

# All About Living April Social Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
3 All About Living Choir \$10.00 per person Ladies Group \$10.00 per person	4 Men's Group Movie Day \$10.00 + ticket	5 Body Movement Class \$10.00 per person	6 Thursday Group Health Forum \$10.00	7 Lifestyle Program \$10.00 per person
10 All About Living Choir \$10.00 per person	11	12 Body Movement Class \$10.00 per person	13 Thursday Group Bribie Island \$10.00 + lunch	14 Good Friday Public Holiday
17 Easter Monday Public Holiday	18 Men's Group Woodford Day Trip \$10.00 + lunch	19 Body Movement Class \$10.00 per person	20 Thursday Group Portside \$10.00 + lunch	21 Lifestyle Program \$10.00 per person
24 All About Living Choir \$10.00 per person	25 ANZAC Day Public Holiday	26 Body Movement Class \$10.00 per person	27 Thursday Group BBQ at Activity Centre \$10.00 per person	28 Lifestyle Program \$10.00 per person
30 All About Living Choir \$10.00 per person				

### Choir: 10.30am - 11.30am

Every Monday at 10.30am the All About Living Choir will meet up at the activity centre with our musical director Jenni. Come along, join in and have fun while singing with like minded people!

Cost \$10.00 per person or \$15.00 for non participants.

### Ladies Group

The Ladies group meet up fortnightly and enjoy a range of activities like art and crafts, high tea and board games. We meet at the All About Living head office in Sandgate. Morning tea and lunch are included.  
 \$10.00 per person

### Body Movement Class - 10.00am—11.00 am:

A light exercise and movement class with gentle, flowing moves;  
 Breathing  
 Stretching  
 Seated or standing exercises  
 Suitable for all ages  
 Fun and easy to follow  
 \$10.00 per person

### Men's Group

4/4 Movie Day  
 Come and join us as we head to the Strathpine Cinemas to see the latest block buster film.  
 \$10.00 per person + Ticket

### 18/4 Woodford Day Trip

Today we will be visiting the town of Woodford and having lunch at a local cafe.  
 \$10.00 + Lunch per person

### Thursday Group

#### 6/4 Health Forum

Today we will be holding a Health forum - World health day focus.

Our subjects include Hearing, Nutrition, Medication and Exercise.

Please RSVP by 31st March 2017

\$10.00 per person

#### 13/4 Bribie Island Trip

Today we will be going to Bribie for morning tea and a stroll on the beach before we have lunch at the Marina.  
 \$10.00 per person + Lunch

#### 20/4 Portside Cruisers Cafe

Today we will be heading to the portside Wharf to have lunch at the cruisers cafe.

\$10.00 per person + Lunch

#### 26/4 BBQ @ Activity Centre

Today we will be having a BBQ in the confort of the Activity Centre.

\$10.00 per person

#### Lifestyle Program - Friday 10am—11 am

Stay flexible  
 Improve your balance  
 Recover muscles  
 Meet new people  
 Have fun!  
 \$10.00 per person

## Under 65?

### Social Support

Accompanying you to shopping or banking, or social events.



### All services are still available on a fee-for-service basis.

Domestic Assistance  
Personal Care  
Respite  
Transport  
Meals  
Lawn Mowing

## Orange Folders

You may notice your Support Worker placing an orange folder in your home. This contains important information about your service/s, and health and wellbeing.

Your Support Worker may update this occasionally, but feel free to add any important information that may help your Support Worker make the most of their time with you.

Please keep it safe and in a prominent position.

If you have any questions please feel free to call Jo/Taryn on 3269 1915.

Direct Debit available now! Please phone Sally on 3269 1915 to arrange this convenient way to pay your bills!

## April Public Holidays

Please be advised our office will be closed for:

Good Friday , April 14  
Easter Monday, April 17  
ANZAC Day, April 25

All essential services (Personal Care) will go ahead as usual. If your cleaning or shopping falls on this date we will be in contact to reschedule.

If you know you will not need this service on these days please ring the office on 3269 1915.

## New Staff to AAL!

We wish to welcome new Support Worker Elaine and Rostering Officer Cam to our organisation.



## Contact Us

3269 1915  
info@allaboutliving.com.au

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## Monthly newsletter

## April 2017 service availability

### Over 65's

All About Living is able to provide the following services to Participants:

### In-home Nursing

Short-term wound care or long-term health monitoring, e.g. I.V. medication, blood pressure checks or diabetes management. Free for DVA gold card holders.



### Home Care Packages

All About Living has applied to provide Home Care Packages. If you feel your needs have increased, or if you have already had an ACAT assessment through My Aged Care, please phone the office on 3269 1915 to enquire!

**All services are still available on a fee-for-service basis.**

**Contact Jo or Taryn to book your services today on 3269 1915!**