

St Louis Community Social Program Adelaide

January 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
<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>				<p>1  New Year's Day Public Holiday</p>	2	3
4	5	6	7	<p>8 Hydrotherapy </p>	9	10
11	12	13	<p>14  Art Therapy</p>	<p>15 Hydrotherapy </p>	16	17
<p>18  Chair Exercise Class</p>	19	20	21	<p>22  Hydrotherapy Seacliff Surf Club Lunch </p>	23	24
25	<p>26  Australia Day PUBLIC HOLIDAY</p>	<p>27 Walk n talk </p>	<p>28  Art Therapy</p>	<p>29 Hydrotherapy </p>	30	31

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



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Friday 8th, 15th, 22nd, 29th January – 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 CDC account.

Thursday 14th & 28th January – 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. Classes are 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.

Monday 18th January – 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 We will also have fresh sandwiches on offer so you don't go home hungry.

Time: The class will be from 12noon til 12.45pm. Lunch will follow before heading home.

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

Fri 22nd January – Seacliff Surf Club Lunch

Due to the uncertainty of covid restrictions, unfortunately we can only accommodate 4 clients in the bus. First in first serve.

Join me for a long , lazy lunch at one of Adelaide's absolute beachfront locations.

Time: We will be leaving Parkside at 10am and will return by 3pm

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

Wednesday 27th January – Walk n Talk

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 choose a location that is suitable to interested parties so make sure you pick up the phone and get your names in!

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.

An example of locations are; Thorndon Park, along the Torrens, Botanical Gardens, Hazelwood Park and any popular parks in the North, West and South of Adelaide also. Nobody need miss out.

If it's a very warm day, we will either choose a morning time, an indoor venue or we may need to postpone to a cooler day.

Please give Sarah a call so I can get an idea of interest. 8332 0950

Time: TBA **Cost:** TBA

Book your social event today.
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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.