

St Louis Community Social Program Adelaide January 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 |
|---|-----------------------------|---------------------------------|----------------------|------------------|------------------|---|
| 31 Home Visits | | | | | 1 New Year's Day | 2 |
| 3 PUBLIC HOLIDAY New Year's Day holiday | 4 Walk & Talk | 5 Empress Restaurant | 6 Home Visits | 7 Hydrotherapy | 8 | 9 |
| 10 Armchair Easy Moves | 11 Adelaide Central Market | 12 Movies at Mt Barker | 13 Art Therapy | 14 Hydrotherapy | 15 | <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> |
| 17 Home Visits | 18 Big Rocking Horse | 19 IKEA Shopping Trip | 20 Garden Herb Pots | 21 Hydrotherapy | 22 | |
| 24 Armchair Easy Moves | 25 Watermark Hotel | 26 PUBLIC HOLIDAY Australia Day | 27 Art Therapy | 28 Hydrotherapy | 29 | |

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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4th January – walk n talk

Who is keen to join us for a walk? We will be walking 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 easily access wheelchairs to assist if you need. 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 already included in the cost, so you don't have to bring any money.

Time: 10.30am – 2.30pm **Cost:** \$158 will be deducted from your Home Care Package.

5th January – Empress Restaurant

Join us for lovely meal (Banquet style) at this beautiful Chinese restaurant on Greenhill Road, Toorak Gardens.

Time: 11.30am – 2.00pm **Cost:** \$120 will be deducted from your Home Care Package.

6th, 17th & 31st January – Home visits call 8332 0950 to book

In the comfort of your home to discuss your individual social needs or coaching you on how to use your iphone/ipad etc, or it may be organising a 1.1 social support visits either at home or out socially, or it might be to find out more about our activities.

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

7th, 14th, 21st, 28th January – 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.

10th & 24th January – 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 at 1.30pm. **Cost:** \$58 will be deducted from your Home Care Package.

11th January – Adelaide Central Market

Join us for a wander around the Adelaide Central Market for sights and smells of the great fresh food and coffee that Adelaide has to offer. We can also stop somewhere for lunch or just coffee if you prefer. Book quickly as this will be limited numbers.

Time: 11.00am – 2.30pm **Cost:** \$165 will be deducted from your Home Care Package.

12th January – Movies at Mt Barker

Join us at the movies (still to be selected) including a light lunch, snack and drink. It might be a nice day to beat the heat if we have some.

Time: to be confirmed **Cost:** \$95 will be deducted from your Home Care Package.

13th & 27th January – 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 below includes all materials and lunch.

Location: Marryatville Office **Time:** The class runs from 10.30am – 12 noon.

Cost: \$80 This will be deducted from your Home Care Package.

18th January – Big Rocking Horse

Please join us for a lovely drive through the Adelaide Hills to visit an iconic Adelaide landmark The Big Rocking Horse, where we will have lunch and look through the shop at all the great wooden toys and other interesting items. You can even feed the animals if you prefer.

Time: 11.00am – 3.00pm **Cost:** \$215 will be deducted from your Home Care Package.

19th January – 19th IKEA Shopping Trip

Due to clients request, we are doing an IKEA shopping trip to have a look around IKEA and then stop for lunch.

Time: 10.30am – 2.30pm **Cost:** \$120 will be deducted from your Home Care Package.

20th January – Garden Herb Pots

Another garden project of potting up your own herb pots for your kitchen window. All the garden items you need (pots, herbs, soil etc) will be ready for you. All you have to do is to pot them up with Jane and enjoy.

Time: 1.00pm – 3.00pm **Cost:** \$120 will be deducted from your Home Care Package.

25th January – Watermark Hotel at Glenelg

Have a lovely lunch at Glenelg, looking out on to the beach busy with people enjoying the summer sun.

Time: 11.00am – 2.30pm **Cost:** \$135 will be deducted from your Home Care Package.

Call 8332 0950 to reserve your spot today