

# St Louis Community Social Program Adelaide May 2022



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

| Monday                    | Tuesday                                       | Wednesday                             | Thursday                              | Friday                                | Saturday | Sunday            |
|---------------------------|---|---------------------------------------|---------------------------------------|---------------------------------------|----------|-------------------|
| 30<br>Pamper Day          | 31<br>The Cedars at Hahndorf                  |                                       |                                       |                                       |          | 1                 |
| 2<br>Walk & Talk          | 3<br>Scenic Drive through Mt Lofty            | 4<br>Empress Restaurant/ Mother's Day | 5<br>Art Therapy                      | 6<br>Social Support 1:1/ Home Visits  | 7        | 8<br>Mother's Day |
| 9<br>Armchair Easy Moves  | 10<br>Movies at the Regal Theatre             | 11<br>Jambo Sana Café                 | 12<br>Social Support 1:1/ Home Visits | 13<br>Social Support 1:1/ Home Visits | 14       | 15                |
| 16<br>Virginia Nursery    | 17<br>National Railway Museum & British Hotel | 18<br>Pamper Day                      | 19<br>Art Therapy                     | 20<br>Social Support 1:1/ Home Visits | 21       |                   |
| 23<br>Armchair Easy Moves | 24<br>Scenic Drive along the Seaside          | 25<br>Monarto Safari Park             | 26<br>Walk & Talk                     | 27<br>Social Support 1:1/ Home Visits | 28       | 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.

Please book early to avoid disappointment.  
Call Jane or Deb 8332 0950 for any queries.



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](http://www.stlouisagedcare.com.au)

# St Louis Community Social Program

## Adelaide May 2022

### 2nd & 26th May – 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. A great way to make new friends and exercise at the same time. We will stop for a light lunch which is included in the cost.

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

### 3rd May – Scenic Drive through Mt Lofty

As this was missed in January, we have again added it so Join us for a lovely drive through the Adelaide hills looking at the Mt Lofty Gardens.

**Time:** 11.30am – 3.30pm **Cost:** \$165 will be deducted from your Home Care Package.

### 4th May– Empress Restaurant/ Mother's Day

Join us for lovely meal (Banquet style) at this beautiful Chinese restaurant on Greenhill Road, Toorak Gardens, as it is close to Sunday with is Mother's Day let's celebrate it.

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

### 5th & 19th May – Art therapy *No experience is necessary!*

**Come and join us.** We have fun and create something exciting! An Art Tutor will be your guide every step of the way so if you are curious, come and see for yourself. The cost includes all materials and lunch. **Time:** From 10.30am – 12noon. **Location:** Marryatville Office **Cost:** \$90 will be deducted from your Home Care Package.

### 6th, 12th, 13th, 20th & 27th May – Social Support 1:1/ Home Visits

**In the comfort of your home** we can discuss your individual social needs, including organising a 1:1 social support visit either at home or out and about, wherever you would like to go. Also, we can teach you how to use your iphone, ipad or any assistance with the use of technology to remain in contact with your loved ones.

**Cost:** \$92 will be deducted from your Home Care Package. **Call 8332 0950 to book**

### 9th & 23rd May – Armchair Easy Moves

**Do you feel the need to stretch and move your body to very light exercises?**

Then join us with gentle, mostly chair-based exercises which assists the needs of older people with varying levels of mobility and balance. It's a lot of fun and a light lunch will follow (tea, coffee and sandwiches). **Time:** 12 noon – 12.45pm. **Cost:** \$70 will be deducted from your Home Care Package. Please let us know if you need transport.

### 10th May – Movies at the Regal Theatre

Join us at the beautiful Regal Theatre at Kensington Park to see a movie and then we will find somewhere nice to have lunch.

**Time:** TBC depending on movie times

**Cost:** TBC will be deducted from your Home Care Package.

**Call 8332 0950** to reserve your spot today

### 11th May – Jambo Sana Café

African crafts and gifts to have a look around and then we will have lunch.

**Time:** 11.30am – 2.30pm

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

### 16th May – Virginia Nursery

Come along on this outing to Virginia Nursery where you will be able to browse and shop at your leisure before enjoying lunch in the cafe.

**Time:** 10.30am – 3.30pm

**Cost:** \$220 will be deducted from your Home Care Package.

### 17th May – National Railway Museum and the British Hotel

We will be traveling to the area of old Port Adelaide to look through the National Railway Museum and then onto the British hotel for a lovely lunch.

**Time:** 10.30am – 2.30pm

**Cost:** \$220 will be deducted from your Home Care Package.

### 18th & 30th May – Pamper Day

We thought you would love another pamper day to spoil yourself and why not book in for either a manicure or pedicure and make yourself feel special. Taking limited numbers so please book early. **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.

### 24th May – 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.

### 25th May – Monarto Safari Park

Join us aboard a very comfortable bus for a day trip to Monarto where we will be able to visit the new visitors Centre before a guided tour then lunch.

**Time:** 9.30am – 3.30pm

**Cost:** \$274 will be deducted from your Home Care Package.

### 31st May – The Cedars at Hahndorf

We are going to have a wonderful day visiting The Cedars in Hahndorf. It was home to Hans Heysen and his family and we will tour his home and see over 200 original works of art. We will then have lunch somewhere local.

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