











# St Louis Community Social Program Adelaide

## September 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	3 National Railway Museum and lunch 	4 Hydrotherapy 	5	6
7 Chair Exercise Class 	8	9	10 Art Therapy 	11 Hydrotherapy 	12	13
14	15 Dunluce Castle Tour 	16	17	18 Hydrotherapy 	19	20
21 Palais Hotel & Lunch 	22	23	24 Art Therapy 	25 Hydrotherapy 	26	27
28	29	30				

### 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](http://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.

### Thursday 3rd September – National Railway Museum and lunch (Fathers Day celebration)

Take a journey with me into railway history at the National Railway Museum, the largest railway museum in Australia, based here at our very own, Port Adelaide. We will have lunch at a nearby location also.

**Time:** This will be an all-day outing.

**Cost:** \$152 will be deducted from your CDC account.

### Friday 4th, 11th, 18th, 25th September – Hydrotherapy

Joe is our new physio at St Louis and he is very excited to get a small group together to show them how beneficial doing gentle exercise in the warm water can be.

We have access to a state of the art, brand new hydrotherapy pool. We can help transport you to and from the pool also.

**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.

### Monday 7th September – 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.

### Thursday 10th & 24th September – 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

### Tuesday 15th September – Dunluce Castle Tour

We will have a guided tour by the owner to learn more about this historic building and more. Included in our tour, is a delicious Devonshire Tea which will be served in the majestic dining room. We will have lunch somewhere in our travels at the conclusion of the tour.

**Time:** We will leave Parkside at 10am and should be back there again by 3.30pm

**Cost:** \$175 will be deducted from your CDC account.

### Monday 21st September – Palais Hotel – Lunch

Built in 1922, the Palais once comprised of a beach kiosk, bathing pavilion and large dance hall. Left derelict for many years, it was lovingly restored, maintaining its distinctive 1920's architecture in 1998 to what is now the Palais hotel. Join me in a delicious lunch and a drive along the esplanade.

**Time:** We will leave Parkside at 10am and should be back there again by 3.30pm

**Cost:** \$143 will be deducted from your CDC account.

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