

HEATWAVE

Once again, S.E. Qld is in a heat wave. Please look after yourselves during this trying time, by:

- Keeping curtains and blinds closed to reduce excess heat
- Having small amounts of fluids readily available
- Eating frequent small meals
- Wearing loose fitting clothing
- Looking for signs of heat stress, e.g. nausea/changes in appearance including red, pale or severely dry skin

Please consider your Support Workers and open windows for ventilation, or offer them a cool drink.

Under 65?

Respite

Gives your carer a rest/break to look after themselves and/or get some errands done.



Social Support

Accompanying you to shopping or banking, or social events.



Direct Debit will be coming soon! It's a quick and convenient way to pay your invoices. If you wish to participate please contact Sally on 3269 1915 or email info@allaboutliving.com.au.

Items of Interest

2017 Health Forum

Back by popular demand and to coincide with World Health Day we are holding our next Health Forum on April 6. Stay tuned for more information.

Reference for EFT

Please ensure that you include a reference when you pay us via EFT. This can be your invoice number or your name. This enables us to match your payment with your account.

Groups are back

Please check the calendar over the page for dates.

Life Gift

Have you given any thought to leaving All About Living a life gift? Phone David at our office on 3269 1915 to find out how.

Contact Us

3269 1915
info@allaboutliving.com.au

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



Monthly newsletter

February 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.



Social Support:

Accompanying you to shopping or banking, or social events.



Respite Care:

Gives your carer a rest/break to look after themselves and/or get some errands done.



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

All About Living February Social Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Body Movement Class \$10.00 per person	2 Thursday Group Woodford Day Trip \$10.00 + lunch	3 Lifestyle Program \$10.00 per person
6 All About Living Choir \$10.00 per person Ladies Group \$10.00 per person	7 Men's Group Portside Cruisers Cafe \$10.00 + lunch	8 Body Movement Class \$10.00 per person	9 Thursday Group Jack Attack \$20.00 per person	10 Lifestyle Program \$10.00 per person
13 All About Living Choir \$10.00 per person	14	15 Body Movement Class \$10.00 per person	16 Thursday Group Trivia Day \$10.00 + lunch	17 Lifestyle Program \$10.00 per person
20 All About Living Choir \$10.00 per person Ladies Group \$10.00 per person	21 Men's Group Bribie Seaside Museum \$10.00 + lunch	22 Body Movement Class \$10.00 per person	23 Thursday Group Eden Gardens & Picnic \$20.00 per person	24 Lifestyle Program \$10.00 per person
27 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 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

7/2 Portside Cruisers Café

Come and join us as we head to the Portside wharf for lunch at Cruisers café.
\$10.00 per person + lunch

23/2 Bribie Seaside Museum

Today we will be going to The Bribie Seaside museum then we will have fish and chips at the marina.
\$10.00 + Lunch per person

Thursday Group

2/2 Woodford day Trip

Today we will be visiting the town of Woodford and having lunch at a local café.

\$10.00 per person + lunch

9/2 Jack Attack

Today we will be heading to the Sandgate Bowls Club for a game of bowls and morning tea followed by a BBQ lunch at the Sandgate foreshore.
\$20.00 per person

16/2 Trivia Day

Come along and have some fun with us at our Trivia Day. Held in the comfort of the all About Living activity centre with morning tea and lunch provided.
\$10.00 per person

23/2 Eden Gardens

Today we will be visiting Eden Gardens in Carseldine. We will be having morning tea and a walk around the nursery followed by a picnic lunch at the park.
\$20.00 per person

Lifestyle Program - Friday 10am—11am

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