











# St Louis Community Social Program Victor Harbor

## May 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
31					1	2
3	4  Hydrotherapy	5  Coastal Drive & Lunch at Colonnades Tavern	6	7	8	9
10  Pennylane Patchwork	11  Hydrotherapy	12	13  Men's Space	14	15	16
17	18  Hydrotherapy	19  Armchair Easy Moves	20	21	22	23
24  Coffee and Craft	25  Hydrotherapy	26	27  Dolphin cruise	28	29	

### Public Holidays 2021

**Monday 14 June 2021**  
Queen's Birthday

**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.

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**Phone 8552 1481**

31 Victoria Street  
Victor Harbor SA 5211

[www.stlouisagedcare.com.au](http://www.stlouisagedcare.com.au)

# St Louis Community Social Program

## Victor Harbor May 2021

### 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 on Tuesday's

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

### Wednesday 5th May – Coastal Drive and Lunch at Colonnades Tavern

Join us for a scenic drive along Fleurieu Peninsula's spectacular coastline before enjoying a 2-course lunch at the Colonnades Tavern. The bus will be leaving from and returning to St Louis on Sea – 20 Esplanade Victor Harbor.

Please let your coordinator know if you would like transport to St Louis on Sea. We can arrange for someone to pick you up. Please be advised that Face Masks may be required to be worn whilst on the bus. These will be supplied. To avoid disappointment please book early, limited seats available.

**Time:** 9.30am to 2.30pm

**Cost:** \$218.00 will be deducted from your Home Care Package

### Monday 10th May – Pennylane Patchwork

We would love to see some new faces - we do have some spaces available. Sewing experience not essential. Price includes all materials, a tutor and morning tea. If you have a little sewing kit, please bring it along.

**Address:** 54 Victoria St, Victor Harbor (very close to our office, 3 hour parking out the front). Please let your coordinator know if you would like transport. We can arrange for someone to pick you up.

**Time:** 9.30am to 12.30pm

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

### Thursday 13th May – Men's Space

A place for chatting, sharing stories, having a laugh and BBQ lunch! Please call Colette on 8552 1481 if you have any questions.

**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:** 11.30am -1.30pm

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

### Wednesday 19th May – 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 follow.

**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:** 10.00am -11.30am

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

### Monday 24th May – Coffee and Craft

Join us for morning tea will be provided as well as some lovely hand poured plaster pieces for us to paint. The pieces will be supplied by a local Victor Harbor business who attends the Victor Harbor Beachside markets.

**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:** 10.00am -12.00noon

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

### Thursday 27th May – Port River Dolphin Cruise

Join us on a cruise along the historic Port River. Lunch, tea, and coffee will be included. We will be meeting St Louis Adelaide clients on board. Please be advised that Face Masks may be required to be worn whilst on the bus. These will be supplied.

**Address:** Leaving and returning to 20 Esplanade, Victor Harbor. Please let your coordinator know if you would like transport.

**Time:** 9.00am -3.30pm

**Cost:** \$230.00 will be deducted from your Home Care Package.

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