


# St Louis Community Social Program Adelaide

## August 2020



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

Note: Outings may be cancelled due to inclement weather. Payment for these outings comes off your government package and are deducted from your CDC account.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31					1	2
3 Chair Exercise Class 	4	5	6 Seaford Beach Hotel 	7	8	9
10	11  St Louis On Sea	12	13 Art Therapy 	14	15	16
17 Crafers Hotel 	18	19	20 Kmart 	21	22	23
24	25	26	27 Art Therapy 	28	29	30

### Public Holidays 2020

**Monday 5 October**  
Labour Day

**Friday 25 December**  
Christmas Day

**Monday 28 December**  
Proclamation Day

If this calendar is sent to the family and not the client, please consider if your loved ones may enjoy the occasional outing. We have an accessible bus with a lifter if steps are an issue for clients. Many of our outings require little to no walking. Feel free to contact me with any concerns you may have.

**Sarah Rankin, Lifestyle Coordinator**

Please turn over to see more details.

Support that comes to you every day of the year

**Phone 8332 0950**

11 Dudley Road  
Marryatville SA 5068

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

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**Note:** Our hot weather policy states that if the forecast is over 35 degrees then unfortunately the trips will be postponed to a cooler day. You will be phoned the day before to confirm a pick up time.

### Monday 3rd August – Chair exercise class

Do you love the comfort of your arm chair but feel like you should be moving a little bit more than you are? If you answered yes then pick up the phone and call me to find out more on 8332 0950. We can arrange someone to bring you to our Marryatville office and return you home after the class. We will also have fresh sandwiches on offer so you don't go home hungry.

**Time:** The class will be from 12pm til 12.45. Lunch will then be served before heading back home.

**Cost:** \$100 will be deducted from your CDC account.

### Thursday 6th August – Seaford Beach Hotel

Join me in a sensational lunch with great conversations. Its been such a long time since we've been allowed to do this and I can't wait!

**Time:** This will be an all-day event.

**Cost:** \$140 will be deducted from your CDC account.

### Tuesday 11th August – St Louis On Sea

If you haven't had the pleasure of coming to see our beautiful new addition to St Louis then don't miss out! St Louis On Sea is situated on the esplanade in the gorgeous seaside town of Victor Harbor and is a wonderful location to recover from surgery in luxury with 24 hour care. It is also a wonderful place to come if your usual supports are going away and you want to feel safe and secure until they return home.

**Time:** This will be an all-day event.

**Cost:** \$133 will be deducted from your CDC account.

### Thursday 13th & 27th August – Art therapy

Do you like to meet people and make new friends? Do you like to have fun? Not necessarily arty? This is perfect for you! The morning includes cuppa, cake, lunch and laughter.

Location: Our Marryatville office

**Time:** The class starts at 10.30 til 12pm. We then have lunch. You should all be home by 1pm

**Cost:** will be under \$100 and deducted from your CDC account.

### Monday 17th August – Crafers Hotel

The Adelaide hills always puts on a pretty show so lets go and soak it up. I'm counting on the fire being on so it should be toasty warm. Pretty surroundings, warm fire and yummy food = perfect day! Make sure your name is on the list so you don't miss out.

**Time:** This will be an all-day event

**Cost:** \$158 will be deducted from your CDC account.

### Thursday 20th August – Kmart

If you're anything like me, covid put a dark cloud over my shopping days and some things that you like to replace regularly didn't happen until recently. If this sounds like you, don't miss out on your seat.

We will warm up our tummies with a cuppa before spending an hour or so shopping and then have some lunch before returning home.

**Cost:** \$110 will be deducted from your CDC account.

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