

St Louis Community Social Program Victor Harbor March 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 Lunch at the Middleton Tavern	3 Armchair Easy Moves Library & Afternoon Tea	4	5	6
7 Pennylane Craft Group	8 Hydrotherapy Art Therapy	9 Home Visits with Colette	10 Armchair Easy Moves Musical Memories	11	12	13
14 PUBLIC HOLIDAY Adelaide Cup Day	15 Hydrotherapy	16 Movie Matinee in Victor	17 Armchair Easy Moves	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	23 Mini Golf & Light Lunch	24 Armchair Easy Moves Coffee & Craft	25		
28 Cup-A-Cake Café	29 Hydrotherapy	30 Lunch at McCracken Country Club	31 Armchair Easy Moves			

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.

St Louis Community Social Program Victor Harbor March 2022

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 Thursday

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.

Wednesday 2nd March – Lunch at the Middleton Tavern

Lunch at the Middleton Hotel is sure to be popular this month as it's been one year since we've visited. Please call Colette to book your table and bus seat.

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

Cost: \$128.00 will be deducted from your Home Care Package.

Thursday 3rd March – 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.

Monday 7th March – 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.

Tuesday 8th March – Art Therapy

Miranda our Art Therapist will be guiding us every step of the way as we create some individual hand poured Resin masterpieces. No previous experience needed to join this group. Limited seats will be available. Afternoon tea will be supplied.

Address: St Louis on Sea - 20 Esplanade Victor Harbor **Time:** 12.30pm – 3.00pm

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

Wednesday 9th & Monday 21st March – Home Visits

Home visits are perfect 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.

Thursday 10th March – 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. We can watch original concert footage and maybe even a quiz or two as we enjoy lunch and refreshments.

Address: St Louis on Sea - 20 Esplanade Victor Harbor **Time:** 12.30pm – 2.30pm

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

Wednesday 16th March – Movie Matinee in Victor & Lunch

Join us at the Victor Cinemas for a Movie (TBA), including snack and drink followed by lunch at the Grosvenor Hotel. **Address:** Victor Cinemas Ocean Street, Victor Harbor **Time:** TBA **Cost:** \$96.00 will be deducted from your Home Care Package.

Wednesday 23rd March – Mini Golf & Light Lunch

Join us for a friendly round of Mini Golf on the Victor Harbor Foreshore before enjoying a light lunch at the Causeway Café. Please call Colette to make your reservation. **Address:** Victor Harbor Causeway **Time:** 10.30am – 1.00pm

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

Thursday 24th March – Coffee and Craft

Hand Poured Plaster pieces (from local artist) will be available for you to paint whilst enjoying after-noon tea at St Louis on Sea. A great way to spend a summer's afternoon. **Cost:** \$80.00 will be deducted from your Home Care Package.

Address: St Louis on Sea - 20 Esplanade Victor Harbor **Time:** 12.30pm – 2.30pm

Monday 28th March – Sit n Chat at the Cup-A -Cake Café

Join Colette at the Cup-A -Cake Café on Ocean Street for a social chit chat. Meet new and old friends in a comfortable and welcoming environment. Morning tea provided. **Address:** 4/70 Ocean Street, Victor Harbor **Time:** 10.30am – 12.00 noon

Cost: \$55.00 will be deducted from your Home Care Package.

Wednesday 30th March – Lunch at McCracken Country Club

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. Transport can be arranged. **Address:** McCracken Drive, Victor Harbor **Time:** 12.00 noon – 2.00pm

Cost: \$110.00 will be deducted from your Home Care Package.