





all about living June Social Calendar



choice | support | connection

Monday	Tuesday	Wednesday	Thursday	Friday
 6 all about living Choir \$10.00 per person	  8 all about living Choir \$10.00 per person	1 Body Movement Class \$10.00 per person	2 Thursday Group Redcliffe Gardens \$10.00 + lunch	3 Lifestyle Program \$10.00 per person
13 all about living Choir \$10.00 per person Ladies Group \$10.00 per person	14 Men's Group Abbey Museum \$15.00 +Lunch	8 Body Movement Class \$10.00 per person	9 Thursday Group Scavenger Hunt \$15.00 per person	10 Lifestyle Program \$10.00 per person
20 all about living Choir \$10.00 per person	21 Pamper Day \$15.00 per person	15 Body Movement Class \$10.00 per person	16 Thursday Group Aust. Hearing checks \$10.00 per person	17 Lifestyle Program \$10.00 per person
27 all about living Choir \$10.00 per person Ladies Group \$10.00 per person	28 Men's Group Sandgate Museum \$15.00 per person +lunch	22 Body Movement Class \$10.00 per person	23 Thursday Group Movie Buffs \$10.00 + lunch	24 Lifestyle Program \$10.00 per person
27 all about living Choir \$10.00 per person Ladies Group \$10.00 per person	28 Men's Group Sandgate Museum \$15.00 per person +lunch	29 Body Movement Class \$10.00 per person	30 Thursday Group Op shop hop \$10.00 + lunch	

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 of 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

21/6 Pamper Day 9am - 12noon

Today we will be having a pamper day. Come along and enjoy a neck/shoulder massage, manicure & hand massage and morning tea! The pamper day will be held at the All About Living activity centre. \$15.00 for participants (Includes morning tea & transport) \$25.00 non participants (Transport not included)

Please ring and book a place as seats are limited

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

14/6 Abbey Museum

Today we will be having a look through the world of treasures that the Abbey church and museum house. Followed by lunch at a local tavern.

\$15.00 + lunch per person

28/6 Sandgate museum

Today we will be enjoying a Devonshire morning tea followed by a tour of the Sandgate historical museum. We will then continue on to the Brighton hotel for lunch \$15.00 + lunch per person

Thursday Group

2/6 Redcliffe Botanical Gardens

Today we are going to the Redcliffe Botanic gardens. We will take a stroll through the beautiful garden's and have morning tea. Then we will go to a local Café for lunch \$10.00 + lunch per person

9/6 Minglers Scavenger hunt

Today we will be meeting up with the Minglers for a mystery tour/scavenger hunt. There will be a list of clues to a mystery destination and we will have to collect info or trinkets along the way. Morning tea and lunch included. \$15.00 per person

16/6 Australian hearing - FREE HEARING CHECKS!

Today we will be having Judy from Australian hearing as a guest speaker. Today's topic - Everything you need to know about your ears and how to look after them, with our support. Free hearing checks available for everyone that attends. \$10.00 per person

23/6 Movie Buffs

Today we are off to the movies at Strathpine to see the latest blockbuster! Then we will have a picnic lunch at the park! \$10.00 + morning tea & movie ticket per person

30/6 Op Shop hop!

Today we will be going on an op shop hop to some hidden little gems in our community, followed by lunch at a local café.

\$10.00 + lunch 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

June 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 to give a sense of security 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 Taryn for more information.

Healthy Tip for June

Eat well.

Combined with physical activity, eating nutritious foods in the right amounts can help keep you healthy. Many illnesses, such as heart disease, obesity, high blood pressure, type 2 diabetes, and osteoporosis, can be prevented or controlled with dietary changes and exercise. Calcium and Vitamin D supplements can help women prevent osteoporosis.



Meet our newest team members to AALI

Tahlia is our new Rostering Clerk



Lucy is our new Finance Manager



Wendy our new Support Worker



Louise our new Support Worker



Hazel Mellor celebrates her 100th Birthday!

Hazel celebrated her birthday in April. Hazel states that it due to her "good upbringing, good genes and "busy raising 2 boys". Hazel enjoyed yoga for many years and has the "move it or lose it" attitude!



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BELIEVE IN YOURSELF



Our invoicing system is back on track as of early May, our invoices will be up to date soon.
We are busy working hard on issuing your invoices at the moment, we appreciate your patience.
Don't forget to put your invoice number as your reference when paying by BPay or at the Bank when you pay your fees directly to our Commonwealth Bank account.
You can now pay your invoice with your Debit or Visa card at the Office with our new EFTPOS machine.

From Finance

If you would like to have a Manicure or Pedicure for \$7.00 please phone Office to make an appointment.



Manicure or Pedicure

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.



Personal Care:

Under 65?