

St Louis Community Social Program Adelaide

September 2021



St Louis
Home Care



Book your social event today. Phone (08) 8332 0950 (bookings essential)

Note: Outings may be cancelled or postponed due to inclement weather. Payment for these outings can come from your Home Care Package or paid for privately.

To be able to keep everyone at a safe social distance, we have engaged Kanga coachlines to assist us with transport to and from our outings.

Unfortunately this has increased the cost of the days that we require a bus.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Home Visits with Jane & Sarah	2 Shopping Trip to Kmart	3 Hydrotherapy	4	5
6 Home Visits with Jane & Sarah	7 Cleland Wildlife Park Visit	8	9 Art Therapy	10 Hydrotherapy	11	12
13 Chair Exercise Class	14 HAIGH'S CHOCOLATES Haig's Chocolates Visit & Tour	15	16 Lunch at Kwik Stix	17 Hydrotherapy	18	19
20 Walk and Talk	21 JamFactory Gallery Visit & Tour	22 Home Visits with Jane & Sarah	23 Art Therapy	24 Hydrotherapy	25	26
27 Chair Exercise Class	28 Cockle Train and Lunch	29	30 Discover Zoom Chat & You Tube			

Support that comes to you every day of the year.

Royal Show 2021
4th – 12th September
 If you would like to attend this year's show, to see your favourite events. We can organise you a care worker to take you as your own personal social session.
COSTS: Will be deducted from your Home Care Package, so no out of pocket expense for you.

Public Holidays 2021
 Monday 4 October 2021
 Labour Day
 Saturday 25 December 2021
 Christmas Day
 Sunday 26 December 2021
 Boxing Day

Please turn over to see more details.

Phone 8332 0950
 11 Dudley Road
 Maryatville SA 5068
www.stlouisagedcare.com.au

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Call 8552 1481 to reserve your spot today

1st, 6th & 22nd Sept – Home visits, Call 8332 0950 to book

Meet Sarah or Jane in the comfort of your home to discuss your individual social needs, which may include organising a 1:1 social support visits either at home or out socially wherever you would like to go. Find out more about the monthly social program and its activities you may like to attend.

Please call Lifestyle - Jane or Sarah on 8332 0950 to make a booking.

Thursday 2nd September – Shopping Trip to Kmart

Due to popular demand, we're going to Kmart – they have great bargains! We can assist you to something for yourself or do early Xmas shopping. If you're not too tired we can stop for tea or coffee. **Time:** 12.30pm – 3.30pm
Cost: \$90 which will be deducted from your Home Care Package.

Friday 3rd, 10th, 17th, 24th September – Hydrotherapy

Hydrotherapy is run by our own physiotherapist Jo. The warm water allows your muscles to relax and also eases pain in the joints which helps you to exercise. Please contact Jo at the office on 8332 0950 to be assessed.

Time: Several time slots available.

Cost: Between \$71 and \$98 for a group. One on one can be arranged at a cost \$188. This will be deducted from your Home Care Package.

Tuesday 7th September – Cleland Wildlife Park Mt Lofty

A fantastic trip planned to visit Cleland Wildlife Park, where there is much to see and do. You will see many Australian species. For an extra cost, you can hold Koala. Included is lunch and afternoon tea. **Time** 10.00am – 4.00pm

Cost: \$295 will be deducted from your Home Care Package.

Thursday 9th & 23rd September – Art Therapy

For this you don't need to be good at art. In fact no skills are necessary! If you're curious, come and see for yourself. We will arrange care workers or a taxi to pick you up and return you home after sandwiches. **Location:** Marryatville office

Time: The class runs from 10.30am – 12noon.

Cost: \$68 will be deducted from your Home Care Package.

Monday 13th & 27th September – Armchair Easy Moves

Do you love the comfort of your armchair but feel like you should be moving a little bit more than you are? If you answered yes then call me to find out more on 8332 0950. We can arrange transport for you. We will also have fresh sandwiches on offer so you don't go home hungry.

Location: Marryatville office **Time:** The class will be from 12noon - 12.45pm.

Cost: \$50 will be deducted from your Home Care Package.

Tuesday 14th September – Haigh's Behind The Scenes Tour

Join us for a 30-minute tour at Haigh's Chocolates. After browse the shop to buy some delicious treats and if you're like me, the seconds are just as good. After the visit, we can have a lovely lunch. Book early not to miss out. **Call 8332 0950.**

Time: 10.00am – 3.00pm **Cost:** \$160 deducted from your Home Care Package.

Thursday 16th September – Lunch at Kwik Stix

Join us for tasty Asian lunch at Kwik Stix at Parafield. Last time we visited everyone loved the food so much, we thought let's do it again. **Time:** 11.00am – 2.30 pm

Cost: \$135 which will be deducted from your Home Care Package.

Monday 20th September – Walk and Talk

Who is keen to join Sarah for a walk? We will walk at a suitable pace for all. We can access wheelchairs if required. Carer's can join us if required to assist with 1:1 support, so don't be shy. What a wonderful way to make new friends, and exercise at the same time. We will also stop somewhere lovely and have a nice lunch, which is already included in the cost below. **Time:** 10.00am – 2.00pm

Cost: \$145 will be deducted from your Home Care Package.

Tuesday 21st September – JamFactory – Art Gallery

Join us at for a guided tour behind the scenes and after a look at exhibition in the gallery. Artisans showcasing the beautiful wares of glass, pottery and so much more. A not-for-profit organisation you might be inspired, to buy something at the gift shop. We will go somewhere local for lunch. **Time:** 10.00am – 3.00pm

Cost: \$185 will be deducted from your Home Care Package.

Thursday 30th September – Discover Zoom Chat/You Tube

Join me on a tour of discovery where you can learn how to communicate with friends and family, especially through these covid times. We can travel the world, listen to music, marvel at famous gardens, or even take a scenic railway journey. Lunch will be provided. **Address:** Marryatville office. **Time:** 11.00am – 1.30pm

Cost: \$90.00 will be deducted from your Home Care Package.

Please let your coordinator know if you would like us to arrange transport.

Tuesday 28th September – Cackle Train and Lunch

All aboard, to enjoy the scenic train to Goolwa. We will be having lunch at Hectors on the Wharf. The Victor clients coming, so if you have friends there, we can organise for them to join you if you wish. **Time:** 10.00am - 4.00pm

Cost: \$285 which will be deducted from your Home Care Package.