












# St Louis Community Social Program Adelaide

## December 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 can come from your Home Care Package or paid for privately.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3 Art Therapy 	4 Hydrotherapy 	5	6
7	8 Dolphin Cruise 	9	10	11 Hydrotherapy 	12	13
14 Chair Exercise Class 	15 Walk n talk 	16	17 Art Therapy 	18 Hydrotherapy 	19	20
21 Fish & Chip dinner and Christmas lights drive 	22 Christmas lunch 	23	24	25 Christmas Day 	26 PUBLIC HOLIDAY Boxing Day / Proclamation Day	27
28	29	30	31	<p>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.  <i>Sarah Rankin, Lifestyle Coordinator</i></p>		

### Public Holidays 2021

**Friday 1 January 2021**  
New Year's Day

**Tuesday 26 January 2021**  
Australia Day

**Monday 8 March 2021**  
Adelaide Cup Day

**Friday 2 April 2021**  
Good Friday

**Saturday 3 April 2021**  
Easter Saturday

**Monday 5 April 2021**  
Easter Monday

**Monday 25 April 2021**  
Anzac Day

**Monday 14 June 2021**  
Queen's Birthday

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)



### Thursday 3rd & 17th December – Art therapy

You don't need to be good at art to enjoy art therapy. In fact, no skills in art are necessary! This activity includes morning tea & lunch. Let me know if you need transport. Held at our Marryatville Office

**Time:** The class runs from 10.30 – 12 noon.

**Cost:** Depends on numbers. Its usually under \$60 and will be deducted from your Home Care Package.

### Friday 4th, 11th, 18th December – Hydrotherapy

Muscles and joints feeling sore and tight? Maybe this may help relieve some pain. You will need to be assessed by Joe our physio before accessing the pool. We can help transport you to and from the pool also.

**Please direct all enquiries to Joe, physiotherapist 8332 0950**

**Time:** We have several time slots available

**Cost:** Between \$71 and \$98 for a group. One on one can be arranged at a cost of \$188. This will be deducted from your Home Care Package.

### Tuesday 8th December – Dolphin Cruise

As we cruise along the Port river enjoying lunch, we can see if we can spot some dolphins.

**Time:** Pick ups and return times will be confirmed closer to the day. This will be an all day event.

**Cost:** \$162 will be deducted from your Home Care Package.

### Monday 14th December – 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 83320950. We can arrange transport for you 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 follow before heading home.

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

### Tuesday 15th December- Walk n Talk

Now that the weather is fining up, who's keen to join me for a walk? We will be walking at a pace that is suitable for everyone. If you love the idea but don't feel like your legs will hold up, we can easily access wheelchairs to assist. We will arrange one of our wonderful care workers to come along with you so everyone will have their own personal assistant. What a wonderful way to 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:** TBA **Cost:** TBA

### Monday 21st December - Fish and chip dinner and Christmas lights drive

Its beginning to look a lot like Christmas.....everywhere you go! Even through the streets of Adelaide. This has become a St Louis Christmas tradition so come along and join us. We start the evening with fish and chips on the beach, watch the sun set over the beautiful Southern Ocean, and then drive around admiring all the glistening Christmas lights.

**Time:** The evening will begin about 5pm. You should all be home about 11pm. We will ensure all clients are walked inside their homes safely.

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

### Tuesday 22nd December – Christmas Lunch

Join us in celebrating Christmas with a festive lunch amongst friends. The venue will be decided closer to the time. This will be an all day event.

**Time:** Pick ups and return times will be confirmed closer to the day.

**Cost:** \$144 will be deducted from your Home Care Package.

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

**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.