvale.

Cost: \$20.00* per person

+ \$10 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

3 September:

Osprey House, Griffin

The Walking Group will be going to Osprey House for a walk along the Boardwalk and to look at Moreton Bay's Marine and Bird life and the Environmental Centre. The Walking Group is available to HCP/SAH and Allied Health funding members only.

Cost:

\$20.00* per person + Lunch

Out n About Group

10 September: Spring Craft at the Brighton Bowls Club

Spring has sprung! Today we will be having a Craft Day decorating hand held fans to be used for the warmer weather coming up. Come along for a fun day!

Cost: \$20.00* per person

+ \$10 Lunch

17 September: Marvel Fish and Chips, Scarborough

Today we're visiting Scarborough Park for morning tea and games, then heading to Marvel Fish and Chips for lunch.

Cost: \$20.00* per person

+ Lunch

10 September:

Reminiscing Day

Take a trip down memory lane at Brighton Bowls Club. Bring a photo, keepsake, or special memory and enjoy reminiscing with friends.

Cost: \$20.00* per person

+ \$10 Lunch

Friday Activities

Body Movement Class

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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1300 503 886 | info@allaboutliving.com.au | www.allaboutliving.com.au

