



UP TO THE CHALLENGE

On Friday the 3rd of May our Village Manager Gerard, set out a challenge to our wonderful Christchurch Boys who come to the village every Friday to do volunteer work that whoever could take on our village table tennis champion player Charles and win, would walk away with \$50. An extremely confident young man named David Waring stepped up to the challenge.

The competition began and it seemed our champion Charles was a little worried with sweat rolling down his face. He upped his tactics but David's confidence kept growing.

Finally, after a great battle David took the championship from our original champion Charles. Above there is a photo of David, Charles, Gerard and the Christchurch boys after the challenge. In the last week Charles has been training ready to take on the next challenge.

LEADING AGED SERVICES AUSTRALIA

Last month St Louis hosted the Leading Aged Services Australia (LASA) Home Care Advisory Group meeting in the Kingsmill lounge. LASA is the peak body organisation supporting Australian Aged Care Providers. Teelia from St Louis Estate Home Care is a member of LASA's Home Care Advisory Group.

This ensures that the residents of St Louis accessing government funded home care, have an advocate and a voice to ensure their issues are heard by government. It also ensures we keep informed of best practice and good governance in home care services.



VOLUNTEERS NEEDED

Volunteers are needed to drive residents to appointments. Please contact Gayle or Gabbie in the Home Care Office.

THANK YOU

Thank you to all the lovely residents that donated books to our library.

REMINDERS & GUEST SUITE

Please give us 24hrs notice to request the Chauffeur Service. Bookings for the Guest Suite can be arranged through our reception.

WEDNESDAY DINING SHUTTLE SERVICE

Pick-up and Drop-off can be organised with Reception for Wednesday Night Dining.

CHANGES TO EMERGENCY FORMS

If you have any changes to your emergency forms for BlueForce for example (medications or contacts) can you please contact reception with these so we can update the system.





| Contact Phone Numbers | | |
|------------------------------------|--|---|
| Contact Person | Time & Day | Contact Number |
| Carer on Duty | 7:00 am - 10:00 pm | 0411 632 310 |
| Reception | Monday - Friday 9:00 am - 4:00 pm | 9385 1420 Email - admin@stlouisestate.com.au |
| Doctor | Every last Thursday of the Month | 9385 1420 |
| Dentist | | 9385 1420 |
| Hairdresser - Karen | Every Wednesday, Thursday & Friday From 9:00 am (home visits available) | 0419 948 577 |
| Beautician - Christine | Every Friday | 0403 281 205 |
| Massage Therapy - Sandra | Tuesday from 10:00 am - 1:30 pm - \$25.00 | 9385 1420 |
| Physiotherapist - Christine Butler | | 0408 645 302 |
| Podiatrist - Jacqui Costigan | Every Second Wednesday | 0417 098 873 |
| Window Cleaner - Rigo | | 0425 611 780 |
| Carpet Cleaner - Greg | | 0408 065 853 |
| Shopping Bus Service | Every Wednesday 10.00 am - \$15.00 | 9385 1420 |
| Gopher Repairs - Lee Scanlon | | 0421 912 025 |

MOVIE AFTERNOON

SATURDAY 1ST JUNE | KINGSMILL LOUNGE | 1.30 PM

After the death of his wife, Sam Baldwin (Tom Hanks) moves to Seattle with his son, Jonah (Ross Mallinger). When Jonah calls in to a talk-radio program to find a new wife for his father, Sam grudgingly gets on the line to discuss his feelings. Annie Reed (Meg Ryan), a reporter in Baltimore, hears Sam speak and falls for him, even though she is engaged. Unsure where it will lead, she writes Sam a letter asking him to meet her at the Empire State Building on Valentine's Day

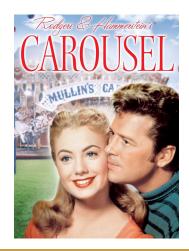
Release date: 5 August 1993 (Australia)

Director: Nora Ephron

Screenplay: Nora Ephron, Jeff Arch, David S. Ward

Running time: 1h 46m





WEDNESDAY 19TH JUNE | KINGSMILL LOUNGE | 1.30 PM

Based on the lauded Rodgers and Hammerstein stage musical, this film follows the romance of Billy Bigelow (Gordon MacRae), a charming carousel barker, and Julie Jordan (Shirley Jones), a pretty worker from a nearby mill. When the attractive young couple gets married, they also both find themselves unemployed, which puts a strain on their relationship. When Billy finds out that Julie is pregnant, he resorts to extreme measures to get money, a decision that leads to tragedy.

