

St Louis Community Social Program Adelaide

December 2021



St Louis
Home Care



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

Note: Outings may be cancelled or postponed due to inclement weather. Payment for these outings can come from your Home Care Package or paid for privately. 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. Our fees at St Louis Home Care have increased slightly as from 1 September 2021, however we will not be passing any increase on to you until the November 2021 Calendar commences.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		1 Home Visits	2 Art Therapy	3 Hydrotherapy	4	5	
6 Armchair Easy Moves	7 Virginia Nursery	8 Walk & Talk	9 Auchendarroch House	10 Hydrotherapy	<div style="background-color: yellow; border-radius: 50%; padding: 20px; text-align: center;"> <p>Call 8332 0950 to reserve your spot today</p> </div>		
13 Menz factory & gelato visit	14 Boat Shed Café	15 Agapanthus Farm & Lunch	16 Art Therapy	17 Hydrotherapy			18
20 Armchair Easy Moves	21 Jungle in Willunga & Old Bush Inn	22 Home Visits	23 Ten Pin Bowling	24 Home Visits			25 Christmas Day
27 PUBLIC HOLIDAY	28 PUBLIC HOLIDAY	29 Walk & Talk	30 Art Therapy	31 Lakes Hotel Lunch	<p>Support that comes to you every day of the year.</p>		

Public Holidays

Saturday 25 December 2021
Christmas Day

Sunday 26 December 2021
Boxing Day / Proclamation Day

Monday 27 December 2021
Christmas Day (public holiday)

Tuesday 28 December 2021
Boxing Day / Proclamation Day (public holiday)

Saturday 1 January 2022
New Year's Day (public holiday)

Monday 3 January 2022
New Year's Day (public holiday)

Wednesday 26 January 2022
Australia Day

Monday 14 March 2022
Adelaide Cup Day

Friday 15 April 2022
Good Friday

Saturday 16 April 2022
Easter Saturday

Monday 18 April 2022
Easter Monday

St Louis Home Care
11 Dudley Road
Marryatville SA 5068

www.stlouisagedcare.com.au

Please turn over to see more details.

St Louis Community Social Program Adelaide December 2021

1st, 22nd & 24th December – Home visits call 8332 0950 to book

In the comfort of your home to discuss your individual social needs or coaching you on how to use your iphone/ipad etc, or it may be organising a 1.1 social support visits either at home or out socially, or it might be to find out more about our activities.
Cost: \$92 will be deducted from your Home Care Package.

2nd, 16th & 30th December – Art therapy

Come and join us at Art Therapy: No experience is necessary we are just having fun. Allan the art tutor will be your guide every step of the way so If you are curious, come and see for yourself (or maybe you just want to join in for a chat). The cost below includes all materials and lunch.

Location: Marryatville office **Time:** The class runs from 10.30am – 12noon.
Cost: \$80 This will be deducted from your Home Care Package.

3rd,10th,17th December – Hydrotherapy

Hydrotherapy is run by our own physiotherapist Joe. The warm water allows your muscles to relax and also eases pain in the joints which helps you to exercise. Please contact Joe at the office on 8332 0950 to be assessed. **Time:** Several time slots available. **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.

6th & 20th December – Armchair Easy Moves

Do you feel the need to stretch and move your body to very light chair exercises? Then join us with some easy moves and great old-time music, it is a lot of fun and everyone who attends really enjoys it. We also supply tea, coffee, and sandwiches, so you do not go home hungry, and we will also arrange transport for you if you need

Time: 12noon – 12.45pm. Lunch will follow before heading home at 1.30pm.
Cost: \$58 will be deducted from your Home Care Package.

7th December – 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:** \$255 will be deducted from your Home Care Package.

8th & 29th December – walk n talk

Who is keen to join us for a walk? We will be walking 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 easily access wheelchairs to assist if you need. What a wonderful way to make new friends and exercise at the same time. We also stop somewhere lovely and have a nice light lunch, which is already included in the cost, so you don't have to bring any money.

Time: 10.30am – 2.30pm **Cost:** \$158 will be deducted from your Home Care Package.

9th December – Christmas lunch at Auchendarroch House

Join us for a festive 3 course **Christmas lunch at the historic Auchendarroch House** in Mount Barker, you can dress in your Christmas best if you like. Limited spots are available for this celebration, so please book early.

Time: 11.00am – 2.30pm **Cost:** \$260 will be deducted from your Home Care Package.

13th December – Menz Chocolate Factory & Gelato visit

We are visiting Menzs chocolate factory at Glynde, so you can buy your favourite chocolates and then we will head across the road for a gelato and coffee.

Time: 1.00pm – 3.30pm **Cost:** \$95 will be deducted from your Home Care Package.

14th December – Boat Shed Café

Please join us for lunch at the Boat Shed Café at Hallett Cove overlooking the ocean. It will also be a lovely drive there and back.

Time: 11.00am – 2.30pm **Cost:** \$160 will be deducted from your Home Care Package.

15th December – Littlewood Agapanthus Farm / Great Eastern Hotel

We are going to visit the beautiful Agapanthus Farm in Little Hampton, where we will be given a talk on agapanthus, and you can then browse around the lovely farm. We will head to littlehampton pub for a lovely lunch. The cost includes the talk/tour and lunch.

Time: 10.00am – 2.30pm **Cost:** \$260 will be deducted from your Home Care Package.

21st December – Jungle in Willunga / Old Bush Inn

Join us as we are going to be visiting an very interesting nursery in Willunga, that has been done out like a jungle where we can wander through and look at all the plants maybe even spot an animal and shop wares. We will then go to the local pub for lunch.

Time: 10.30am – 3.00pm **Cost:** \$245 will be deducted from your Home Care Package.

23rd December – Ten Pin Bowling

We thought why not a bit of fun have for the end the year and try ten pin bowling. Don't worry about lifting the ball with have special equipment where it just rolls off. Should be a lot of fun trying to win against your friends.

Time: 1.00pm – 4.00pm **Cost:** \$160 will be deducted from your Home Care Package.

31st December – Lakes Hotel at West Lakes

Enjoy a nice lunch looking out at the water on West Lakes, it will be enjoyable day after such a busy time with everyone just finished celebrating Xmas.

Time: 11.30am – 2.30pm **Cost:** \$210 will be deducted from your Home Care Package.