

St Louis Community Social Program Adelaide

July 2021



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.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Art Therapy	2 Hydrotherapy	3	4
5 Chair Exercise Class	6 Gaganis Bros	7	8	9 Hydrotherapy	10	11
12	13 Walk n talk	14	15 Art Therapy	16 Hydrotherapy	17	18
19 Chair Exercise Class	20 Lunch & look McLaren Vale	21	22 Christmas in July at Auchendarroch House	23 Hydrotherapy	24	25
26 Chair Exercise Class	27	28	29	30 Hydrotherapy	31	Support that comes to you every day of the year.

Public Holidays 2021

Monday 4 October 2021
Labour Day

Saturday 25 December 2021
Christmas Day

Sunday 26 December 2021
Boxing Day

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.

Please turn over to see more details.

Phone 8332 0950
11 Dudley Road
Marryatville SA 5068

www.stlouisagedcare.com.au

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Thursday 1st & 15th July – 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 - to be deducted from your Home Care Package.

Friday 2nd, 9th, 16th, 23rd, 30th July – 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: Several time slots available. Please contact Jo at the office 8332 0950 to be assessed before joining.

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.

Monday 5th, 19th & 26th July – 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 12noon til 12.45pm. Lunch will follow before heading home.

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

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Tuesday 6th July – Gaganis Bros

Gaganis Bros is a food wholesaler. If you love good food and especially Greek and Italian food then you can't possibly miss this experience. Your eyes will have a feast! We will end the day with a scrumptious lunch at the Taverna Greek Restaurant. I'd like to encourage clients who haven't been on a bus trip before to come along. Please call me on 8332 0950 to book your seat. Only 8 seats available so be quick!

Time: This will be an all day event.

Cost: \$200 will be deducted from your Home Care Package.

Tuesday 13th July – 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 arrange our 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 if you are interested 8332 0950.

Time: Approx. 10.00am - 2.00pm

Cost: \$145 will be deducted from your Home Care Package.

Tuesday 20th July – Lunch & look – McLaren Vale

We will be meandering through the picturesque McLaren Vale soaking up the lush green scenery. We will then enjoy a delicious lunch at the McLaren Vale Hotel followed by a little chocolate shopping at the iconic FruChocs shop. Make sure you bring money to buy some chocolates!

Time: This will be an all day event

Cost: \$215 will be deducted from your Home Care Package.

Thursday 22nd July – Christmas in July

Come and be festive! We will be dining with the best whilst taking in the breathtaking decorative Auchendarroch House and gardens in Mt Barker. Our Victor Harbor friends will be meeting us there for lunch so don't miss out.

Time: This will be an all day event

Cost: \$177 will be deducted from your Home Care Package.