

OCTOBER Groups Activity Program North Brisbane for over 65's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Out and About Group Lilypad Espresso Puppy Cafe \$20* per person + Lunch	2 Lifestyle Program \$20* per person
5  KING'S BIRTHDAY PUBLIC HOLIDAY	6 Men's Group Sea Salt n Vine \$20* per person + Lunch	7 Body Movement Class \$20* per person	8 Out n About Group Brighton Bowls Club 1950's Party Sing a long \$20* per person + \$10 Lunch	9 Lifestyle Program \$20* per person
12 All Directions Choir Baskerville Hut \$20* per person	13	14 Body Movement Class \$20* per person	15 Walking Group Treaty of Paris Cafe \$20* per person + Lunch	16 Lifestyle Program \$20* per person
19 All Directions Choir \$20* per person Ladies Group \$20* per person + Lunch	20 Men's Group Boondall Wetlands and Homestead Tavern \$20* per person + Lunch	22 Body Movement Class \$20* per person	23 Out n About Group Brighton Bowls Club Halloween Day \$20* per person + \$10 Lunch	24 Lifestyle Program \$20* per person
26 All Directions Choir \$20* per person	27	28 Body Movement Class \$20* per person	29 Out n About Group Sidonie Cafe at Newport \$20* per person + Morning Tea	30 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.

OCTOBER 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 October 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

Tuesday Activities

Men's Group

6 October: Sea Salt n Vine, Scarborough

Today the Men's Group will be heading to beautiful Scarborough for lunch at Sea Salt n Vine, waterfront cafe with wonderful views.

Cost: \$20.00* per person + Lunch

20 October: Boondall Wetlands Environmental Centre

Today, the Men's Group will visit the Boondall Environmental Centre for morning tea and to watch the mini boats, followed by lunch at the Homestead Tavern.

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

Out and About Group

1 October: Lilypad Espresso Puppy Cuddling Cafe, Northgate

The Out and About Group will be going to the Lilypad Espresso Cafe located in Northgate for lunch for and to visit the mini dachshund puppies for a cuddle.

Cost: \$20.00* per person + Lunch

8 October: 1950's Party at the Brighton Bowls Club

Today the Out and About Group will be having a 1950's day. Dig into your closet and pull out the rockabilly threads to reminisce about the days at the milk bar and to have a sing a long with music from that era.

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

22 October:

Halloween at Brighton Bowls Club

Today we will be celebrating the Spooktacular Halloween with games and craft. It will be a day filled with both Tricks and Treats!

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

29 October: Sidonie Cafe at Newport

The Out and About Group will be having Morning Tea at the new cafe, Sidonie, located in Newport overlooking the beautiful canals followed by lunch at Woody Point.

Cost: \$20.00* per person + Morning tea

Walking Group

15 October:

The Walking Group will be going for a lovely stroll in Sangate followed by lunch at Treaty of Paris, a family owned local cafe offering freshly baked in-house pastries, danishes and delicious lunch options. *Available to SAH and Allied Health clients only.

Cost: \$20.00* per person + 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.

 all about living
choice | support | connection