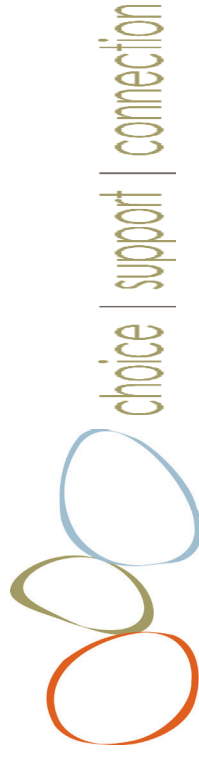


All About Living July Social Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
3 All About Living Choir \$10.00 per person	4	5 Body Movement Class \$10.00 per person	6 Thursday Group Diners Club \$10.00 + lunch	7 Lifestyle Program \$10.00 per person
10 All About Living Choir \$10.00 per person Ladies Group \$10.00 per person	11 Men's Group QLD Fire Museum \$17.00 + ticket	12 Body Movement Class \$10.00 per person	13 Thursday Group Armchair Travel \$10.00 per person	14 Lifestyle Program \$10.00 per person
17 All About Living Choir \$10.00 per person	18	19 Body Movement Class \$10.00 per person	20 Thursday Group Ikea North Lakes \$10.00 + lunch	21 Lifestyle Program \$10.00 per person
24 All About Living Choir \$10.00 per person Ladies Group \$10.00 per person	25 Men's Group Movies \$10.00 + ticket	26 Body Movement Class \$10.00 per person	27 Thursday Group July Luncheon \$20.00 per person	28 Lifestyle Program \$10.00 per person
30 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

11/7 Qld Fire Museum Petrie

Today we are off to the Qld Fire Museum at Petrie for a tour around the museum from the knowledgeable volunteers who work there. Followed by a picnic lunch in the park.
\$17.00 per person - includes m/tea, lunch and entry fee

25/7 Movies

Today we will be going to the Redcliffe cinemas to watch the latest blockbuster movie in the comfort of the newly refurbished cinemas in Kippa-Ring.
\$10.00 + Ticket per person

Thursday Group

6/7 Diners Club - Samford Tavern

Come and join us as we will be going to the Samford Tavern for lunch.
\$10.00 per person + lunch

13/7 Armchair Travel

Today our armchair travel will be taking us to France and we will be celebrating Bastille Day!
\$10.00 per person

20/7 Ikea North Lakes

Today we will be going for a trip to Ikea North Lakes. We will be spending the morning having a look around the store then having lunch at the Ikea café.
\$10.00 per person + lunch

27/7 July Luncheon

Today we will be having lunch in the comfort of the Activity Centre.
\$20.00 per person
Seats are limited

Lifestyle Program - Friday 10am—11am

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

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
Transport
Meals
Lawn Mowing

Orange Folders

You may notice your Support Worker placing an orange folder in your home. This contains important information about your service/s, and health and wellbeing.

Your Support Worker may update this occasionally. If you need to make any changes please phone the office to discuss.

Please keep it safe and in a prominent position.

If you have any questions please feel free to call Jo/Taryn on 3269 1915.

Direct Debit

Have you considered having your bills direct debited? Contact Sally to have an authority form sent to you.

Calling all models!

We are updating our advertising stock images and require willing participants to pose for various shots, including domestic assistance, personal care, respite, and nursing, with or without your Support Worker.

Photos will be kept on file for future advertising and on our website.

Please contact Sally on 3269 1915 if you wish to participate.



After hours contact with AAL

Our office hours are 8am - 4pm, however if you need to contact us after hours (last minute appointment, hospital emergency, etc.), please don't hesitate to leave a message on our answering machine.

Alternatively you can email info@allaboutliving.com.au

Both are checked first thing in the morning.

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

July 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.



Home Care Packages

All About Living has applied to provide Home Care Packages. If you feel your needs have increased, or if you have already had an ACAT assessment through My Aged Care, please phone the office on 3269 1915 to enquire!

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

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