

# St Louis Community Social Program Adelaide June 2022



Phone (08) 8332 0950 to book your social event today (*bookings are essential*)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1  Social Support 1:1/ Home Visits	2  Art Therapy	3	4	5
6  Armchair Easy Moves	7  Bonsai Café Vietnamese	8  Walk & Talk	9  Social Support 1:1/ Home Visits	10	11	12
13 PUBLIC HOLIDAY Queen's Birthday	14  Scenic Drive through Mt Lofty	15	16  Art Therapy	17	18	19
20  Armchair Easy Moves	21  Empress Restaurant	22  Walk & Talk	23  Social Support 1:1/ Home Visits	24	25	26
27  Social Support 1:1/ Home Visits	28  Watermark Hotel at Glenelg	29	30  Art Therapy			

**Your Spouse or Partner**  
Can now accompany you on any of the social outings which is costed and charged at a discounted rate! Please call Jane to discuss.

Support that comes to you every day of the year.



Please book early to avoid disappointment.  
Call Jane or Deb 8332 0950 for any queries.

St Louis Home Care  
11 Dudley Road  
Marryatville SA 5068  
Phone 8332 0950

Please Note: Cancellation fee will apply at full cost when less than 24 hours' notice given. [www.stlouisagedcare.com.au](http://www.stlouisagedcare.com.au)

Please turn over to see more details.

# St Louis Community Social Program

## Adelaide June 2022

### 1st, 9th, 23rd 27th June – Social Support 1:1/ Home Visits

**In the comfort of your home** we can discuss your individual social needs, including organising a 1:1 social support visit either at home or out and about, wherever you would like to go. Also, we can teach you how to use your iphone, ipad or any assistance with the use of technology to remain in contact with your loved ones. **Please call 8332 0950 to book.**

**Cost:** \$92 will be deducted from your Home Care Package.

### 2nd, 16th, 30th June – Art therapy *No experience is necessary!*

**Come and join us.** You don't have to be good at art to enjoy art therapy. In fact, no skills in art are necessary! We have fun and are creative at the same time! An art tutor will be your guide every step of the way so if you are curious, come and see for yourself. The cost includes all materials and lunch.

**Time:** From 10.30am – 12noon.

**Location:** Marryatville Office

**Cost:** \$90 will be deducted from your Home Care Package.

### 6th & 20th June – Armchair Easy Moves

**Do you feel the need to stretch and move your body to very light exercises?** Then join us with gentle, mostly chair-based exercises which assists the needs of older people with varying levels of mobility and balance. It's a lot of fun and a light lunch will follow (tea, coffee and sandwiches).

**Time:** 12 noon – 12.45pm.

**Cost:** \$70 will be deducted from your Home Care Package.

*Please let us know if you need transport.*

### 7th June – Bonsai Café - Vietnamese

First we will explore a Bonsai nursery where they sell a wide range of bonsai in pots as well as stock plants used for bonsai. Then we will enjoy a fresh Vietnamese lunch at Bonsai Café where they have delicious home-cooked favourites.

**Time:** 11.30am - 3.00pm

**Cost:** \$160 will be deducted from your Home Care Package.

### 8th & 22nd June – walk n talk *Who is keen to join us for a walk?*

We walk 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 access wheelchairs. A great way to make new friends and exercise at the same time. We will stop for a light lunch which is included in the cost.

**Time:** 10.00am – 2.00pm

**Cost:** \$160 will be deducted from your Home Care Package.

### 14th June – Scenic Drive through Mt Lofty

Please join us for a lovely drive through the Adelaide Hills looking at Mt Lofty Gardens. It is such a beautiful time of year seeing the changing colour of leaves during Autumn. Light lunch included.

**Time:** 11.30am – 3.30pm

**Cost:** \$185 will be deducted from your Home Care Package.

### 21st June – Empress Restaurant

Join us for a lovely meal (banquet style) of a modern approach to traditional Chinese cuisine at this beautiful Chinese restaurant on Greenhill Road at Toorak Gardens. The food here is always delicious and you won't go home hungry!

**Time:** 11.30am - 2.00pm

**Cost:** \$120 will be deducted from your Home Care Package.

### 28th June – Watermark Hotel at Glenelg

Have a lovely lunch with us at Glenelg at this local favourite. Located on the coastline of Glenelg, it is perfect spot for lunch. The menu has something for everyone from fresh fish to succulent steaks. We will follow lunch with a drive along the coastline to home.

**Time:** 11.00am - 2.30pm

**Cost:** \$165 will be deducted from your Home Care Package.

**Call 8332 0950** to reserve your spot today