NOVEMBER Groups Activity Program North Brisbane for over 65's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **All Directions Choir** Baskerville Hut $20* per person **Ladies Group** $20* per person + Lunch	**3** **Men's Group** Dynasty Chinese Restaurant $20* per person + Lunch	**4** **Body Movement Class** Brighton Bowls Club $20* per person	**5** **Out n About Group** Bingo at Brighton Bowls Club $20* per person +$10 Lunch	**6** **Lifestyle Program** Baskerville Hut $20* per person
9 **All Directions Choir** Baskerville Hut $20* per person	**10**	**11** **Body Movement Class** Baskerville Hut $20* per person	**12** **Out n About Group** Op Shopping and Geebung RSL $20* per person + Lunch	**13** **Lifestyle Program** Baskerville Hut $20* per person
16 **All Directions Choir** Baskerville Hut $20* per person **Ladies Group** $20* per person + Lunch	**17** **Men's Group** Lilypad Espresso Puppy Cuddling Cafe $20* per person + Lunch	**18** **Body Movement Class** Baskerville Hut $20* per person	**19** **Out n About Group** Baskerville Hut SES Safety Talk $20* per person + $10 Lunch	**20** **Lifestyle Program** Baskerville Hut $20* per person
23 **All Directions Choir** Baskerville Hut $20* per person	**24**	**25** **Body Movement Class** Baskerville Hut $20* per person	**26** **Walking Group** Lake Eden, North Lakes $20* per person + Morning Tea *Available for Allied Health and SAH Clients Only	**27** **Lifestyle Program** Baskerville Hut $20* per person
30 **All Directions Choir** Baskerville Hut $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.

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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 November 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, Brighton.

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

3 November*: Dynasty Chinese Restaurant, Margate*

Today the Men's Group will be heading to Margate for a delicious lunch at a crowd favourite restaurant, Dynasty.

Cost: $20.00* per person + Lunch

17 November: Lilypad Espresso Puppy Cuddling Cafe, Northgate

Today, the Men's Group will visit the Lilypad Cafe for lunch and a cuddle with the mini dachshund puppies.

Cost: $20.00* per person + Lunch

Wednesday Activities

Body Movement Class

On Wednesdays 10am - 11am, we meet for a fun movement class at Baskerville Hut. 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

5 November*:*

Bingo at Brighton Bowls Club

The Out and About Group will be having a fun day playing Bingo with some prizes up for grabs!

Cost: $20.00* per person + $10.00 Lunch

12 November:

Op Shopping and Geebung RSL

Today the Out and About Group will be going Op shopping at the array of shops along Geebung, followed by lunch in the Geebung RSL.

Cost: $20.00* per person + Lunch

19 November:

State Emergency Service (SES) Safety Talk

Today we have Julie, an All About Living Case Manager and SES Leading Field Officer to talk about what the SES do, and what we can all do in the case of an emergency storm or flood and how to keep yourself safe.

Cost: $20.00* per person + $10 Lunch

26 October: Walking Group

The Walking Group be going to Lake Eden at North Lakes for a walk around the beautiful lake there. Followed by a picnic lunch at lunch at North Lakes Park.

**Available to SAH and Allied Health clients only.*

Cost: $20.00* per person + Morning tea

Friday Activities

Lifestyle Program

Every Friday at 10am -11am, we meet for a movement class at Baskerville Hut. 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:

Brighton Bowls Club: 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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*Co-contribution fee.