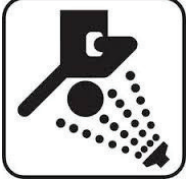


## Monthly newsletter

### December 2015 service availability

**Over 65's**  
all about living is able to provide the following services to Participants:



**Personal Care:** Assisting you with showering, washing your hair and dressing or just being around to give a sense of security while you get ready for the day.



**Social Support:** Accompanying you to shopping or banking, or to activities like clubs.



**Respite:** Keeping your loved one company while you attend to the tasks you need to achieve for the day. Respite activities can be at home and/or in the community.



**Domestic Assistance:** Assisting with your domestic tasks like vacuuming, mopping, bathroom, and washing clothes.

### Under 65?

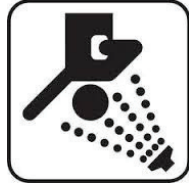
#### Social Support:

Accompanying you to shopping or banking, or to activities like clubs.



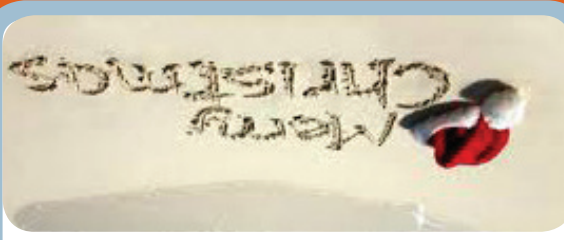
#### Personal Care:

Assisting you with showering, washing your hair and dressing or just being around to give a sense of security while you get ready for the day.



### Christmas Closure

Our office will be closed from Friday 25 December 2015, reopening Monday 4 January 2016. Services will continue as normal during this time. Please be advised there will be NO services on Christmas Day. If you require personal care we can provide personal hygiene wipes. Please contact the office on 3269 1915 to arrange. All About Living wishes you all a very joyful, safe, and healthy festive season.



### From Accounts

All About Living invoices on a monthly basis. We remind Participants that payment is due in a timely manner (within 15 days). Thank you.

### Cancellations Policy

If you wish to cancel your service please phone the office with 24 hours notice.

If you are not home for your scheduled service and a Support Worker turns up you will be charged a cancellation fee.

### all about living presents...

#### Mens Group



**Mens only group**  
Get out of the house  
Lunches, BBQs

Tuesday 1 December at Redcliffe RSL.  
Transport available.

Call Taryn on 3269 1915 to find out more

### Contact Us

3269 1915  
info@allaboutliving.com.au  
PO Box 1131  
Nathan St Post Office  
BRIGHTON QLD 4017  
ABN: 57 735 061 306



Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Men's Group</b> Redcliffe RSL \$15.00 per person	2 <b>Body Movement Class</b> \$10.00 per person	3 <b>Thursday Group</b> Bullocky Rest \$15.00 + ticket	4 <b>Lifestyle Program</b> \$10.00 per person	
7 all about living <b>Choir</b> \$10.00 per person	8	9 <b>Body Movement</b> Christmas Break up! \$10.00 per person	10 <b>Thursday Group</b> Christmas Break Up \$10.00 + ticket	11 <b>Lifestyle Program</b> Christmas Break up! \$10.00 per person
28 <b>Office Closed</b>	29 <b>Office Closed</b>	30 <b>Office Closed</b>	31 <b>New Year's Day</b> <b>Office Closed</b>	25 <b>Christmas Day</b> <b>Office Closed</b>

**Choir: 10.30am - 11.30am**

Every Monday at 10.30am the All about living Choir - 'All Directions' 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

**Men's Group**

1/12 BBQ Lunch  
Today the Men's group will be having morning tea on the water front then going for lunch at the RSL in Redcliffe.  
Cost \$10.00 per person + lunch

**Thursday Group**

**3/12 Bullocky Rest**

Today we will be enjoying a beautiful summers day by Lake Samsonvale, at Bullocky Rest in Joyner. We will have morning tea and a BBQ lunch.  
Cost is \$15.00 per person

**10/12 Christmas break up!**

Today we will be joining in with the Minglers and having lunch at the Bracken Ridge Baptist Church Please RSVP for this event By Monday 7th December.  
Cost is \$10.00 per person

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

**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.  
Cost \$10.00 per person

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

All about living's group activities finish up on **Friday 11th December** and will restart **Monday 11th January 2016**.

We would like to wish everyone a safe and happy Christmas!



To book a seat or to find out more please call Taryn on 3269 1915