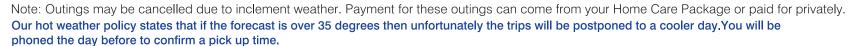
St Louis Community Social Program Victor Harbor

November 2021









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

Public Holidays 2021

Saturday 25 December 2021 Christmas Day

Sunday 26 December 2021Boxing 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

St Louis Community Social Program Victor Harbor November 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 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