

St Louis Community Social Program Victor Harbor

July 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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5 Home Visits with Colette	6 Hydrotherapy 	7 Armchair Easy Moves 	8  Milang Historic Railway Museum	9	10	11
12  Pennylane Patchwork	13 Hydrotherapy 	14  Mystery Lunch 	15	16	17	18
19 Home Visits with Colette	20 Hydrotherapy 	21	22  Christmas in July at Auchendarroch House	23	24	25
26  Garden with Alice the Gardener	27 Hydrotherapy 	28 Armchair Easy Moves 	29	30	31	

Public Holidays 2021

Monday 4 October 2021
Labour Day

Saturday 25 December 2021
Christmas Day

Sunday 26 December 2021
Boxing Day

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.

Please turn over to see more details.

Support that comes to you every day of the year.

Phone 8552 1481

31 Victoria Street
Victor Harbor SA 5211

www.stlouisagedcare.com.au

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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.

Monday 5th & 19th July – Home Visits

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 7th and 28th July – Armchair Easy Moves

Do you feel the need to move and stretch your body? Join me in the comfort of a chair for some gentle easy movement. Morning Tea will be provided.

Address: 20 Esplanade, Victor Harbor. Please let your coordinator know if you would like transport. We can arrange for someone to pick you up.

Time: 10.30am – 12.00 noon

Cost: \$60.00 will be deducted from your Home Care Package.

Thursday 8th July – Milang Historic Railway Museum

Step back in time and enjoy a guided tour at the Milang Railway Museum before enjoying a hot lunch in the 1914 cafeteria car. Morning tea will be served at St Louis on Sea before departing.

Address: We will be leaving and returning to St Louis on Sea, 20 Esplanade Victor Harbor. Please us know if you would require transport.

Time: 10.00am – 3.00pm **Please book early as limited seats will be available.*

Cost: \$160.00 will be deducted from your Home Care Package.

Monday 12th July – Pennylane Patchwork

Limited spaces available. Experience not essential (you may just want to join us for a chat and cuppa). A tutor will guide you every step of the way. Price includes morning tea and materials. Please bring a little sewing kit with you.

Address: 54 Victoria St, Victor Harbor (very close to our office, 3 hour parking out the front). **Time:** 9.30am – 12.30pm

Cost: \$85.00 will be deducted from your Home Care Package

Thursday 14th July – Mystery Lunch

Join me for a mystery lunch. This venue has been very popular in the past and I am looking forward to having lunch with you there. Morning tea will be served at St Louis on Sea before we depart.

Address: We will be leaving and returning to St Louis on Sea, 20 Esplanade Victor Harbor. Please call Colette if you require transport to St Louis on Sea.

Time: 11.00am – 2.30pm **Please book early as limited seats will be available.*

Cost: \$125.00 will be deducted from your Home Care Package

Thursday 22nd July – Christmas in July

Enjoy a scrumptious 2 course Christmas lunch overlooking the beautiful surrounds of the Auchendarroch House Gardens, joined by St Louis Adelaide clients. Come dressed in a Christmas outfit to spread some 'Christmas in July cheer'. Morning Tea will be served at St Louis on Sea before departing.

Address: We will be leaving and returning to St Louis On Sea, 20 Esplanade Victor Harbor. Please call Colette if you require transport to St Louis on Sea.

Time: 9.30am – 3.30pm **Please book early as limited seats will be available.*

Cost: \$210.00 will be deducted from your Home Care Package.

Monday 26th July – Garden with Alice the Gardener

Join us in making Kokedama Moss Balls. These originate in Japan and are very popular as houseplants. Everything you need will be supplied. We will be discussing ideas for future garden groups so please bring your ideas. Afternoon tea will be supplied.

Address: St Louis on Sea, 20 Esplanade, Victor Harbor.

Time: 12.30pm – 3.00pm

Cost: \$109.00 will be deducted from your Home Care Package.

Call 8552 1481 to reserve your spot today