



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Lifestyle Program \$10.00 per person
4 All About Living Choir \$10.00 per person	5	6 Body Movement Class \$10.00 per person	7 Thursday Group Health Forum \$10.00 per person	8 Lifestyle Program \$10.00 per person
11	12	13	14	15
18	19	20 Christmas Lights Tour \$30.00 per person	21	22
25	25	27	28	29

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

Thursday Group
7/12 Lollipop Land

Today we are going to visit the magical Christmas 'Lollipop Land' followed by a local café for lunch \$15.00 per person + lunch

Christmas Lights tour

Join us for our second annual Christmas lights tour! We will be tripping around the local area visiting all the Christmas light displays.
Estimated time 5.30—9.00pm
\$30.00 per person includes a light supper

Body Movement Class - 10.00am—11.00 am

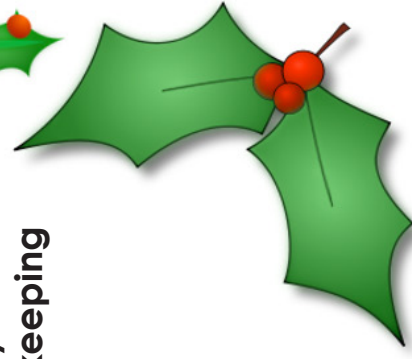
A light exercise and movement class with Gentle, flowing moves
Breathing
Stretching
Seated or standing exercises
Suitable for all ages
Fun and easy to follow
\$10.00 per person

Lifestyle Program - Friday 10am—11am

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

The Board, Volunteers, and Staff of All About Living with you a safe, happy and Merry Christmas. We look forward to keeping you happy and healthy at home in 2018!

Merry Christmas



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
Nursing
Lawn Mowing

DVA Home and Garden Maintenance

- Handyman odd-jobs
- Gutters, windows
- Lawns/weeding
- Safety-related yard clean ups

Enquire today! 3269 1915!



Need a Home Care Package?

- Are your needs changing?
- Need more help at home?

All About Living is now a Home Care Package Provider!!

If you believe you would benefit from the extra help call the office on 3269 1915 to discuss a Home Care Package. Our Case Managers can work with you to find the best way to meet your needs based on your priorities, budget and ability to maintain health and wellness at home.

Christmas break and your services

Mon 25/12/17 - Christmas Day - Closed

Tues 26/12/17 December - Boxing Day - Essential services only

Wed - Fri 27/12/17 - 29/12/17 - Business as usual

Mon 1/1/18 - Essential services only

If your service falls on Christmas/Boxing Day or New Years Day we will be in contact to reschedule non-essential services.

If you know you will be away over the Christmas period please advise the office on 3269 1915 to avoid a cancellation fee.

Need a nurse at home?

Special Offer - \$15 Nursing Visit!

Talk to our community nurses about:

- Continence
- Wound care
- Blood pressure
- Chronic illness management
- Home Care Packages

Book your visit on 3269 1915 and we will come to you!

Contact Us

3269 1915
info@allaboutliving.com.au

PO Box 1131
Nathan St Post Office
BRIGHTON QLD 4017
ABN: 57 735 061 306



Like Us!



Monthly newsletter

December 2017 service availability

Over 65's

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

In-home Nursing

Wound care or health monitoring, e.g. 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.



Personal Care

Assistance with daily self-care e.g. showering, dressing, nails and hair.



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

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