

All About Living August Social Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Men's Group Picnic Lunch \$10.00 per person	2 Body Movement Class \$10.00 per person	3 Thursday Group Card Making \$12.00 per person	4 Lifestyle Program \$10.00 per person
7 All About Living Choir \$10.00 per person Ladies Group \$10.00 per person	8 Men's Group Picnic Lunch \$10.00 per person	9 Body Movement Class \$10.00 per person	10 Thursday Group Lily May's 105th Birthday party! \$5.00 per person	11 Lifestyle Program \$10.00 per person
14 All About Living Choir \$10.00 per person	15	16 Ekka Show Public Holiday: Office Closed	17 Thursday Group Strawberry Fields \$10.00 + lunch	18 Lifestyle Program \$10.00 per person
21 All About Living Choir \$10.00 per person Ladies Group \$10.00 per person	22 Men's Group Caboolture historical museum \$20.00 per person	23 Body Movement Class \$10.00 per person	24 Thursday Group Seniors' Week \$10.00 per person	25 Lifestyle Program \$10.00 per person
28 All About Living Choir \$10.00 per person	29	30 Body Movement Class \$10.00 per person	31 Thursday Group BBQ @ Activity Centre \$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 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

8/8 Picnic @ Bunyaville state forest park
Come and join us today for a picnic lunch in the beautiful surrounds of the Buyaville state forest.
\$10.00 per person

22/8 Caboolture historical museum

We enjoyed the village so much last time we were here, we have decided to go again to see the exhibits we missed! Followed by a picnic lunch
\$20.00 per person

Thursday Group

3/8 Card Making
Card making today at the activity centre followed by lunch
\$12.00 per person

10/8 Lily May's 105th Birthday party!

Today we will be celebrating Lily May's 105th birthday. Lily has been a participant of AAL for over 11 years. We will be celebrating her birthday with a morning tea at our activity centre. Our choir will also be performing so come along and join in the fun!
\$5.00 per person

17/8 Strawberry Fields

Today we will be heading out to the strawberry farm at Palmview where we will have the opportunity to pick our own strawberries then have lunch in the cafe.
\$10.00 per person + lunch

24/8 Seniors week celebration with the minglers

Today we will be joining in with the Minglers group and celebrating seniors week!
\$10.00 per person

31/8 BBQ @ the activity centre

Today we will be having a BBQ lunch in the comfort of the Activity Centre.
\$10.00 per person

Lifestyle Program - Friday 10am—11am

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. If you need to make any changes please phone the office to discuss.

Please keep it safe and in a prominent position.

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

Public Holiday: Wednesday 16th August.

Our office will be closed. All essential services will continue. Our rostering officer will be in touch to rearrange your Domestic Assistance or Social Support.

From Accounts

Our head office at Lagoon Street does not hold a lot of cash on premises. If you wish to pay by cash, please try and have the correct amount.

Alternatively:

BPay: using your unique customer reference;

Direct Debit: Have you considered having your bills direct debited? Contact Sally to have an authority form sent to you;

Credit Card: Call the office to pay over the phone;

EFT: Through internet banking, using our account details on the bottom of your invoice and your name/invoice number;

Pay at your local **Commonwealth Bank** branch, quoting your invoice number.

Einbunpin Festival: 30 July

All About Living is holding a stall and a bumper raffle at the Einbunpin Festival. Over 30 prizes to be won. Tickets are \$2 or 3 for \$5. Meet and greet our Support Workers, and support All About Living!



Contact Us

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Like Us!



Monthly newsletter

August 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, or Fee-for-Service



Exercise Classes

Proven to lift your mood! Light exercise classes, standing or seated to improve your flexibility and balance. Monitored by a professional occupational therapist. See overleaf for more information.



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

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