

St Louis Community Social Program Adelaide April 2022



Phone (08) 8332 0950 to book your social event today *(bookings are essential)*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Hydrotherapy Home Visits	2	3
4 Joan's Pantry 	5 The Big Rocking Horse 	6 Semaphore Pets and Gardens 	7 Art Therapy 	8 Hydrotherapy Home Visits	<div style="background-color: yellow; border-radius: 50%; padding: 20px; text-align: center;"> Please book early to avoid disappointment. Call Jane or Deb 8332 0950 for any queries. </div>	
11 Armchair Easy Moves 	12 Movies at Wallis and Lunch 	13 Barossa Valley Chocolate Company 	14 Walk & Talk 	15 PUBLIC HOLIDAY GOOD FRIDAY		
18 PUBLIC HOLIDAY EASTER MONDAY	19 Bonsai Café Vietnamese 	20 Pamper Day 	21 Art Therapy 	22 Hydrotherapy Home Visits	23	24
25 PUBLIC HOLIDAY ANZAC DAY 	26 High Tea Auchendarroch House 	27 Walk & Talk 	28 Lawn Bowls & Britannia Hotel 	29 Hydrotherapy Home Visits	30	

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 Jane to discuss.

Support that comes to you every day of the year.



St Louis Home Care
11 Dudley Road
Marryatville SA 5068
Phone 8332 0950

Please turn over to see more details.

Please Note: Cancellation fee will apply at full cost when less than 24 hours' notice given. www.stlouisagedcare.com.au

St Louis Community Social Program Adelaide April 2022

Call 8332 0950 to reserve your spot today

1st, 8th, 22nd & 29th April – Home Visits call 8332 0950 to book

In the comfort of your home we can discuss your individual social needs, including organising a 1:1 social support visit either at home or out and about, wherever you would like to go. Also, we can teach you how to use your iphone, ipad or any assistance with the use of technology to remain in contact with your loved ones.

Cost: \$92 will be deducted from your Home Care Package.

1st, 8th, 22nd & 29th April – Hydrotherapy

Hydrotherapy is run by our own physiotherapist Joe. The warm water allows your muscles to relax and also eases pain in the joints which helps you to exercise. Please contact Joe at the office on 8332 0950 to be assessed. **Time:** Several time slots available. **Cost:** Between \$71 and \$98 for a group. 1:1 can be arranged at a cost \$188. This will be deducted from your Home Care Package.

4th April – Scenic Drive to Joan's Pantry

Join us for a lovely drive through the Adelaide Hills towards Hawthorndene, where we will find Joan' Pantry. A very iconic place that cooks home food with a great reputation.

Time: 11.30am – 3.30pm **Cost:** \$165 will be deducted from your Home Care Package.

5th April – The Big Rocking Horse

Join us for a lovely drive through the Adelaide Hills to visit this iconic Adelaide landmark. We will have lunch and look through the wooden toy shop. You can even feed the animals if you prefer. **Time:** 11.00am – 3.00pm **Cost:** \$215 will be deducted from your Home Care Package. Please let us know if you would like transport arranged.

6th April – Semaphore Pets and Gardens

This another lovely garden centre with lots of interesting items, plants as well as a homed alpaca, after looking around for some new plants we can grab a light lunch or coffee and cake if prefer before heading home.

Time: 11.30am – 3.30pm **Cost:** TBA will be deducted from your Home Care Package. Please let your coordinator know if you would like us to arrange transport.

7th & 21st April – Art therapy *No experience is necessary!*

Come and join us at Art Therapy. We have fun and create something exciting! An Art Tutor will be your guide every step of the way so if you are curious, come and see for yourself (*or maybe you just want to join in for a chat*). The cost below includes all materials and lunch. **Time:** From 10.30am – 12 noon. **Location:** Marryatville Office **Cost:** \$82 will be deducted from your Home Care Package.

11th April – Armchair Easy Moves

Do you feel the need to stretch and move your body to very light exercises? Then join us with gentle, mostly chair-based exercises which assists the needs of older people with varying levels of mobility and balance. It's a lot of fun and a light lunch will follow before heading home (tea, coffee and sandwiches). **Time:** 12 noon – 12.45pm. **Cost:** \$70 will be deducted from your Home Care Package. Please let us know if you would like transport arranged.

12th April – Movie Meal Deal at Wallis Cinema

We are going to Mt Barker at Wallis Cinema to see a movie and then we will go across the road to have lunch at the beautiful Auchendarroch House, using the movie meal deal there. **Time:** TBC depending on movie times

Cost: \$187 will be deducted from your Home Care Package

13th April – Barossa Valley Chocolate Company

Sitting in the heart of the Barossa Valley (Tanunda) is this lovely chocolate factory with lots of tasty things to try and buy. They also have Bennis's Café which has a delicious menu for our lunch. **Time:** 10.30am – 3.30pm **Cost:** \$280 will be deducted from your Home Care Package. Please let us know if you would like transport arranged.

14th & 27th April – walk n talk *Who is keen to join us for a walk?*

We walk at a pace that is suitable for everyone. If you love the idea but do not feel like your legs will hold up, we can access wheelchairs. A great way to make new friends and exercise at the same time. We will stop for a light lunch which is included in the cost.

Time: 10.00am – 2.00pm **Cost:** \$160 will be deducted from your Home Care Package.

19th April – Bonsai Café - Vietnamese

First let's browse through the nursery selling bonsai in pots as well as stock plants that are often used for bonsai. Then enjoy a fresh Vietnamese lunch at Bonsai Café.

Time: 11.30am – 3.00pm **Cost:** \$160 will be deducted from your Home Care Package

20th April – Pamper Day

We thought you would love another pamper day to spoil yourself and why not book in for either a manicure or pedicure and make yourself feel special. Taking limited numbers so please book early. **Cost:** TBA which will be due to what you will be having and will be deducted from your Home Care Package **Time:** 12.30pm – 3.00pm

26th April – High Tea Auchendarroch House

Enjoy a lovely high tea at Auchendarroch House where we know the food is lovely. We know you all love your high teas! This location will not disappoint you, so please join us.

Time: 11.30am – 2.30pm **Cost:** \$165 will be deducted from your Home Care Package.

28th April – Lawn Bowls / Britannia Hotel

Join us for a fun morning playing lawn bowls, so remember to wear your flat shoes and then we will head off for a well-deserved lunch.

Time: 10.00am – 2.30pm **Cost:** \$140 will be deducted from your Home Care Package.