St Louis Community Social Program AdelaideApril 2021



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
Chair Exercise Class	13 Old Tailem Town Pioneer Village	14	15	16 Hydrotherapy	17	18
19	20 Walk n talk	21	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

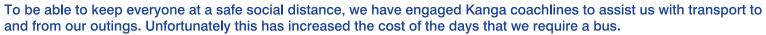
Phone 8332 0950

11 Dudley Road Marryatville SA 5068

www.stlouisagedcare.com.au

St Louis Community Social Program Adelaide

April 2021





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 bedroom, 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. 10.00m - 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.