

All About Living May Social Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
1 Labour Day Public Holiday	2 Men's Group Caboolture Historical Village \$20.00 per person	3 Body Movement Class \$10.00 per person	4 Thursday Group AAL 25th Anniversary Morning Tea	5 Lifestyle Program \$10.00 per person
8 All About Living Choir \$10.00 per person	9	10 Body Movement Class \$10.00 per person	11 Thursday Group Redcliffe Trip \$10.00 + lunch	12 Lifestyle Program \$10.00 per person
15 All About Living Choir \$10.00 per person Ladies Group \$10.00 per person	16 Men's Group North Pine Dam \$10.00 per person	17 Body Movement Class \$10.00 per person	18 Thursday Group Craft Day \$15.00 per person	19 Lifestyle Program \$10.00 per person
22 All About Living Choir \$10.00 per person	23	24 Body Movement Class \$10.00 per person	25 Thursday Group Movie Buffs \$10.00 + ticket	26 Lifestyle Program \$10.00 per person
29 All About Living Choir \$10.00 per person Ladies Group \$10.00 per person	30 Men's Group Samford Trip \$10.00 + lunch	31 Body Movement Class \$10.00 per person		

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

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

2/5 Caboolture Historical Village

Today we will be going on a trip to the Caboolture Historical Village. Followed by a picnic lunch.
\$20.00 per person

16/5 North Pine Dam BBQ

Come and join us today as we head over to the North Pine Dam for a BBQ Lunch.
\$10.00 per person

30/5 Samford Trip

Today we will be going for a trip to Samford to have a look around town then to a local café for lunch.
\$10.00 per person + lunch

Ladies Group:

The Ladies group meet up fortnightly and enjoy a range activities like art and crafts, high teas and board games. We meet at the all about living head office in Sandgate. Morning tea and lunch are included.
\$10.00 per person

Thursday Group

4/5 All About Living's 25th Anniversary
You are invited to attend a morning tea function at Brighton Health Campus Auditorium to join us in celebrating 25 years of serving your local community. RSVP by 20th April

11/5 Redcliffe Trip

Today we will be going to the Redcliffe Peninsular to have a look around town and then lunch at a local café.
\$10.00 per person + lunch

18/5 Craft Day

Today we will be having a craft day at the activity centre. We will have a few small projects for you to have a try of.
\$15.00 per person

25/5 Movie Buffs

Today we will be going to the Strathpine cinemas to watch the latest Blockbuster movie.
\$10.00 + ticket per person

Lifestyle Program - Friday 10am—11am

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

Under 65?

Social Support

Accompanying you to shopping or banking, or social events.



All services are still available on a fee-for-service basis.

Domestic Assistance
Personal Care
Respite
Transport
Meals
Lawn Mowing
Nursing

Orange Folders Update

You may notice your Support Worker placing an orange folder in your home.

We will be sticking a 'QR Code' onto this folder in the coming months. Your Support Worker will be using this to log their attendance at your home.



Please keep it safe and in a prominent position.

If you have any questions please feel free to call Jo/Taryn on 3269 1915.

Direct Debit available now. Please phone Sally on 3269 1915 to arrange this convenient way to pay your bills.

25th

ANNIVERSARY

Come celebrate with us!

All About Living celebrates 25 years helping Participants in our community stay happy and healthy at home. Join founding members and current Participants on:

4th May, 2017

At Brighton Health Campus
449 Hornibrook Hwy (Beaconsfield Tce)
From 10am to noon.

Morning Tea & Guest Speakers

RSVP 28 April 2017 on 3269 1915

Public Holiday

Please be advised our office will be closed for Labour Day, 1 May 2017.



All essential services (Personal Care) will go ahead as usual. If your cleaning or shopping falls on this date we will be in contact to reschedule.

If you know you will not need this service on these days please ring the office on 3269 1915.

Contact Us

3269 1915
info@allaboutliving.com.au

PO Box 1131
Nathan St Post Office
BRIGHTON QLD 4017
ABN: 57 735 061 306



Monthly newsletter

May 2017 service availability

Over 65's

All About Living is able to provide the following services to Participants:

In-home Nursing

Short-term wound care or long-term health monitoring, e.g. I.V. medication, blood pressure checks or diabetes management. Free for DVA gold card holders.



Home Care Packages

All About Living has applied to provide Home Care Packages. If you feel your needs have increased, or if you have already had an ACAT assessment through My Aged Care, please phone the office on 3269 1915 to enquire.

All services are still available on a fee-for-service basis.

Contact Jo or Taryn to book your services today on 3269 1915!