



St Louis Community Social Program Adelaide

October 2020



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

Note: Outings may be cancelled due to inclement weather. Payment for these outings comes off your government package and are deducted from your CDC account.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 Hydrotherapy 	3	4
5 LABOUR DAY HOLIDAY	6	7	8 Art Therapy 	9 Hydrotherapy 	10	11
12 Chair Exercise Class 	13 Seaford Beach Hotel for lunch 	14	15	16 Hydrotherapy 	17	18
19 Bunnings 	20	21	22 Art Therapy 	23 Hydrotherapy 	24	25
26  Scenic drive and lunch	27	28	29	30	31	

Public Holidays 2020

Monday 5 October
Labour Day

Friday 25 December
Christmas Day

Monday 28 December
Proclamation Day

If this calendar is sent to the family and not the client, please consider if your loved ones may enjoy the occasional outing. We have an accessible bus with a lifter if steps are an issue for clients. Many of our outings require little to no walking. Feel free to contact me with any concerns you may have.

Sarah Rankin, Lifestyle Coordinator

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

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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.

Friday 2nd, 9th, 16th, 23rd October – Hydrotherapy

Muscles and joints feeling sore and tight? Maybe this may help relieve some pain. You will need to be assessed by Joe our physio before accessing the pool. We can help transport you to and from the pool also. **Please direct all enquiries to Joe, physiotherapist at St Louis Home Care 8332 0950**

Time: We have access to the pool from 11am. We can confirm times.

Cost: Between \$71 and \$98 for a group. One on one can be arranged at a cost of \$188. This will be deducted from your CDC account.

Thursday 8th & 22th October – Art therapy

You don't need to be good at art to enjoy art therapy. In fact, no skills in art are necessary! This activity includes morning tea & lunch.

Location: Our Marryatville office.

Time: The class will run from 10.30 – 12 noon. Pick ups will be between 9am and 10am. You should all be home by 1pm.

Cost: Depends on numbers. Its usually under \$70 and will be deducted from your CDC account

Monday 12th October – 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 the 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 12pm til 12.45. Lunch will then be served before heading back home.

Cost: \$40 will be deducted from your CDC account.

Tuesday 13th October – Lunch at Seaford Beach Hotel

Join me in a sensational lunch with great conversations. Its been such a long time since we've been allowed to do this and I can't wait!

Time: This will be an all-day event.

Cost: \$140 will be deducted from your CDC account.

Monday 19th October – Bunnings

What a great one stop shop!

Start making your shopping list. We endeavour to make everyone happy with this one and hopefully nobody goes home empty handed.

We will also have something to eat and a welcomed cuppa!

Time: We will be leaving Parkside at about 10.00am and should be back approx 3.00pm

Cost: \$109 will be deducted from your CDC account.

Monday 26th October – Scenic drive and lunch at the Boat Shed Café Hallett Cove

I'm counting on gorgeous weather where we can soak up a bit of sun and enjoy the scenery before indulging in a scrumptious lunch.

Time: We will be leaving Parkside at about 10.00am and should be back approx 4.00pm

Cost: \$124 will be deducted from your CDC account.

Book your social event today.
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