

Monthly newsletter

**February 2015
service availability**

over 65's

Personal Care: Assistance with showering, dressing, hair cuts, grooming, or just being outside the bathroom door in case you need help.



Allied Health: Allied Health includes services such as physiotherapy, occupational therapy and podiatry.



Social Support:

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



Domestic Assistance:

Assisting with your domestic tasks like vacuuming, mopping, bathroom, and washing clothes.



Entire Health Promotion

In partnership with Entire Health at Redcliffe we can offer Participants over 65 qualified:

- Podiatry (feet/nails and posture)
- Physio (aches and pains)

All for \$15!

Call Chris or Jo to enquire on 3269 1915.



Hairdresser and Nail Technician

We now offer in-home grooming for over 65's for only \$7.

- Hairdresser
- Nail Technician

Call Chris or Jo to enquire on 3269 1915.



Invoices

We now process credit card payments. For more information please contact Natalie in accounts on 3269 1915.



Contact Us

3269 1915

info@alldaboutliving.com.au

PO Box 1131

Nathan St Post Office
BRIGHTON QLD 4017

ABN: 57 735 061 306

service availability

Under 65?

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.



Social Support:

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



Domestic Assistance:

Assisting with your domestic tasks like vacuuming, mopping, bathroom, and washing clothes.



From Rosters

If you know you need to cancel a service please do not tell your Support Worker. The best way to advise of cancellations/changes to circumstances is through the office on 3269 1915, and asking to speak with Elvira or Kim. This ensures your request is responded to in a timely manner.

Monday	Tuesday	Wednesday	Thursday	Friday
2		4 Body Movement Class \$10.00 per person	5 Thursday Group Brain Gym \$10.00 per person	6 
9 Ladies Group: Craft \$10.00 per person	10	11 Body Movement Class \$10.00 per person	12 Thursday Group Botanical gardens \$15.00 per person	
16	17 	18 Body Movement Class \$10.00 per person	19 Thursday Group Movie Buffs \$10.00 per person + ticket	20
23 Ladies Group: Board games \$10.00 per	24	25 Body Movement Class \$10.00 per person	26 Thursday Group BBQ \$10.00 per	27 

Ladies Group:

Craft:

Today we will be adding a crafters' corner to our fun filled morning. Our main project will be a 'Heart of kindness'. Keep a look out in the next newsletter for our finished project!
\$10.00 per person

Board Games:

Come and join us as we have morning tea and a chin wag and put our game skills to the test at the all about living Activity Centre.
\$10.00 per person

Body Movement Class - 10.00am—11.00 am:

A light exercise and movement class with

Gentle, flowing moves

Breathing

Stretching

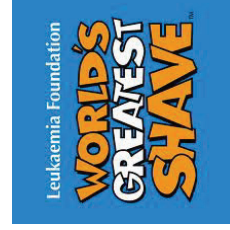
Seated or standing exercises

Suitable for all ages

Fun and easy to follow.

Cost is \$10 per person

- Beginners Welcome -



Thursday Group

5/2 Brain Gym

Today we will be exercising our minds with an assortment of trivia, riddles and jokes!
\$10.00 per person

12/2 Botanical Garden mini bus tour

Today we will be heading into the Brisbane botanical gardens where we will then go on a mini bus tour of the gardens. Followed by lunch at the Geebung—Zillmere RSL.
\$15.00 per person + Lunch
- Seats are limited for this activity

19/2 Movie Buffs

Today we will be heading over to the Strathpine cinemas to see the latest Blockbuster!
\$10.00 per person + Movie ticket

26/2 BBQ

Come and join friends for a BBQ lunch in the comfort of the all about living activity centre.
Cost is \$10.00 per person

In March, the **Leukaemia Foundation** will be hosting its annual World's greatest shave fundraising event. This year all about living will be helping!

On Friday 13th March, we will be hosting a sausage sizzle, drawing our 'World's Greatest Shave' raffle, and collecting donations.

Feel free to drop into the all about living office from 12.30pm to join in the fun!

To find out more about any of our activities, give our activities officer, Taryn a call on 3269 1915