

# St Louis Community Social Program Adelaide















## May 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
31					1	2
3	4  Birdwood Motor Museum	5	6  Art Therapy	7  Hydrotherapy	8	9
10  Chair Exercise Class	11  Angaston Blacksmith Shop & Museum	12	13	14  Hydrotherapy	15	16
17	18  Scenic drive and lunch	19	20  Art Therapy	21  Hydrotherapy	22	23
24  Chair Exercise Class	25  Walk n talk	26	27  Dolphin cruise	28  Hydrotherapy	29	

### 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.

Phone 8332 0950

11 Dudley Road  
Marryatville SA 5068

[www.stlouisagedcare.com.au](http://www.stlouisagedcare.com.au)

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

### Tuesday 4th May – Birdwood Motor Museum

Join me in experiencing Australia's rich motoring history. You may see your first car and I'm sure there will be lots of reminiscing. It's always a popular day so please book your seat early. We will have lunch at a nearby venue.

**Time:** We will leave Parkside at 10.00am

**Cost:** \$138 will be deducted from your Home Care Package.

### Thursday 6th & 20th May – 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:** \$75 will be deducted from your Home Care Package.

### Friday 7th, 14th, 21st, 28th May – 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 10th & 24th May – 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 11th May – Angaston Blacksmith Shop & Museum

Blacksmith shops were an essential part of rural life and this is one of the very few remaining main street 'smithies' in South Australia. This will be a full day and we will have lunch in the Barossa.

**Time:** We will need to leave Parkside by 10.00am and should be back there by about 4.00pm.

**Cost:** \$155 will be deducted from your Home Care Package.

### Tuesday 18th May – Autumn leaves scenic drive and lunch

Nothing beats driving through the hills admiring the spectacular autumn leaves, smelling the open fires and eating yummy food. If you like doing these things then you must come along.

**Time:** We will leave Parkside at 10.00am and we should be back there by 3.00pm

**Cost:** \$125 will be deducted from your Home Care Package.

### Tuesday 25th May – 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 - 1.00pm

**Cost:** Between \$55 and \$88 depending on staff ratio. This will be deducted from your Home Care Package.

### Tuesday 27th May – Dolphin Cruise

We invite you to join us on a Port River Dolphin Cruise. The friendly staff will serve up a scrumptious lunch for us also.

**Time:** We will need to leave Parkside by about 10.00am. We should be back at Parkside by 4.00pm

**Cost:** \$148 will be deducted from your Home Care Package.