

Monthly newsletter

June 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.



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

Membership

Are you a member of all about living? For just \$10 a year, your membership gives you a voice: a say in the direction of our organisation, which in turn benefits you and all our Participants.
Call the office to find out more.

Queen's Birthday Public Holiday
Our head office will be closed on Monday, 8 June 2015, and arrangements will be made with Participants who normally receive services on this day.

all about living: Choice, Support, Connection

Choice: What can you still do for yourself? What do you need help with? What do you want to achieve?

Support: For your choices, encouragement and resources to reach your goals, advocacy, healthy relationships.

Connection: Support worker visits (domestic assistance, personal care). Connect with and contribute to your community (social support, group activities).

all about living presents... M.A.C

Mens's Activity Group

\$10!



Mens only group
Get out of the house
Lunches, BBQs
Once a month
Tuesday 16 June 2015

Call Taryn on 3269 1915 to find out more

Contact Us

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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, and washing clothes.



My Aged Care Update Fee Structure

all about living is committed to providing you the latest information as it comes to hand regarding the changes to Aged Care.

As of 1 July 2015 the Federal Government has mandated that fees for

will be charged PER HOUR (discounts for full/part pensioners).

More comprehensive information will be available in June.



Monday	Tuesday	Wednesday	Thursday	Friday
1 Ladies Group Board Games \$10.00 per person		3 Body Movement Class \$10.00 per person	4 Thursday Group Movie Buffs \$10.00 per person	5 Lifestyle Program \$10.00 per person
8 Queen's Birthday Public Holiday 	9	10 Body Movement Class \$10.00 per person	11 Thursday Group Where in the world are we? \$10.00 per person	12 Lifestyle Program \$10.00 per person
15 Ladies Group Crafter's Corner \$10.00 per person	16 MAC Group BBQ Lunch \$10.00 per person	17 Body Movement Class \$10.00 per person	18 Thursday Group Samford \$10.00 per person	19 Lifestyle Program \$10.00 per person
22	23 	24 Body Movement Class \$10.00 per person	25 Thursday Group BBQ \$10.00 per person	26 Lifestyle Program \$10.00 per person
29 Ladies Group Australian Hearing \$10.00 per person				

Ladies Group:

1/6 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.

15/6 Craft

Crafter's corner

29/6 Australian Hearing

Today we will be having a representative from Australian hearing come along to our activity centre and give a presentation.

MAC Group

16/6 Lunch

Get out of the house and join us for lunch! We are a MENS ONLY group that meet up once a month for lunch. This month we will be at the all about living outdoor entertainment area in Lagoon street. Come and join us! \$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

Thursday Group

4/6 Movie Buffs

Today we will be descending on the Strathpine cinemas to watch the latest blockbuster movie.
\$10.00 + movie ticket
Seats are limited so call Taryn on the Monday before the activity

11/6 Where in the world are we?

Today we will be in the all about living activity centre where we will be having some fun with quizzes and riddles etc with the topic - Where in the world are we!
\$10.00 per person

18/6 Samford

Today we will be exploring the town of Samford and having lunch at the Samford Valley Hotel.
\$10.00 + Lunch
Seats are limited so call Taryn on the Monday before the activity

25/6 BBQ

Come and join us as we throw a snag on the barbie in the comfort of the all about living activity centre.
Todays cost is \$10.00

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