

St Louis Community Social Program Adelaide

August 2021



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.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Chair Exercise Class	31 Golden Grove Nursery					1
2 Chair Exercise Class	3 Maggie Beer Farm & Vine Inn	4	5 Art Therapy	6 Hydrotherapy	7	8
9 Home Care Visits	10 Walk n talk & Lunch	11	12 Art Therapy	13 Hydrotherapy	14	15
16 Chair Exercise Class	17 Hahndorf Drive & Mystery lunch	18	19 Gardening, Glass Terrarium	20 Hydrotherapy	21	22
23 Home Care Visits	24 St Louis On Sea & Lunch	25	26 Hopgood Theatre & Lunch	27 Hydrotherapy	28	

Public Holidays 2021

Monday 4 October 2021
Labour Day

Saturday 25 December 2021
Christmas Day

Sunday 26 December 2021
Boxing Day

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.

Please turn over to see more details.

Phone 8332 0950
11 Dudley Road
Marryatville SA 5068

www.stlouisagedcare.com.au

St Louis Community Social Program Adelaide August 2021

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

Monday 2nd, 16th & 30th August – 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 3rd August – Maggie Beer Farm / Vine Inn for Lunch

Join us for a bus trip to Maggie Beers Farm in Nuriootpa for a demonstration cooking class as well as enjoying the beautiful surroundings. Then we are driving to the Vine Inn Barossa for a delicious Bistro lunch. It will be a very full day but a great trip to join. Cost includes the cooking class, bus and lunch.

Time: This will be an all day event.

Cost: \$290 will be deducted from your Home Care Package.

Thursday 5th & 12th August – Art therapy

You don't need to be good at art to enjoy art therapy. In fact, no skills in art are necessary! If you're curious, come and see for yourself. We will arrange care workers or a taxi to bring you to us 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.

Friday 6th, 13th, 20th, 27th August – 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.

9th & 23rd August – 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 organizing a 1.1 social support visits either at home or out socially whenever you would like to go or it might be to find out more about the monthly social program and its activities.

Tuesday 10th August – Walk n Talk & Lunch

Who's keen for a walk? We will be walking at a pace that is suitable for everyone and we can easily access wheelchairs to assist if needed too! We will arrange our care workers to come along with you so everyone will have their own personal assistant. Make new friends and exercise at the same time! Lunch is included.

Time: Approx. 10.00am - 2.00pm

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

Tuesday 17th August – Hahndorf Drive and Mystery Lunch

Join us on a drive through the Adelaide Hills with all the autumn colours. We can then stroll the main street of Hahndorf. If you love the idea but do not feel like your legs will hold up, we can easily access wheelchairs to assist. We will then drive to a famous bakery for lunch, coffee and cake.

Time: All day event

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

Thursday 19th August – Gardening, Glass Terrarium

Join us in making a lovely glass plant terrarium with a teak base, which you can then take home. Everything you need to create this beautiful landscape will all be supplied. It will be a great afternoon chatting about plants and swapping ideas and we will also be providing a lovely afternoon tea.

Time: 12.30pm – 3.00pm

Cost: \$135 which will be deducted from your home care package.

Tuesday 24th August – St Louis On Sea, Victor Harbor & Lunch

Join us for a drive down to Victor Harbor to visit St Louis On Sea, situated directly on the esplanade looking right out to sea. It is a lovely option for respite or recovering from a hospital stay. We will then travel down the road to have lunch at the Victor Hotel.

Time: All day event

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

Thursday 26th August – Hopgood Theatre & Lunch

Join us at Hopgood Theatre for a live matinee performance showcasing the music of "the big three" Pavarotti, Domingo, and Carreras. Lunch will then be enjoyed at the Colonnades Tavern. Limited tickets available, please book as soon as possible to avoid disappointment. *Please note: a cancellation fee will apply due to pre purchase concert tickets.*

Time: All day event

Cost: \$234.00 will be deducted from your Home Care Package.

Tuesday 31st August – Golden Grove Nursery

If you enjoy gardening then this is the place for you. So many plants to buy plus it has a lovely gift shop area. We can have a lovely lunch at the café, with cake and coffee and it's all under one roof.

Time: 10.30 – 3pm

Cost: \$120.00 will be deducted from your Home Care Package.