

St Louis Community Social Program Victor Harbor February 2022

Due to the summer heat now upon us, outings will be cancelled as per our policy if the forecast is over 35 degrees.



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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | |
|---|---|---|-------------------------------------|--------|---|--------|----|----|
| | 1 Hydrotherapy | 2 Armchair Easy Moves Library & Afternoon Tea | 3 Goolwa Art & Lunch | 4 | 5 | 6 | | |
| 7 Home Visits with Colette | 8 Hydrotherapy | 9 Armchair Easy Moves Let's Get Trivial | 10 Brunch at Joogeezz Patisserie | 11 | 12 | 13 | | |
| 14 Pennylane Craft Group Home Visits with Colette | 15 Hydrotherapy | 16 Armchair Easy Moves Garden Group | 17 Grosvenor Hotel Lunch | 18 | <div style="background-color: yellow; border-radius: 50%; padding: 20px; text-align: center;"> <p>Please book early to avoid disappointment. Call Colette 8552 1481 for any queries.</p> </div> | | | |
| 21 Home Visits with Colette | 22 Hydrotherapy Hopgood Theatre & Lunch | 23 Armchair Easy Moves | 24 | 25 | | | 26 | 27 |
| 28 Home Visits with Colette | | | | | | | | |

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: We have several time slots available.

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

Armchair Easy Moves – Every Wednesday

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. We may even be able to include a brief walk along the esplanade. Morning Tea will be provided. **Please 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.

Wednesday 2nd February – 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. Take the opportunity to borrow some books/magazines and DVDs which you can then return the following month. Please call to reserve your seat. **Address:** Bay Road, Victor Harbor **Time:** 1.00pm – 2.30pm

Cost: \$74.00 will be deducted from your Home Care Package.

Thursday 3rd February – Goolwa Art and Lunch

Hop aboard the bus to visit the Art @ Goolwa Gallery/shop which showcases local artists in a historic 1850's cottage. We will then enjoy lunch at the Goolwa Hotel. Limited seats available so please call Colette on 8552 1481 to book.

Address: Leaving and returning to St Louis on Sea **Time:** 10.30am – 3.00pm

Cost: \$166.00 will be deducted from your Home Care Package.

Wednesday 9th February – Let's Get Trivial

Participating in trivia games can help improve our brain's health and make us mentally stronger, as well as show our competitive side, with lots of laughs in between. From the comfort of St Louis on Sea, we will explore various genres of trivia (music, sports, history, entertainment etc) whilst enjoying afternoon tea.

Address: St Louis on Sea **Time:** 12.30pm – 2.30pm

Cost: \$74.00 will be deducted from your Home Care Package.

Home Visits – Every Monday

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.

Thursday 10th February – Brunch at Joojeezz Patisserie

For a change we will be having a brunch this week in the heart of Victor Harbor. Join us for a late breakfast, early lunch, cake and coffee at the Joojeezz Patisserie on Ocean St. **Address:** 18 Ocean Street Victor Harbor. **Time:** 11.00am – 12.30pm

Cost: \$83.00 will be deducted from your Home Care Package.

Monday 14th February – 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: \$103.00 will be deducted from your Home Care Package.

Wednesday 16th February – Garden Group

Come along, bring some cuttings, spare plants, seeds etc to share amongst our budding gardeners. Over afternoon tea we will discuss all things gardening, maybe even complete a quiz or two!

Address: St Louis on Sea - 20 Esplanade Victor Harbor **Time:** 1.00pm – 3.00pm

Cost: \$77.00 will be deducted from your Home Care Package.

Thursday 17th February – Lunch at the Grosvenor Hotel

Beat the Summer heat and meet us for lunch at the Grosvenor Hotel. Book your seat at the table where you can meet friends old and new. New people are always welcome - you never know who you may meet! Transport can be arranged.

Address: 40 Ocean Street, Victor Harbor **Time:** 12.00 noon – 2.00pm

Cost: \$86.00 will be deducted from your Home Care Package.

Tuesday 22nd February – Hopgood Theatre and Lunch

Join us at Hopgood Theatre for a live matinee performance showcasing the music of the big three Pavarotti, Domingo and Carreras. Lunch after at the Colonnades Tavern. Limited tickets available. *Note: a cancellation fee will apply due to ticket pre-purchase.* **Cost:** \$258.00 will be deducted from your Home Care Package.

Address: Leaving and returning from St Louis on Sea **Time:** 9.00am – 3.30pm

Please call Colette on **8552 1481** to make a booking.