














St Louis Community Social Program Adelaide

March 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
1 Chair Exercise Class 	2	3	4 Jambo Sana 	5 Hydrotherapy 	6	7
8 PUBLIC HOLIDAY	9 Adelaide Oval Tour  Adelaide Oval 	10	11 Art Therapy 	12 Hydrotherapy 	13	14
15 Chair Exercise Class 	16	17	18	19 Hydrotherapy 	20	21
22 Walk n talk 	23	24	25 Art Therapy 	26 Hydrotherapy 	27	28
29 Chair Exercise Class 	30	31	<p>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.</p>			

Public Holidays 2021

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

St Louis Community Social Program Adelaide

March 2021



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.

Monday 1st, 15th, 29th March – 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.

Thursday 4th March – Jambo Sana

A special treat awaits you at Jambo Sana in Nairne. We can browse the unique and beautiful African crafts and gifts. We will also enjoy lunch here.

Time: we will meet at Parkside at 10am. We will be back at Parkside by 3.30pm

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

Friday 5th, 12th, 19th, 26th March – 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 Home Care Package.

Tuesday 9th March – Adelaide Oval Tour

One of the highlights of our social program. Come along and learn some behind the scenes business of the oval. Bring good walking shoes and any mobility equipment you need. We will be having lunch in the bespoke hotel afterwards.

Time: We will meet at the bus at Parkside at 10am. We will be back at Parkside by 3.30pm

Cost: \$236 will be deducted from your Home Care Package.

Thursday 11th & 25th March – 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.

Location: Marryatville office

Time: The class runs from 10.30 – 12noon.

Cost: Usually under \$60. This will be deducted from your Home Care Package

Monday 22nd March – 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 all. We will arrange one of our wonderful 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 so I can get an idea of interest. 8332 0950

Time: TBA **Cost:** TBA

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