

Monthly newsletter

November 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 to give a sense of security while you get ready for the day. Nail care and Hair cuts also available



Social Support:

Accompanying you to shopping or banking, or social events



Respite Care:

Gives your carer a rest/break to look after themselves and/or get some errands done.



However any significant change will have to be referred back through the My Aged Care Gateway.
Contact Jo or Taryn for more information.

Are you/do you know a Carer who needs a break?

What is respite care?

Respite care is a form of support for you and your carer. It gives your carer the opportunity to attend to everyday activities, like banking or Christmas shopping while ensuring your needs are still supported.

Respite care may mean your carer can continue to care for you longer. Respite care may be for a few hours or days or for longer periods, depending on your needs, the needs of the person who cares for you, your eligibility and what services are available in your area.

If you wish to organise respite care for yourself or loved one, please contact Jo or Taryn on 3269 1915

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.



Respite

Gives your carer a rest/break to look after themselves and/or get some errands done.



Christmas Lights Tour Expression of Interest

We are looking for

expressions of interest in attending All About Living's Christmas lights tour

Cost will be \$30 per person - we will provide

- Transport
- Tour the local area's Christmas lights displays
- Light supper

If you are interested in attending call Taryn on 3269 1915



Thank you to our generous donors who raised \$2,300 for our first Winter Appeal!

From Accounts

Would you like to receive your invoices by email?

Please email: info@alldaboutliving.com.au






Contact Us

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

All About Living November Social



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Monday	Tuesday	Wednesday	Thursday	Friday
 1 Melbourne Cup Luncheon \$15.00 per person	2 Body Movement Class \$10.00 per person	3 Thursday Group Mt Coot-tha \$15.00 + lunch	4 Lifestyle Program \$10.00 per person	
7 All About Living Choir \$10.00 per person	 9 Body Movement Class \$10.00 per person	10 Thursday Group Beenleigh Museum \$20.00 + lunch	11 Lifestyle Program \$10.00 per person	
14 All About Living Choir \$10.00 per person Ladies Group \$10.00 per person	15 Men's Group BBQ \$10 per person	16 Body Movement Class \$10.00 per person	17 Thursday Group Shopping Trip \$10.00 + lunch	18 Lifestyle Program \$10.00 per person
21 All About Living Choir \$10.00 per person	 23 Body Movement Class \$10.00 per person	24 Thursday Group Movies \$10.00 + ticket	25 Lifestyle Program \$10.00 per person	
28 All About Living Choir \$10.00 per person Ladies Group	29 Men's Group Tramway Museum \$20 per person	30 Body Movement Class \$10.00 per person	 Thursday Group 3/11 Mt Coot-tha We will be going to the Mt Coot -tha look out and then on to a café for lunch. \$15.00 + lunch 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

Ladies Group:

The Ladies group meet up fortnightly and enjoy a range 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

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

15/11 BBQ

Today we will be going to Centenary Lakes at Morayfield for a BBQ lunch.
 \$10.00 per person

29/11 Tramway Museum

Today we will be visiting the Brisbane Tramway Museum at Ferry Grove. We will be having morning tea and a wander through the tram museum
 \$20.00 per person includes m/tea and lunch

24/11 Movies

We will be going to the Cinemas at Strathpine to see the latest block buster film.
 \$10.00 + movie ticket per person

Lifestyle Program - Friday 10am—11am

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



Melbourne Cup Day!

1/11 Melbourne Cup Luncheon

Come along and join us for a luncheon at the All About Living activity centre and watching the race that stops the nation! There will be sweeps and lucky door prizes! So come along and join in the fun!
 \$15.00 per person
 Seats are limited so book in fast!