

All About Living October Social Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
2 Public Holiday Queen's Birthday	3 Men's Group River City Cruise \$35.00 per person	4 Body Movement Class \$10.00 per person	5 Thursday Group Osprey House \$15.00 per person	6 Lifestyle Program \$10.00 per person
9 All About Living Choir \$10.00 per person	10	11 Body Movement Class \$10.00 per person	12 Thursday Group Sandgate High Concert \$10.00 per person	13 Lifestyle Program \$10.00 per person
16 All About Living Choir \$10.00 per person Ladies Group \$10.00 per person	17 Men's Group Suffon's Beach BBQ \$10.00 per person	18 Body Movement Class \$10.00 per person	19 Thursday Group Bribie Seaside Museum \$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 \$10.00 per person	31 Men's Group Diner's Club \$10.00 per person + lunch	30 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

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

Men's Group

3/10 River city cruise

Come and join us as we cruise the Brisbane river with a Devonshire tea with River City Cruises followed by a picnic lunch at South Bank.

PLEASE NOTE: Today will be an EARLY pick up from 7.30am \$35.00 per person includes cruise, m/tea & lunch

17/10 Sutttons beach BBQ

Today we will be going to Sutttons beach, Redcliffe for a BBQ lunch
\$10.00 per person

31/10 Diners Club - Morayfield

Today we will be going to Hogs breath café at Morayfield for lunch.
\$10.00 + lunch per person

Lifestyle Program - Friday 10am—11am

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

Thursday Group

5/10 Osprey House and Picnic

Come and join us as we visit Osprey house environmental centre followed by a picnic lunch.
\$15.00 per person

12/10 Sandgate District State High School Connections

Concert

Today we are invited to join the students from Sandgate District State High School for a concert and a light lunch. Please RSVP to Taryn by 5/10.
\$10.00 per person

19/10 Bribie Seaside museum

Today we will be visiting the Bribie Island seaside museum followed by lunch at a local café.
\$10.00 per person + lunch

26/10 BBQ at the Activity Centre

Today we will be having a BBQ lunch in the comfort of the Activity Centre.
\$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

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

Need a Home Care Package?

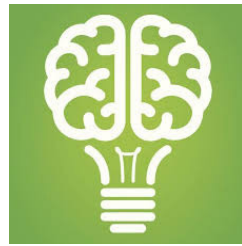
- Are your needs changing?
- Need more help at home?

All About Living is now a Home Care Package Provider!!

If you believe you would benefit from the extra help call the office on 3269 1915 to discuss a Home Care Package. Our Case Managers can work with you to find the best way to meet your needs based on your priorities, budget and ability to maintain health and wellness at home.

Public Holiday: Monday 2nd October.

Our office will be closed. All essential services will continue. Our rostering officer will be in touch to rearrange your Domestic Assistance or Social Support.



'Get the Facts' Health Forum

Thursday 9th November 2017

Time: 10.00am – 2.00 pm

At: The All About Living activity centre
174 Baskerville street, Brighton

Morning tea and lunch provided

\$10.00 Participants (Inc. meal & transport)

\$15.00 Non Participants (meal only)

Topics include:

- Alzheimer's Qld
- National Hearing care
- On The Pulse physiotherapy
- All About Living's Community Nurse Wendy

RSVP 3269 1915 by 3rd November 2017

Contact Us

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Like Us!



Monthly newsletter

October 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, or Fee-for-Service.



Exercise Classes

Proven to lift your mood! Light exercise classes, standing or seated to improve your flexibility and balance.



Personal Care

Assistance with daily self-care e.g. showing, dressing, nails and hair.



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

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