

## Monthly newsletter

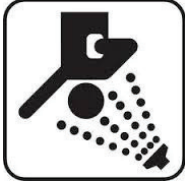
### November 2015 service availability

#### 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.



**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.



However any significant change will have to be referred back through the My Aged Care Gateway.

Contact Jo or Donna for more information.

#### Approved Cleaning Products

All About Living has a list of approved cleaning products to ensure the safety of our Participants and our Support Workers:

- Cream Cleaners: Jif, Ajax, Home Brand, Gumption
- Ajax Spray and Wipe, Shower Sparkle, Shower Power, Orange Cleaner
- Earth Choice Products: Multipurpose cleaner, Floor and Toilet cleaner
- White Vinegar - any Brand
- Dishwashing Detergents - any Brand
- Laundry Powders/Liquids - any Brand
- Fabric Softener - pre mixed
- Toilet Cleaners - Duck, Home Brand, etc. (Not containing Bleach)
- Disinfectants - any Brand
- Floor Cleaners - Handy Andy, Ajax floor cleaner (Not containing Bleach)
- Window/Mirror Cleaner – Windex/any other brand

#### all about living presents...

#### Mens's Group

Mens only group  
Get out of the house

Lunches, BBQs



Tuesday 3 November Luncheon

Call Taryn on 3269 1915 to find out more

#### Contact Us

info@allaboutliving.com.au

3269 1915

PO Box 1131

Nathan St Post Office

BRIGHTON QLD 4017

ABN: 57 735 061 306

#### Under 65?

#### Domestic Assistance:

Assisting with your domestic tasks like vacuuming, mopping, bathroom, and washing clothes.



#### 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.



#### all about living Choir

Join Jenni, our music director and other like-minded people in the all about living Choir at our activity centre!

Phone Taryn on 3269 1915 for more information!

#### From Accounts

We have received a few unidentified payments via Bpay/Bank transfers.

To ensure your payment is allocated to your account please make sure you add your name/invoice number when paying online or at your bank.

Thank you.



Monday	Tuesday	Wednesday	Thursday	Friday
2 all about living Choir \$10.00 per person Ladies Group \$10.00 per person	3 Men's Group Luncheon \$15.00 per person	4 Body Movement Class \$10.00 per person	5 Thursday Group New Farm Park \$15.00 + ticket	6 Lifestyle Program \$10.00 per person
9 all about living Choir \$10.00 per person		11 Body Movement Class \$10.00 per person	12 Thursday Group Movie Buffs \$10.00 + ticket	13 Lifestyle Program \$10.00 per person
16 all about living Choir \$10.00 per person Ladies Group	17 Men's Group Fish & Chips \$10.00 per person	18 Body Movement Class \$10.00 per person	19 Thursday Group Shopping Trip \$10.00 + lunch	20 Lifestyle Program \$10.00 per person
23 all about living Choir \$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 all about living Choir \$10.00 per person Ladies Group				

**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:**

Today we will be having morning tea and a chin wag and putting our game skills to the test at the all about living Head Office.  
\$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

**Men's Group**

**3/11 Melbourne Cup luncheon 1 - 3pm**

Today we will be having a Melbourne cup day luncheon at the activity centre and watching the race that stops the nation!  
\$15.00 per person  
Seats are limited

**17/11 Fish and Chips**

Today we will be heading to Morgan's Seafood at Scarborough for a fish and chips lunch by the sea.  
\$10.00 + lunch per person  
Seats are limited

**Thursday Group**

**5/11 New Farm Park**

Today we will be having a picnic in the park and enjoying the views of the Brisbane river.  
\$15.00 per person  
Seats are limited

**12/11 Movie Buffs**

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

**19/11 Shopping Trip**

Today we will be going to Westfield North Lakes for some Christmas shopping.  
\$10.00 per person + lunch  
Seats are limited

**26/11 BBQ at Baskerville**

Come and join us as we throw a snag on the barbie in the comfort of the all about living activity centre.  
\$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