

October 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.



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.

Public Holiday - Queen's Birthday

The office will be closed on 3 October 2016. Arrangements will be made with Participants who normally receive services on this day.

If you wish to cancel your service, please call the office on 3269 1915.

From Accounts



Some Participants are still receiving incorrect invoices. If you feel you have been incorrectly billed, please phone the office on 3269 1915 and we will be more than happy to investigate.

AGM - Notice to Members

All About Living's Annual General Meeting will be held on Saturday, 3 December 2016, for financial members only.

Venue: Brighton Bowls club
Time: 10:00am to 11:30am

Christmas Party to follow for all Participants!



Contact Us

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

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.



Manicure or Pedicure

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



Summer is coming!

Stay cool and hydrated with the following tips:

1. Drink plenty of water (fruit and cups of tea count!)
2. Stay in the shade during the hottest part of the day (and wear a hat).
3. Keep your blinds shut (cheaper than air con), but doors and windows open for air flow.
4. Don't forget your Support Workers: offer them a drink or let them take their time!
5. Watch for dehydration. Signs include dry mouth, dizziness/weakness, heart palpitations, darker urine.



all about living October Social Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
3 Queen's Birthday Public Holiday Office Closed	4 Men's Group New Farm Park \$15 per person	5 Body Movement Class \$10.00 per person	6 Thursday Group Shorncliffe Pier \$10.00 per person	7 Lifestyle Program \$10.00 per person
10 all about living Choir \$10.00 per person		12 Body Movement Class \$10.00 per person	13 Thursday Group High Tea \$15/00 per person	14 Lifestyle Program \$10.00 per person
17 all about living Choir \$10.00 per person Ladies Group \$10.00 per person	18 Men's Group Mt Coot-tha \$10 + lunch	19 Body Movement Class \$10.00 per person	20 Thursday Group BBQ \$10.00 per person	21 Lifestyle Program \$10.00 per person
24 all about living Choir \$10.00 per person	25 Pamper Day \$10.00 per person	26 Body Movement Class \$10.00 per person	27 Thursday Group Armchair Travel \$10.00 per person	28 Lifestyle Program \$10.00 per person
31 all about living Choir \$10.00 per person Ladies Group \$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

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

4/9 New Farm Park
Today we will be going to New Farm park for a BBQ/ picnic.
\$15.00 per person

18/9 Mt Coot-tha

Today we will be going to the Mt Coot - Tha look out and having lunch at a café.
\$10.00 + Lunch per person

Thursday Group

6/10 Shorncliffe Pier

Today we will be taking in the scenery at the Shorncliffe waterfront. We will be able to take a stroll on the new pier and we will be having a picnic lunch.
\$10.00 per person

13/10 High tea

High tea with the Minglers at the Bracken Ridge Baptist Church.
Wear your Sunday best !! All directions choir will also be performing.
\$15.00 per person

18/2 BBQ

Today were having a BBQ at the All About Living activity centre.
\$10.00 per person

27/9 Armchair Travel

Come and join us for a day of fun as we 'travel' to India from our armchairs at the activity centre . We will listen to Indian music, watch Indian films and eat Indian food.
\$15.00 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