

March 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.

Keep active: Do something to keep fit each day—something you enjoy that maintains strength, balance and flexibility and promotes cardiovascular health. Physical activity helps you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls and look and feel better, too.



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.

Donate Now

AAL is seeking donations to expand our services. Donations of:

- **\$25.00** - Will help 1 Participant attend a Group activity
- **\$50.00** - Will help 2 Participants attend a Group activity
- **\$250.00** - A spring clean to Support a Participant in need
- **\$600.00** - 1 month Sponsorship of the AAL Choir
- **My Choice** - \$ _____

All donations of \$2.00 or more are tax deductible

Contact Us

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Under 65?

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



From Finance

Our invoicing system is back on track as of early April and May our invoices will be up to date. 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. At the Bank: Pay your fees directly at your bank via direct deposit. You can now pay your invoice with you Debit or Visa card at the Office.



Healthy Mind, Healthy body



Monday	Tuesday	Wednesday	Thursday	Friday
2 all about living Choir \$10.00 per person	3 Men's Group Lyell Deer Sanctuary \$15.00 + lunch	4 Body Movement Class \$10.00 per person	5 Thursday Group Redcliffe \$10.00 + lunch	6 Lifestyle Program \$10.00 per person
9 all about living Choir \$10.00 per person	10	11 Body Movement Class \$10.00 per person	12 Thursday Group Minglers \$15.00 per person	13 Lifestyle Program \$10.00 per person
16 all about living Choir \$10.00 per person Ladies Group	17 Pamper Day \$15.00 per person	18 Body Movement Class \$10.00 per person	19 Thursday Group St Paricks Day \$10.00 per person	20 Lifestyle Program \$10.00 per person
23 all about living Choir \$10.00 per person Ladies Group	24 Men's Group Osprey House \$10.00 per person	25 Body Movement Class \$10.00 per person	26 Thursday Group Morgan Seafood lunch \$10.00 + lunch	27 Lifestyle Program \$10.00 per person
30 all about living Choir \$10.00 per person Ladies Group	31			

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

15/3 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

Fun and easy to follow

\$10.00 per person

Men's Group

8/3 Lyell Deer Sanctuary

Today we will be visiting the Lyell deer sanctuary at Mt Samson, home to a small herd of red, rusa, fallow deer . We will be having a look around and having lunch at the café.

\$15.00 + Lunch per person

22/3 Osprey House

Today we will be going to Osprey house environmental centre

on the Pine River at Griffin. Osprey house is a place where

sea meets land and community meets nature. We can

look through the centre, take a stroll on the board walk

and have a picnic lunch in the BBQ area.

\$10.00 per person

Thursday Group

3/3 Redcliffe

Today we will be checking out Bee Gee's Way in Redcliffe then having lunch at Hogs Breath cafe.
\$10.00 + lunch per person

10/3 Minglers Nostalgia Morning

Today we will be meeting up with the Minglers. Bring a memory to share or something you saved from your childhood. We will be enjoying quizzes, music and film clips from the 1930's, 40's and 50's.
\$15.00 per person

17/3 St Patricks day

Today we will be celebrating St Patrick's day at the all about living

activity centre. So come along and join in the fun!

\$10.00 per person

24/3 Morgan's Seafood

Come and join us as we head over to Morgan's for a seafood lunch

\$10.00 + lunch per person

31/3 Games Day

Come and join us in the all about living activity centre for a day of fun and games!

\$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