

St Louis Community Social Program Victor Harbor

December 2021



Book your social event today. Phone (08) 8552 1481 (bookings essential)

Note: Outings may be cancelled due to inclement weather. Payment for these outings can come from your Home Care Package or paid for privately. 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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Chair Exercise Class	2 Lunch at the Hotel Crown	3	4	5
6 Home Visits with Colette	7 Hydrotherapy	8 Chair Exercise Class	9 Christmas lunch at Aucendoroch House	10	11	<div style="background-color: yellow; border-radius: 50%; padding: 20px; text-align: center;"> <p>Call 8552 1481 to reserve your spot today</p> </div>
13 Pennylane Craft Group Home Visits with Colette	14 Hydrotherapy Art Therapy	15 Chair Exercise Class	16 Virginia Nursery	17	18	
20 Home Visits with Colette	21 Hydrotherapy	22 Chair Exercise Class	23	24	25 PUBLIC HOLIDAY Christmas Day	
27 PUBLIC HOLIDAY	28 PUBLIC HOLIDAY	29 Chair Exercise Class	30 Musical Memories	31	Support that comes to you every day of the year.	

Public Holidays

Saturday 25 December 2021
Christmas Day

Sunday 26 December 2021
Boxing Day / Proclamation Day

Monday 27 December 2021
Christmas Day (public holiday)

Tuesday 28 December 2021
Boxing Day / Proclamation Day (public holiday)

Saturday 1 January 2022
New Year's Day (public holiday)

Monday 3 January 2022
New Year's Day (public holiday)

Wednesday 26 January 2022
Australia Day

Monday 14 March 2022
Adelaide Cup Day

Friday 15 April 2022
Good Friday

Saturday 16 April 2022
Easter Saturday

Monday 18 April 2022
Easter Monday

St Louis Home Care
31 Victoria Street
Victor Harbor SA 5211

www.stlouisagedcare.com.au

Please turn over to see more details.

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Wednesday 1st, 8th, 15th, 22nd, 29th Dec – Armchair Moves

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.

Address: St Louis on Sea. **Time:** 10.30am – 12.00noon

Cost: \$75.00 will be deducted from your Home Care Package.

Please call Colette on 8552 1481 to make a booking or transport.

Thursday 2nd December – Lunch at the Hotel Crown

Lunch at the Hotel Crown is sure to be popular this month, with its great views and extensive menu. Please Call Colette to book your seat at our table. Transport can also be arranged as needed.

Address: 2 Ocean Street, Victor Harbor.

Time: 12.00noon - 2.00pm

Cost: \$99.00 will be deducted from your Home Care Package.

Monday 6th, 13th, 20th December – Home Visits

If you would like to meet Colette in the comfort of your home to discuss your individual social needs. This may be individual 1:1 social support or to find out more about the Monthly Social Program and its activities.

Please call Colette on 8552 1481 to make a booking.

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: We have several time slots available.

Cost: Please direct all calls to Joe, Physiotherapist 8332 0950.

Thursday 9th Dec – Christmas lunch at Auchendarroch House

Join us for a festive 3 course Christmas lunch at the historic Auchendarroch House in Mount Barker, dressing for the occasion. Limited spots are available so please reserve your seat 8552 1481. New faces are always welcome!

Address: We will be leaving and returning to St Louis on Sea.

Time: 10.00am – 3.30pm

Cost: \$288.00 will be deducted from your Home Care Package.

Call 8552 1481 to reserve your spot today

Monday 13th December – Pennylane Craft Group

Jane our Tutor will guide us with a sewing craft project. Experience is not essential (join us for a chat and cuppa). You will be guided every step of the way. 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, 3 hour parking out the front).

Time: 9.30am – 12.30pm

Cost: \$102.00 will be deducted from your Home Care Package.

Tuesday 14th December – Art Therapy

Miranda the art therapist will be guiding us every step of the way as we create some Christmas themed Macrame treasures. No previous experience needed to join this group. Limited seats are available so please call Colette on 8552 1481 to book your seat. Afternoon tea will be supplied.

Address: St Louis on Sea **Time:** 12.30pm – 3.00pm

Cost: \$119.00 will be deducted from your Home Care Package.

Thursday 16th December – Virginia Nursery

Come along on this full day outing to Virginia Nursery where you will be able to browse and shop at your leisure before enjoying lunch in the cafe. We will be travelling in a comfortable bus which will have a trailer for all your purchases. Please call Colette on 8552 1481 to book your space.

Address: Departing and returning to St Louis on Sea

Time: 9.00am – 4.00pm

Cost: \$286.00 will be deducted from your Home Care Package.

Thursday 30th December – Musical Memories

Take a trip down memory lane as we discover and listen to your favourite songs on YouTube. We will be able to watch and listen to anything. Original concert footage and artists that you may not have listened to for years are all possible through YouTube. Maybe even a quiz or two whilst we enjoy lunch!

Address: St Louis on Sea **Time:** 11.00am – 1.30pm

Cost: \$ 98.00 will be deducted from your Home Care Package.