

Monthly newsletter

February 2016 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 while you get ready for the day.



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.



However any significant change will have to be referred back through the My Aged Care Gateway.

Contact Jo or Donna for more information.

Aged Care Complaints Commissioner

Anyone who has concerns about services received under the Commonwealth Home Support Programme is encouraged to raise these matters with All About Living in the first instance.

If you're unable to resolve the matter with us you can contact the Aged Care Complaints Commissioner on 1800 550 552

2015/2016 Board Members elected at Annual General Meeting 2015

President: Darryl McNamara (Incumbent)
Vice President: Leiza Rooney
Treasurer: Dr. Ted Flack (Incumbent)
Secretary: Joan Flack (Incumbent)
Board Member: Marjorie McNamara (Incumbent)
Newly appointed Board Members: Diane Gunton and Jo Sutton

All About Living presents...



Mens's Group

Mens only group
Get out of the house
Lunches, BBQs

Tuesday 9 February Deep Water Bend
Tuesday 23 February Fish & Chips

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

Under 65?

Domestic Assistance:

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



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.



From Rosters

Unforeseen changes to your service times

While we try to keep the same service time each week/fortnight, All About Living cannot guarantee this. Due to unforeseen circumstances (e.g. staff sick) slight changes may occur. We will endeavour to keep your times to within your agreed morning/afternoon timslot, otherwise we will contact you to arrange another time.

If you know you need to make a Doctor's appointment try to make it for a day other than your scheduled service with All About Living, this saves any unnecessary last minute cancellations/aggravation.

Take care of your body. It's the only place you have to live!

all about living February Social Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
1 all about living Choir \$10.00 per person	2 	3 Body Movement Class \$10.00 per person	4 Thursday Group Brain Gym \$10.00 per person	5 Lifestyle Program \$10.00 per person
8 all about living Choir \$10.00 per person Ladies Group \$10.00 per person	9 Men's Group Deep water bend \$10.00 per person	10 Body Movement Class \$10.00 per person	11 Thursday Group Maleny \$15.00 per person + m/fea	12 Lifestyle Program \$10.00 per person
15 all about living Choir \$10.00 per person	16 	17 Body Movement Class \$10.00 per person	18 Thursday Group Health Forum \$10.00 per person	19 Lifestyle Program \$10.00 per person
22 all about living Choir \$10.00 per person Ladies Group \$10.00 per person	23 Men's Group Fish & Chips \$10.00 per person +lunch	24 Body Movement Class \$10.00 per person	25 Thursday Group BBQ \$10.00 per person	26 Lifestyle Program \$10.00 per person
29 all about living Choir \$10.00 per person	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

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

9/2 Deep Water Bend

Come along and join us as we head down to Deep water bend for a BBQ. Located on the Pine river, we are sure to be met with the cool breeze and the sight of keen fisherman.
\$10.00 per person

23/2 Fish and chips

Today we will be heading down to the water front and enjoying the sunshine and sea breezes and fish & chips!
\$10.00 + Lunch per person

Thursday Group

4/2 Brain Gym

Today we will be putting our brains to the test with quizzes and riddles!
\$10.00 per person

11/2 Maleny

Today we will be heading to Maleny! We will have morning tea at the 'Café de fudge'. Then we will visit the Maleny cheese factory, followed by a picnic in the park.
\$15.00 per person + morning tea
Seats are limited

18/2 Health Forum

Today we will be attending All About Living's 'Active ageing' health forum, held at the old fire station in Redcliffe. Guest speakers include, Ray Haggarty from Alzheimer's Australia, Physio therapist Jackie Lander and Nutritionist Sharon Keens.
\$10.00 per person
\$15.00 for non participants

25/2 BBQ

Come and join us as we throw a snag on the barbie in the comfort of the All About Living 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



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