

# St Louis Community Social Program Victor Harbor January 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
<b>31</b> <b>Home Visits with Colette</b>					<b>1</b> <b>New Year's Day</b>	<b>2</b>
<b>3</b> PUBLIC HOLIDAY <b>New Year's Day holiday</b>	<b>4</b> <b>Hydrotherapy</b>	<b>5</b> <b>Armchair Easy Moves</b>  <b>Library &amp; Afternoon Tea</b>	<b>6</b> <b>Lunch at Middleton Tavern</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b> <b>Pennylane Craft Group</b> <b>Home Visits with Colette</b>	<b>11</b> <b>Hydrotherapy</b>	<b>12</b> <b>Armchair Easy Moves</b>  <b>Coffee &amp; Craft</b>	<b>13</b> <b>Mums Beard Café</b>	<b>14</b>	<b>15</b>	
<b>17</b> <b>Home Visits with Colette</b>	<b>18</b> <b>Hydrotherapy</b>	<b>19</b> <b>Armchair Easy Moves</b>	<b>20</b> <b>Movie Matinee in Victor</b>	<b>21</b>	<b>22</b>	
<b>24</b> <b>Home Visits with Colette</b>	<b>25</b> <b>Hydrotherapy</b>	<b>26</b> PUBLIC HOLIDAY <b>Australia Day</b>	<b>27</b> <b>Lunch at McCracken Country Club</b>	<b>28</b>	<b>29</b>	<b>30</b>

Please book early to avoid disappointment. Call Colette 8552 1481 for any queries.

**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](http://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.

## Wednesday 5th, 12th & 19th January – Armchair Easy 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. We may even be able to include a brief walk along the esplanade. Morning Tea will be provided.

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

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

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

## Wednesday 5th January – 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 Colette to reserve your seat on the bus. **Time:** 1.00pm- 2.30pm

**Cost:** \$69.00 will be deducted from your Home Care Package.

## Thursday 6th January – Lunch at Middleton Tavern

Lunch at the Middleton Hotel is sure to be popular this month. It's been 1 year since we have visited. Please call Colette to book your seat on the bus and at the table. Hope to see you there.

**Address:** 37 Goolwa Road, Middleton. **Time:** 12.00 noon – 2.00pm

**Cost:** \$113.00 will be deducted from your Home Care Package.

## Monday 10th January – Pennylane Craft Group

Jane our Tutor will guide us with a sewing craft project. Experience 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 with 3 hour parking out the front). **Time:** 9.30am – 12.30pm

**Cost:** \$104.00 will be deducted from your Home Care Package.

## Monday 10th, 17th, 24th & 31st January – 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.**

## Wednesday 12th January – Coffee and Craft

Hand Poured plaster pieces will be available for you to paint whilst enjoying afternoon tea amongst friends at St Louis on Sea. A great way to spend a summer's afternoon. These pieces are supplied by a local lady who has a stall at the Victor Harbor Beachside Markets.

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

**Cost:** \$80.00 will be deducted from your Home Care Package.

## Thursday 13th January – 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.

## Thursday 20th January Movie – Matinee in Victor

Join us at the Historic Victor Cinemas for a Movie (still to be selected), including a light lunch, snacks, and drink. A great way to beat the summer heat.

Please call Colette to book your space. **Address:** Victor Cinemas, Ocean Street, Victor Harbor. **Time:** 10.30am – 1.30pm

**Cost:** \$96.00 will be deducted from your Home Care Package.

## Thursday 27th January – Lunch at McCracken Country Club

Come and join us for the last social lunch of the month. Take in the views whilst we enjoy a leisurely lunch amongst friends. New faces are always welcome at the table. Please call Colette to reserve your seat. Transport can be arranged as required.

**Address:** McCracken Drive, Victor Harbor. **Time:** 12.00 noon – 2.00pm

**Cost:** \$105.00 will be deducted from your Home Care Package.

**Call 8552 1481 to reserve your spot today**