

St Louis Community Social Program Adelaide March 2022

Due to the summer heat now upon us, outings will be cancelled as per our policy if the forecast is over 35 degrees.



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Berenberg Farm	2 Ambience Exhibition	3 Home Visits	4 Hydrotherapy	5	6
7 Armchair Easy Moves	8 Lawn Bowls & Britannia Hotel	9 National Railway Museum & British Hotel	10 Art Therapy	11 Hydrotherapy	12	13
14 PUBLIC HOLIDAY Adelaide Cup Day	15 Burnside Exhibition	16 Home Visits	17 Paech Farm in Wistow	18 Hydrotherapy	<div style="border: 2px solid yellow; border-radius: 50%; padding: 20px; text-align: center;"> <p>Please book early to avoid disappointment. Call Jane or Deb 8332 0950 for any queries.</p> </div>	
21 Armchair Easy Moves	22 Home Visits	23 Movies at Wallis and Lunch	24 Art Therapy	25 Hydrotherapy		
28 Home Visits	29 St Louis On Sea	30 Walk & Talk	31 Jungle in Willunga & Old Bush Inn			

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.



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

Please turn over to see more details.

Please Note: Cancellation fee will apply at full cost when less than 24 hours' notice given. www.stlouisagedcare.com.au

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3rd, 16th, 22nd & 28th March – Home visits call 8332 0950 to book

In the comfort of your home to discuss your individual social needs, including organizing 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.
Cost: \$92 will be deducted from your Home Care Package.

1st March – Berenberg Farm

Sitting in the heart of Hahndorf, this lovely place has lots of good tastings to try and food to purchase. They have also built a new cooking class area, so we might be able to see a demonstration. *We may have to pay for cooking demonstration so costs will be confirmed closer to the time.* We will also be staying there for lunch.

Time: 10.30am – 2.30pm **Cost:** \$TBC will be deducted from your Home Care Package. Please let your coordinator know if you would like us to arrange transport.

2nd March – Ambience Exhibition at Fullarton Park Community

Would you like to join us visiting this lovely Exhibition at the Fullarton Park, they are showing artist John Freeman who is an 'Abstract Expressionists'.

We can then stop for a coffee, cake, and chat about what we saw, before heading home

Time: 1.00pm – 3.30pm **Cost:** \$85 will be deducted from your Home Care Package. Please let your coordinator know if you would like us to arrange transport.

4th, 11th, 18th, 25th March – Hydrotherapy

Hydrotherapy is run by our own physiotherapist Joe. The warm water allows your muscles to relax and also eases pain in the joints which helps you to exercise. Please contact Joe at the office on 8332 0950 to be assessed. **Time:** Several time slots available. **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.

7th & 21st March – Armchair Easy Moves

Do you feel the need to stretch and move your body to very light chair exercises? Then join us with some easy moves and great old-time music, it is a lot of fun and everyone who attends really enjoys it. We also supply tea, coffee, and sandwiches, so you do not go home hungry, and we will also arrange transport for you if you need. **Time:** 12 noon–12.45pm. Lunch will follow before heading home.
Cost: \$70 will be deducted from your Home Care Package.

8th March – Lawn Bowls / Britannia Hotel

Join us for a fun morning playing lawn bowls, so remember to wear your flat shoes and then we will head off for a well-deserved lunch.

Time: 10.00am – 2.30pm **Cost:** \$140 will be deducted from your Home Care Package.

9th March – National Railway Museum / British Hotel

We will be traveling to the area of old Port Adelaide to look through the National Railway Museum and then onto the British Hotel for a lovely lunch.

Time: 10.30am – 2.30pm **Cost:** \$220 will be deducted from your Home Care Package

10th & 24th March – Art therapy

Come and join us at Art Therapy. No experience is necessary we have fun. Allan the art tutor will be your guide every step of the way. Join us for art or a chat. The cost includes all materials and lunch. **Time:** From 10.30am – 12 noon.

Location: Marrayville Office **Cost:** \$82 will be deducted from your Home Care Package.

15th March – Burnside Exhibition (part of the Adelaide fringe)

'It's Only Natural' This Exhibition comprises of 27 artists across a variety of art forms, mostly inspired by nature and natural objects. The creations include sculpture, basketry, jewellery, ceramics, glass and so much more. We will also grab a coffee and chat.

Time: 1.00pm – 3.30pm **Cost:** \$85 will be deducted from your Home Care Package

17th March – Paech Farm in Wistow

Join us visiting this old farm which has been in the same family for four generations and where the owners (Steve & Bev) have been collecting items of memorabilia since 1970. We may also be having either lunch or afternoon tea there too.

Time: 11.00am – 3.00pm **Cost:** \$TBC will be deducted from your Home Care Package

23rd March – Movie Meal Deal at Wallis Cinema

Going to Mt Barker at Wallis Cinema to see a movie and then we will go across the road to have lunch at the beautiful Auchendarroch House, using the movie meal deal there.

Time: TBC **Cost:** \$187 will be deducted from your Home Care Package

29th March – St Louis On Sea, Victor Harbor

Join us for a drive to St Louis on Sea, situated directly on the esplanade. It's a lovely option if you need respite (or to give your loved ones a rest) as well as recovering from a hospital stay. After looking around St Louis on Sea we will have lunch at the Hotel Victor.

Time: All day event **Cost:** \$275 will be deducted from your Home Care Package

30th March – 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.

31st March – Jungle in Willunga / Old Bush Inn

Join us, as we are going to be visiting a very interesting nursery in Willunga, that has been done out like a jungle where we can wander through and look at all the plants, maybe even spot an animal and shop wares. We will then go to the local pub for lunch.

Time: 10.30am - 3.00pm **Cost:** \$245 will be deducted from your Home Care Package