

St Louis Community Social Program Victor Harbor April 2022



Phone (08) 8552 1481 to book your social event today (*bookings are essential*)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5 Hydrotherapy Home Visits with Colette	6 Pamper Time	7 Armchair Easy Moves Library & Afternoon Tea	8	9	<div style="border: 2px solid yellow; border-radius: 50%; padding: 10px; text-align: center;"> <p>Please book early to avoid disappointment. Call Colette 8552 1481 for any queries.</p> </div>
11 Pennylane Craft Group Home Visits with Colette	12 Hydrotherapy Sit n Chat	13 Esplanade Hotel Lunch	14	15 PUBLIC HOLIDAY GOOD FRIDAY	16 PUBLIC HOLIDAY EASTER SATURDAY	
18 PUBLIC HOLIDAY EASTER MONDAY	19 Hydrotherapy Victor Harbor Community Garden	20 Hotel Victor Lunch	21 Armchair Easy Moves Pamper Time	22	23	17
25 PUBLIC HOLIDAY ANZAC DAY	26 Hydrotherapy Coffee & Cake	27 Port Elliot Museum & The Royal Family Hotel	28 Armchair Easy Moves	29	30	24

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 Colette to discuss.

Support that comes to you every day of the year.



St Louis Home Care
31 Victoria Street
Victor Harbor SA 5211
Phone 8552 1481

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

Please turn over to see more details.

Hydrotherapy Classes – Every Tuesday

Muscles and joints feeling sore and tight? Maybe this might 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 Fleurieu Aquatic Centre. **Time:** Several time slots available. **Cost: Please direct all calls to Joe, Physiotherapist 8332 0950.**

Tuesday 5th & Monday 11th April – Home Visits

In the comfort of your home to discuss your individual social needs, including a 1:1 social visit either at home or to somewhere you may like to go. We can also spend this time teaching you how to use your iPhone, iPad, or any assistance with the use of technology to remain in contact with your loved ones.
Cost: \$92.00 will be deducted from your Home Care Package.

Wednesday 6th and Thursday 21st April – Pamper Time

Treat yourself to either a luxurious Manicure or Pedicure at the Pure Elegance Beauty Salon in Middleton. Your hands or feet will be soaked in an aromatherapy bath, nails filed & shaped with a nail polish colour of your choice, as well as your arms or legs being exfoliated and massaged. Light refreshments served. Limited spaces. **Address:** Leaving and returning from St Louis on Sea, or we can arrange to pick you up. **Cost:** \$138.00 will be deducted from your Home Care Package.
Time: Wed 6th 10.00am – 1.00pm and Thurs 21st April 12.00 noon – 3.00pm

Offered
each
month

Thursday 7th, 21st & 28th April – Armchair Easymoves

Do you feel the need to move and stretch your body whilst singing along to some great old tunes, all in the comfort of a chair? Join us in this small group where you can move at your own pace. Morning Tea will be provided. **Call 8552 1481 to book.**
Address: St Louis on Sea. **Time:** 10.30am – 12.00 noon
Cost: \$75.00 will be deducted from your Home Care Package.

Thursday 7th April – Victor Harbor Library and Afternoon Tea

Join us for a visit of the Victor Harbor Library and afternoon tea at the Chat n Chino Café, all within the Civic Centre. Borrow some books/ magazines and DVDs (*which you can then return the following month*). **Please call Colette to reserve your seat on the bus.** **Address:** Bay Road, Victor Harbor **Time:** 1.00pm – 2.30pm
Cost: \$74.00 will be deducted from your Home Care Package.

Monday 11th April – Pennylane Craft Group

Jane our Tutor will guide us with a sewing craft project. Experience not essential (join us for a chat and cuppa). Price includes morning tea and materials. If you have a little sewing kit, please bring it with you. **Address:** 54 Victoria Street, Victor Harbor (very close to our office). **Time:** 9.30am – 12.30pm
Cost: \$104.00 will be deducted from your Home Care Package.

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Please call Colette on **8552 1481** to reserve your seat

Tuesday 12th April – Sit n Chat at the Qahwa Espresso Bar

Join Colette on the Victor Harbor foreshore for a social chit chat. Meet new and old friends in a comfortable and welcoming environment. Morning Tea will be provided. **Please call Colette to book your seat.** **Address:** 31 Bridge Terrace, Victor Harbor
Time: 10.30am – 12.00 **Cost:** \$55.00 will be deducted from your Home Care Package

Wednesday 13th April – Lunch at the Esplanade Hotel, Brighton

The Esplanade Hotel is located opposite the Brighton Jetty. Join us for a great menu selection, followed by a walk on the historic jetty or foreshore before we enjoy a scenic drive back. **Address:** Leaving & returning from St Louis on Sea. **Time:** 10.30am – 4.00pm **Cost:** \$243.00 will be deducted from your Home Care Package.

Tuesday 19th April – Victor Harbor Community Garden

Join me for a tour of the Victor Harbor Community Garden. See its members in action pruning, planting, and picking their produce. Morning Tea will be served onsite. **Time:** 10.00am – 12.00 noon **Please call Colette on 8552 1481 to book your seat on the bus and arrange a pickup time.**
Cost: \$69.00 will be deducted from your Home Care Package.

Wednesday 20th April – Lunch at the Hotel Victor

The Hotel Victor is always a popular destination for lunch. Book your seat at the table where you can meet friends old and new. Transport can be arranged. **Address:** Albert Place, Victor Harbor **Time:** 12.00 noon – 2.00pm
Cost: \$86.00 will be deducted from your Home Care Package.

Tuesday 26th April – Coffee & Cake at Mums Beard Café

Mums Beard Café is the newest café in Victor Harbor, and I invite you to join us for an afternoon of cake, coffee, milkshakes, and great company. **Address:** 158 Hindmarsh Road, Victor Harbor **Time:** 1.30pm – 3.00pm
Cost: \$60.00 will be deducted from your Home Care Package.

Wednesday 27th April – Port Elliot Museum and Lunch

The Southern Fleurieu Historical Museum is run by volunteers and showcases local historical pieces. It's worth a trip down memory lane. Lunch will be at the Royal Family Hotel in Pt Elliot. **Time:** 10.00am – 2.30pm **Address:** Leaving and returning to St Louis on Sea **Cost:** \$135.00 will be deducted from your Home Care Package.