

St Louis Community Social Program Adelaide

November 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. 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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Home Visits	2 Menz factory & gelato visit	3 Home Visits	4 Art Therapy	5 Hydrotherapy	6	7
8 Chair Exercise Class	9 Walk & Talk at Japanese Gardens	10 Birkenhead Hotel lunch	11 Hahndorf Day Trip	12 Hydrotherapy	13	14
15 Harbour Town shopping	16 McLaren Vale Garden Centre & Bracegirdle's	17 Walk & Talk at Botanical Gardens	18 Art Therapy	19 Hydrotherapy	20	21
22 Chair Exercise Class	23 Planetarium & Mawson Lakes lunch	24 Gardening Session	25 Karkoo Nursery at Oakbank	26 Hydrotherapy	27	28
29 Home Visits	30 Barossa Chateau for High Tea				Support that comes to you every day of the year.	

Public Holidays 2021

Saturday 25 December 2021
Christmas Day

Sunday 26 December 2021
Boxing Day

Please note: Our fees at St Louis Home Care have increased slightly as from 1 September 2021, however we will not be passing any increase on to you until the November 2021 Calendar commences.



St Louis Home Care
11 Dudley Road
Marryatville SA 5068

www.stlouisagedcare.com.au

Please turn over to see more details.

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1st, 3rd, 29th Nov – Home visits, Call 8332 0950 to book

Visits in the comfort of your home to discuss your individual social needs, which may include organising a 1.1 social support visit either at home or out socially or it might be to find out more about the monthly social program and its activities.

Cost: \$62 will be deducted from your Home Care Package.

Tuesday 2nd Nov – Menz chocolate factory & gelato visit

We are visiting Menz chocolate factory at Glynde, so you can buy your favourite chocolates and then we will head across the road for a gelato and coffee. This has been a client's suggestion, so it should be great! **Time:** 1.00pm – 3.30pm

Cost: \$94 will be deducted from your Home Care Package.

Thursday 4th & 18th November – Art Therapy

No experience is necessary, we are just having fun and creating something exciting! An Art Tutor will be your guide every step of the way so if you are curious, come and see for yourself (or maybe you just want to join in for a chat). The cost below includes all materials and lunch. **Location:** Marryatville Office **Time:**

10.30am – 12noon. **Cost:** \$76 will be deducted from your Home Care Package.

Friday 5th, 12th, 19th, 26th November – Hydrotherapy

Hydrotherapy is run by our own physiotherapist Jo. The warm water allows your muscles to relax and also eases pain in the joints which helps you to exercise. Please contact Jo 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.

Monday 8th & 22nd November – Armchair Easy Moves

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 call me to find out more. We can arrange transport for you. We will also have tea, coffee & sandwiches.

Location: Marryatville Office **Time:** The class will be from 12noon - 12.45pm.

Cost: \$55 will be deducted from your Home Care Package.

Tuesday 9th & Wednesday 17th November – Walk & Talk

Join us at the Japanese Gardens or Botanic Gardens for a relaxing walk & talk. We walk at a suitable pace for all and you can access wheelchairs if required. Carer's can join us to assist with 1:1 support. We will also have lunch (incl. in cost). **Time:** 10.00am – 2.00pm **Cost:** \$156 will be deducted from your Home Care Package.

Wednesday 10th November – Lunch at Birkenhead Hotel

We are having a gorgeous day out by the sea while enjoying lunch at the very old historic Birkenhead Hotel, after eating a very tasty lunch we can do a little drive along the sea. Now that the warmer weather is coming, this will be a lovely day.

Time: 11.30am – 3.00pm **Cost:** \$165 will be deducted from your Home Care Package. Please let your coordinator know if you would like us to arrange transport.

Thursday 11th November – Hahndorf Day Trip

Enjoy the scenic drive to Hahndorf, where we will have time to stroll through the shops before enjoying a German lunch at the Historic German Arms Hotel.

Time: 10.30am – 3.30pm **Cost:** \$265 will be deducted from your Home Care Package.

Monday 15th November – Harbour Town shopping day

Join us shopping at Harbour Town where all the factory stores are. They have everything from perfume, shoes, handbags clothes etc. It will be a fun day.

We might even have time to stop for a coffee and cake before heading home.

Time: 12.30pm – 3.30pm **Cost:** \$100 will be deducted from your Home Care Package.

Tuesday 16th Nov – McLaren Vale Garden Centre & Bracegirdle's

This is going to be a great day as there are so many things to see and buy. We will be first visiting the garden centre and then going to Bracegirdle's chocolate shop for lunch and ending with a very decadent dessert. **Time:** 10.00am – 3.00pm

Cost: \$225 will be deducted from your Home Care Package.

Tuesday 23rd Nov – Planetarium & Lunch at Mawson Lakes

Join us to look at the stars and the universe at the planetarium. We will be looking at the night sky and watching a cosmic collision. This session goes for an hour and we will then head off to the Mawson Lakes Tavern for lunch. **Time:** 10.00am – 3.00pm **Cost:** \$198 will be deducted from your Home Care Package.

Wednesday 24th November – Gardening Session

Come along, bring some cuttings, spare plants, seeds etc. and share amongst our budding gardeners. Or even bring photos of your garden or plant. Over afternoon tea we will discuss all things gardening and we may even plant something up. **Time:** 1.00pm – 3.00pm **Cost:** TBC closer to the date.

Thursday 25th November – Karkoo Nursery at Oakbank

This is a new and large nursery which is situated in the old historic Johnston Brewery in the heart of the Adelaide Hills. It has lots of interesting things to buy and plant. We will grab a nice lunch at the nursery maybe even sit outside!

Time: 11.00am – 3.30pm **Cost:** \$164 will be deducted from your Home Care Package.

Tuesday 30th November – Barossa Chateau for High Tea

Please join us for a fabulous high tea at the Barossa Chateau at Lyndoch, where you will be greeted with a glass of bubbly and some delicious food.

Time: 10.30am – 3.00pm **Cost:** \$255 will be deducted from your Home Care Package.