

Monthly newsletter

**May 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.



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, bathroom, and washing clothes.



Update on Changes to Aged Care

Fee Structure

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

We reiterate that as of July 1st 2015 the Federal Government has mandated that fees will be charged PER HOUR (discounts for full/part pensioners). We will work closely with Participants to ensure value for money. If you have concerns about your ability to afford these changes please contact our Case Managers on 3269 1915.

Can't find what you're looking for?

all about living offers all our services on a 'Fee for Service' basis:

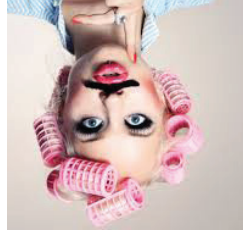
Personal Care
Domestic Assistance
Home Maintenance
Social Support
Respite

Call the office on 3269 1915 for more information.

Contact Us

3269 1915
info@allaboutliving.com.au
PO Box 1131
Nathan St Post Office
BRIGHTON QLD 4017
ABN: 57 735 061 306

In-home grooming update



Along with in-home hair cuts and nail technician all about living can now offer Participants over 65 facial waxing and pedicures for \$7. For more information call the office on 3269 1915 and ask for Chris or Jo.

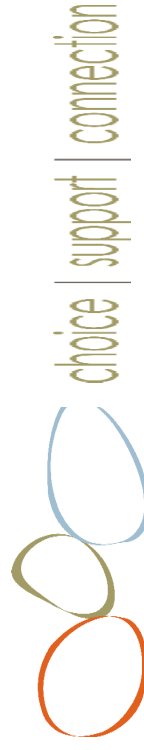
M.A.C

Men's Activity Group

Men's only group
Get out of the house
Lunches, BBQs
Once a month
Tuesday 19 May 2015

Call Taryn on 3269 1915 to find out more





Monday	Tuesday	Wednesday	Thursday	Friday
				1 Lifestyle Program \$10.00 per person
4 Ladies Group High Tea \$10.00 per person	5	6 Body Movement Class \$10.00 per person	7 Thursday Group Armchair Travel -China \$15.00 per person	8 Lifestyle Program \$10.00 per person
11		13 Body Movement Class \$10.00 per person	14 Thursday Group Eden Gardens & Picnic \$10.00+ morning tea	15 Lifestyle Program \$10.00 per person
18 Ladies Group Craft \$12.00 per person	19 MAC Group BBQ Lunch \$10.00 per	20 Body Movement Class \$10.00 per person	21 Thursday Group Movie Buffs \$10.00+ movie ticket	22 Lifestyle Program \$10.00 per person
25 	26	27 Body Movement Class \$10.00 per person	28 Thursday Group Biggest morning tea \$10.00 per person	29 Lifestyle Program \$10.00 per person

Ladies Group High Tea

With Mothers' day approaching this Sunday, we thought we would host a high tea to celebrate Mothers! We are asking everyone that attends to bring a photo of themselves as a baby.



18/5 Craft

In today's crafters' corner, we will be making greeting cards.
\$12.00 per person

MAC Group 19/5 BBQ Lunch

Today is the MAC groups inaugural meeting. We will be having a bbq lunch in the all about living entertainment area (28a Lagoon St, Sandgate) and throwing around ideas for our future get togethers.
\$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

7/5 Armchair travel - China

Today we will be watching movie clips, listening to music and eating Chinese food. By the time you leave you will feel like you have been to China!
\$15.00 per person

14/5 Eden Gardens

Morning tea and some shopping at the nursery then a picnic lunch at deep water bend.
\$10.00 + morning tea
Seats are limited

21/5 Movie Buffs

Today we will be descending on the Strathpine cinemas to watch the latest blockbuster movie.
\$10.00 + movie ticket
Seats are limited

28/5 Australia's Biggest morning tea

Today we will be hosting a BIG morning tea in support of the Cancer Council's annual fundraising event. We will be collecting donations, enjoying morning tea and there will also be lucky door prizes. So come along and join in the fun while supporting a worthy cause.
\$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