

St Louis Community Social Program Adelaide

April 2021



St Louis
Home Care

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

Note: Outings may be cancelled 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
			1	2 GOOD FRIDAY	3 EASTER SATURDAY	4 
5 EASTER MONDAY	6 St Louis on Sea	7	8 Art Therapy 	9 Hydrotherapy 	10	11
12 Chair Exercise Class 	13 Old Tailem Town Pioneer Village	14	15	16 Hydrotherapy 	17	18
19	20 Walk n talk 	21	22 Art Therapy 	23 Hydrotherapy 	24	25
26 ANZAC DAY	27 Planetarium 	28	29	30 Hydrotherapy 	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.	

Public Holidays 2021

Friday 2 April 2021
Good Friday

Saturday 3 April 2021
Easter Saturday

Monday 5 April 2021
Easter Monday

Monday 26 April 2021
Anzac Day

Monday 14 June 2021
Queen's Birthday

Monday 4 October 2021
Labour Day

Saturday 25 December 2021
Christmas Day

Sunday 26 December 2021
Boxing Day

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

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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.

Tuesday 6th April – St Louis on Sea, Victor Harbor

Come and visit our beautiful addition to St Louis situated on the esplanade. A wonderful place to recover from surgery in luxury with 24 hour care. It's also a great place to come if your usual supports are going away and you want to feel safe and secure until they return. There are only 8 spacious bedrooms, each having their own bathroom. *I have room for 4 clients, so call me to secure your spot!* **Time:** This will be an all-day event.

Cost: \$143 will be deducted from your Home Care Package.

Thursday 8th & 22nd April – 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 lunch.

Location: Marryatville office

Time: The class runs from 10.30 – 12noon.

Cost: Usually under \$60. This will be deducted from your Home Care Package

Friday 9th, 16th, 23rd, 30th April – Hydrotherapy

Hydrotherapy is run by our own physiotherapist Jo. He is passionate about the importance of assisting our clients in looking after their bodies. The warm water allows your muscles to relax and also eases pain in the joints which helps you to exercise. If you have generally always been active but find it difficult to exercise now due to back pain, stiffness etc., then this may help relieve it and make it easier to move.

Time: we have several time slots so please contact Jo at the office 8332 0950. You will need to be assessed by Jo before joining as we don't wish to inflict any further ongoing joint or muscle pain.

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.

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Monday 12th April – Chair Exercise Class

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 pick up phone and call me to find out more on 8332 0950. We can arrange transport for you. Lunch will follow before heading home.

Time: The class will be from 12noon til 12.45pm.

Cost: \$50 will be deducted from your Home Care Package.

Tuesday 13th April – Old Tailem Town Pioneer Village

Step back in time! We will be walking around the old historical buildings and soaking up the days of old. We will also enjoy lunch at one of Tailem Bend's local water holes.

Time: This will be an all-day event

Cost: \$236 will be deducted from your Home Care Package.

Tuesday 20th April – Walk n Talk

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 choose a location that is suitable to all. We will arrange one of our wonderful care workers to come along with you so everyone will have their own personal assistant. Make new friends, and exercise at the same time! Please give Sarah a call so I can get an idea of interest 8332 0950.

Time: Approx. 10.00am - 1.00pm

Cost: \$55 will be deducted from your Home Care Package

Tuesday 27th April – Planetarium

Journey across the universe and marvel at projections of the sun, moon, planets and about 5000 stars in the Planetariums iconic dome-shaped artificial night sky, without leaving the comfort of your seat. We will also enjoy a lunch at one of the many eateries in Mawson Lakes.

Time: This will be an all-day event

Cost: \$216 will be deducted from your Home Care Package.