





















St Louis Community Social Program Adelaide February 2022

Due to the summer heat now upon us, outings will be cancelled as per our policy if the forecast is over 35 degrees.



Phone (08) 8332 0950 to book your social event today *(bookings are essential)*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	1  Home Visits	2  Mayfair High Tea	3  Pamper Day	4  Hydrotherapy	5	6	
7  Armchair Easy Moves	8  Scenic Drive along the Seaside	9  The Big Duck Boat Tour	10  Art Therapy	11  Hydrotherapy	12	13	
14  Pamper Day	15  Home Visits	16  Semaphore Pets and Gardens	17  Walk & Talk	18  Hydrotherapy	<div style="border: 2px solid yellow; border-radius: 50%; padding: 20px; text-align: center;"> <p>Please book early to avoid disappointment. Call Jane or Deb 8332 0950 for any queries.</p> </div>		
21  Armchair Easy Moves	22  Hopgood Theatre & Lunch	23  Home Visits	24  Art Therapy	25  Hydrotherapy			26
28  Movies at Wallis and Lunch							

Your Spouse or Partner
 Can now accompany you on any of the social outings which is costed and charged at a discounted rate! Please call Jane to discuss.

Support that comes to you every day of the year.



St Louis Home Care
 11 Dudley Road
 Marryatville SA 5068
Phone 8332 0950

Please turn over to see more details.

Please Note: Cancellation fee will apply at full cost when less than 24 hours' notice given. www.stlouisagedcare.com.au

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1st, 15th & 23rd February – Home visits call 8332 0950 to book

In the comfort of your home we can 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 or it might be to find out more about the monthly social program and its activities and what you would like to attend.

Cost: \$92 will be deducted from your Home Care Package.

2nd February – Mayfair High Tea on King William Street

Enjoy a lovely high tea on King William Street at the Mayfair. We know you all love your high teas and this location will not disappoint you - so please join us.

Time: 11.30am – 2.30pm **Cost:** \$160 will be deducted from your Home Care Package.

3rd & 14th February – Pamper Day

We thought you would love a pamper day to spoil yourself! Why not book in for either a manicure or pedicure and make yourself feel special. We are taking limited numbers so please book early as we have to go to a salon. We will get everyone in as we have two dates for this in February.

Time: 12.30pm – 3.00pm **Cost:** TBA which will be due to what you will be having and will be deducted from your Home Care Package.

4th, 11th, 18th, 25th February – Hydrotherapy

Hydrotherapy is run by our own physiotherapist Joe. The warm water allows your muscles to relax and also eases pain in the joints which helps you to exercise. Please contact Joe 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.

7th & 21st February – Armchair Easy Moves

Do you feel the need to stretch and move your body to very light chair exercises? Then join us with some easy moves and great old-time music, it is a lot of fun and everyone who attends really enjoys it. We also supply tea, coffee, and sandwiches, so you do not go home hungry, and we will also arrange transport for you if you need. **Time:** 12 noon–12.45pm. Lunch will follow before heading home.

Cost: \$70 will be deducted from your Home Care Package.

8th February – Scenic Drive along the Seaside

When we find a nice spot, we can stop and grab a bite to eat and why not have fish and chips by the sea. You can even finish it off by having an ice cream! This is just the way to spend summer along the beach side. **Time:** 10.30am – 2.30pm

Cost: \$125 will be deducted from your Home Care Package.

9th February – The Big Duck Boat Tour

Join us on the Southern Ocean looking at seals, sea lions and dolphins on a 90min tour. The tour leaves from Encounter Bay at Victor Harbor. We can have something to eat at the historic Hotel Victor for a lovely lunch - this will be a beautiful day out!

Time: 9.30am – 3.30pm **Cost:** \$375 will be deducted from your Home Care Package.

10th & 24th February – Art therapy

Come and join us at Art Therapy. No experience is necessary we are just having fun. Allan the art tutor will be your guide every step of the way so if you are curious, come and see for yourself (or maybe you just want to join in for a chat). The cost includes all materials and lunch. **Time:** From 10.30am – 12 noon.

Location: Marryatville Office **Cost:** \$82 will be deducted from your Home Care Package.

16th February – Semaphore Pets and Gardens

This is a lovely garden centre with lots of interesting items - plants as well as a homed alpaca. After looking around for some new plants, we can grab a light lunch or coffee and cake (if you prefer) before heading home.

Time: 11.30am – 3.30pm **Cost:** TBA will be deducted from your Home Care Package

17th February – walk n talk

Who is keen to join us for a walk? We walk at a pace that is suitable for everyone. If you love the idea but do not feel like your legs will hold up, we can access wheelchairs to assist. What a wonderful way to make new friends and exercise at the same time. We also stop somewhere lovely and have a nice light lunch, which is included in the cost.

Time: 10.00am – 2.00pm **Cost:** \$160 will be deducted from your Home Care Package.

Tuesday 22nd February – Hopgood Theatre and 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 asap to avoid disappointment. *Please note: a cancellation fee will apply due to the pre purchase of concert tickets.*

Time: 9.30am – 3.00pm **Cost:** \$258 will be deducted from your Home Care Package.

28th February – Movies at Wallis and Lunch at Mount Barker

Come and visit the movies during the summer heat as it's a nice place to keep cool. We will select a movie in February, then we will have some lunch right next door at Auchendarroch House. *(Using a movie meal deal)*

Time: TBA **Cost:** \$150 will be deducted from your Home Care Package.

Call 8332 0950 to reserve your spot today