

Monthly newsletter

March 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.



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.



service availability

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.

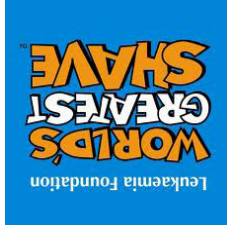
Can't find what you're looking for?

all about living offers all our services on a 'fee for service' basis, from personal care to home maintenance.

Call the office on 3269 1915 for more information

Chris is brave: she'll shave!

Join us at our head office on 13 March 2015, at 12.30pm to witness our Senior Case Manager Chris have her head shaved for a good cause! We will be having a sausage sizzle and raffle. Donations will be accepted prior to and on the day.



In-home grooming update

Along with in-home hair cuts and nail technician all about living can now offer Participants over 65 facial waxing for \$7.



For more information call the office on 3269 1915 and ask for Chris or Jo.

Contact Us


3269 1915

info@allaboutliving.com.au

PO Box 1131

Nathan St Post Office
BRIGHTON QLD 4017

ABN: 57 735 061 306

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3	4 Body Movement Class \$10.00 per person	5 Thursday Group Concert \$10.00 per person	6
9 Ladies Group Board Games \$10.00 per person	10	11 Body Movement Class \$10.00 per person	12 Thursday Group Movie Buffs \$10.00 + ticket	13  WORLDS GREATEST SHAVE Raffle drawn today from 12.30pm
16	17 	18 Body Movement Class \$10.00 per person	19 Thursday Group Shop fill you drop op shop hop \$10.00 per person	20 Lifestyle Program \$10.00 per person
23 Ladies Group Craft \$10.00 per person	24	25 Body Movement Class \$10.00 per person	26 Thursday Group BBQ \$10.00 per person	27 Lifestyle Program \$10.00 per person
30	31			

Ladies Group:

9/3 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.

23/3 Today we will be adding a crafters corner to our morning. Our main project will be a 'Spring time tree of friendship'. Keep a look out in the next newsletter for our finished project!

Body Movement Class - 10.00am—11.00 am:

A light exercise and movement class with Gentle, flowing moves
Breathing - Beginners Welcome -
Stretching
Seated or standing exercises
Suitable for all ages
Fun and easy to follow.
Cost is \$10.00 per person

Thursday Group:

5/3 Concert with the Metro Senior Citizens at Woolloongabba
Cost is \$15.00 per person

12/3 Movie Buffs

Today we will be embarking on the Strathpine cinemas to see the latest blockbuster!
Todays cost is \$10.00 per person + Movie ticket

19/3 Shop fill you drop op shop hop

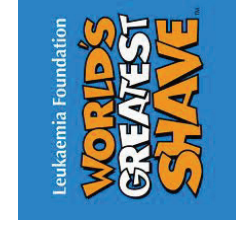
Today we will be visiting a variety of op shops around the local area followed by lunch at the local tavern.
Cost is \$10.00 per person + Lunch

BBQ at Baskerville

Come and join us at the all about living Activity Centre as we throw a snag on the Barbie.
Cost \$10.00

Lifestyle Program - Friday 10-11 am

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



Feel free to drop into the all about living office (Lagoon St Sandgate) on Friday 13th March as we will be hosting a fundraising sausage sizzle from 12.30pm, where Chris our Case Manager, is being brave and shaving her hair to raise funds for the leukaemia foundation!!



Last month the ladies group had a crafters corner. We each decorated a panel then at the end we joined all the panels together to create our 'heart of kindness'.
If you would like to attend our crafters corner, call Taryn the activities officer on 3269 1915.