

# St Louis Community Social Program Victor Harbor

November 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. 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.

| Monday   | Tuesday                                      | Wednesday                  | Thursday                 | Friday | Saturday   | Sunday |
|--|--|----------------------------|--------------------------|--------|--|--------|
| 1  | 2<br>Hydrotherapy                            | 3<br>Chair Exercise Class  | 4<br>Lunch at Café Primo | 5      | 6  | 7      |
| 8<br>Pennylane Craft Group<br>Home Visits with Colette | 9<br>Hydrotherapy                            | 10                         | 11<br>Hahndorf Day Trip  | 12     | 13   | 14     |
| 15<br>Home Visits with Colette                         | 16<br>Hydrotherapy<br>Hindmarsh Island Lunch | 17<br>Chair Exercise Class | 18                       | 19     | 20   | 21     |
| 22<br>Home Visits with Colette                         | 23<br>Hydrotherapy<br>Garden Group           | 24                         | 25<br>Hotel Elliot Lunch | 26     | 27   | 28     |
| 29<br>Home Visits with Colette                         | 30<br>Hydrotherapy                           |                            |                          |        | Support that comes to you every day of the year. |        |

## Public Holidays 2021

**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.

**Phone 8552 1481**

31 Victoria Street  
Victor Harbor SA 5211

[www.stlouisagedcare.com.au](http://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 Jo 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 Jo, Physiotherapist 8332 0950.

## Wednesday 3rd & 17th November – 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 – 12.00noon

**Cost:** \$70.00 will be deducted from your Home Care Package.

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

## Thursday 4th – Lunch at Café Primo

Come and join us for lunch in the heart of Victor Harbor at Café Primo. If you require transport or would like to reserve your seat at the table, please call your coordinator. Hope to see you there. **Time:** 12.00noon- 2.00pm

**Address:** Cnr Albert Place & Stuart Street, Victor Harbor

**Cost:** \$95.00 will be deducted from your Home Care package

## Monday 8th, 15th, 22nd or 29th November – 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.**

## Monday 8th November – 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 St, Victor Harbor (very close to our office, 3 hour parking out the front). **Time:** 9.30am – 12.30pm

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

## Thursday 11th November – Hahndorf Day Trip

Enjoy the scenic drive to Hahndorf, where we will have time to stroll through the shops before enjoying a German lunch at the Historic German Arms Hotel. Please call Colette on 8552 1481 to book your seat on the bus.

**Address:** Departing and returning to St Louis on Sea

**Time:** 9.30am – 4.00pm

**Cost:** \$288.00 will be deducted from your Home Care Package.

## Tuesday 16th November – Lunch on Hindmarsh Island

Enjoy a drive to Hindmarsh Island where we will visit the Murray Mouth Lookout before sitting down to lunch at the Islanders Tavern. We would love to see some new faces, please call Colette if you would like to book for this outing. **Address:** Departing and returning to St Louis on Sea

**Time:** 10.00am – 3.00pm

**Cost:** \$188.00 will be deducted from your Home Care Package.

## Tuesday 23rd November – Garden Group

Come along, bring some cuttings, spare plants, seeds etc. and share amongst our budding gardeners. Or even bring photos of your garden or a favorite plant, something you've made. Over afternoon tea we will discuss all things gardening, have a quiz or two and travel the world to visit different gardens. **Address:** Departing and returning to St Louis on Sea

**Time:** 1.00pm – 3.00pm

**Cost:** \$76.00 will be deducted from your Home Care Package.

## Thursday 25th November – Lunch at Hotel Elliot

Lunch at the Hotel Elliot is sure to be a popular event this month. Please call Colette on 8552 1481 to reserve your seat. New faces always welcome at the table. Hope to see you there.

**Address:** Hotel Elliot – The Strand, Port Elliot

**Time:** 12.00noon - 2.00pm

**Cost:** \$106.00 will be deducted from your Home Care Package.

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