

St Louis Community Social Program Adelaide

June 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.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Virginia Nursery 	2	3 Art Therapy 	4 Hydrotherapy 	5	6
7 Chair Exercise Class 	8 AGSA Art Gallery of SA	9	10	11 Hydrotherapy 	12	13
14 QUEEN'S BIRTHDAY PUBLIC HOLIDAY	15 St Louis On Sea 	16	17 Art Therapy 	18 Hydrotherapy 	19	20
21 Chair Exercise Class 	22	23	24 Monarto Safari Park 	25 Hydrotherapy 	26	27
28	29 Walk n talk 	30				

Public Holidays 2021

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

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.

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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Tuesday 1st June – Virginia Nursery

I know its getting cool and not great gardening weather but we can still admire the lovely lush greenery of the plant nursery. Not to mention the glorious gift shop and restaurant. This trip is always a favourite. Get in quick!

Time: All day event

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

Thursday 3rd & 17th June – 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 4th, 11th, 18th, 25th June – Hydrotherapy

Hydrotherapy is run by our own physiotherapist Jo. The warm water allows your muscles to relax and also eases joint pain which helps you to exercise. If you have generally always been active but find it difficult to exercise now, then this may offer relief 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 7th & 21st June – 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 8th June – Art Gallery of SA

The Art Gallery of SA is the most significant visual arts museum in SA. It has a collection of almost 45000 works of art. Come and join me in admiring the masterpieces. We will have lunch here also.

Time: All day event

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

Tuesday 15th June – St Louis On Sea, Victor Harbor

Join us for a day trip to St Louis On Sea on the esplanade at Victor Harbor – a luxurious option for post-surgery recovery or a great place to go if your usual supports are going away and you want to feel safe and secure until they return home.

Time: All day event

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

Thursday 24th June – Monarto Safari Park with Victor friends

Monarto Safari Park is the largest open-range zoo in the world and is home to more than 500 animals and 50 exotic and native mammals, birds and reptiles. We will be meeting up with our Victor Harbor clients which should be lots of fun. We will have lunch here also. This trip is 'wildly' popular and I know everyone is 'roaring' to go. The cost of the day covers the hire a coachline bus.

Time: All day event

Cost: \$252 will be deducted from your Home Care Package.

Tuesday 29th June – 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: \$120 will be deducted from your Home Care Package.