Release date: 4 June 1956 (Australia)

Director: Henry King

Screenplay: Henry Ephron, Phoebe Ephron

Running time: 2h 8m



BLACKBOARD SPECIALS

4TH - 7TH JUNE

Beef Silverside, Spinach, Swiss Cheese, Mustard in a Toasted Panini w/ Garden Salad

> Chef's Gourmet Omelette w/ Salad

10TH - 14TH JUNE

Chicken Parmigiana

Lamb Ragout served with Chef's Vegetables

17TH - 21ST JUNE

Pepper Beef Casserole

Tuna Patties

24TH - 28TH JUNE

Chicken served with Mushroom Sauce

> Chef's Gourmet Bruschetta

WEDNESDAY NIGHT CHEF'S 2 COURSE DINNER

5TH JUNE

Chef Soup of the Day

Beef Wellington

Chicken Cordon Bleu

12TH JUNE

Chef Soup of the Day

Crispy Salmon, with Beurre Blanc Sauce

Veal Medallion w/ Diane Sauce

19TH JUNE

Chef Soup of the Day

Beef Chasseur

Pan Fried Fish w/ Chef Vegetables

26TH JUNE

Chef Soup of the Day

Chicken Filo Parcel

Irish Lamb Stew

Fish, Steak & Vegetarian meals available on request All meals are served w/ Vegetables and Potatoes \$30 per person • BYO Drinks Children under 12 - \$16

SUNDAY ROAST

2ND JUNE

Roast Pork served with potatoes & vegetables

9TH JUNE

Roast Beef served with potatoes & vegetables

16TH JUNE

Roast Lamb served with potatoes & vegetables

23RD JUNE

Roast Pork served with potatoes & vegetables

30TH JUNE

Roast Beef served with potatoes & vegetables

Desserts Varied Week to Week Gluten free available on request

Cost = \$28.00 per person Book at Reception 9385 1420 Vegetarian meals available on request

MONDAY PASTA NIGHT 6.30PM • KINGSMILL LOUNGE

10TH JUNE

Slow Cooked Italian Beef Penne

17TH JUNE

Chicken Carbonara (with Bacon) Potato Gnocchi

6TH JUNE THURSDAY

Mild Beef Curry with Rice

14TH JUNE

Chicken Chow Mein with Rice

24TH JUNE

Beef Lasagna



28TH JUNE

FRIDAY CASUAL NIGHT

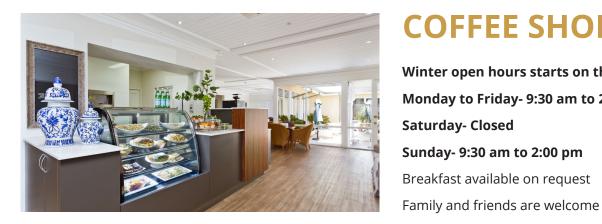
6.30PM • KINGSMILL LOUNGE

Chicken Biryani

\$15.00 per person

\$15.00 per person



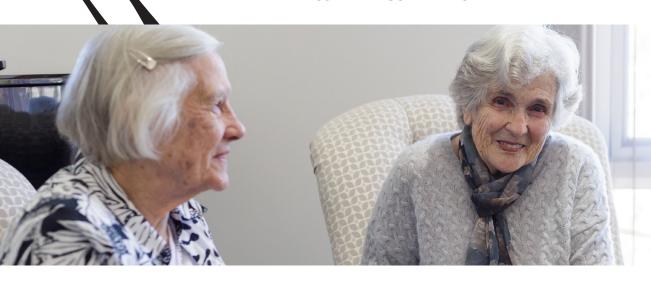


COFFEE SHOP

Winter open hours starts on the 1st June Monday to Friday- 9:30 am to 2:00 pm Saturday- Closed Sunday- 9:30 am to 2:00 pm Breakfast available on request

HOME DELIVERY SPECIALS OF THE MONTH

CHICKEN FLORENTINE BEEF LASAGNA BACON AND EGG FRIED RICE



ST. LOUIS GIFT SHOP

ST LOUIS ESTATE MEN'S WHITE POLO SHIRTS - \$35.00 ST LOUIS ESTATE NAVY CAPS - \$23.00 **KOALA ECO CLEANING PRODUCTS - \$13.00 KOALA ECO HAND SOAP - \$18.00**

> THESE CAN BE PURCHASED AT RECEPTION PAYMENT BY CASH OR ON YOUR ACCOUNT



GUEST SPEAKERS FOR MAY

FRIDAY'S 10:15 AM - KINGSMILL LOUNGE

7TH JUNE

Micheal Tassell "Map Making"

14TH JUNE

Fr Ted Doncaster "Bishop Hale"

21ST JUNE

Patrick Murray "Record Peoples Life Story on Film"

28TH JUNE

TBA



HAPPY HOUR

FRIDAY 7TH JUNE
KINGSMILL LOUNGE
5.00PM
BYO DRINKS & NIBBLES



MEN'S CLUB

MONDAY 10TH JUNE
PRIVATE DINING ROOM
5.00PM
BYO DRINKS



THURSDAY 13TH JUNE KINGSMILL LOUNGE 1.30PM

PIZZA NIGHT

FRIDAY 21TH JUNE KINGSMILL LOUNGE 6.00PM COST \$10.00

JUNE BIRTHDAY MORNING TEA

WEDNESDAY 19TH JUNE | KINGSMILL LOUNGE | 10.30AM







DOCTOR'S VISIT

THURSDAY 13TH JUNE
CONSULTING ROOM
COMMENCING AT 11.00AM
APPOINTMENT NEEDED
CONTACT RECEPTION 9385 1420

The doctor visits once a month and it will be every Thursday of the month.

An appointment will be required to attend.



DENTIST'S VISIT

ST QUENTIN & CLAREMONT FAMILY DENTIST

TBA
CONSULTING ROOM
APPOINTMENT NEEDED
CONTACT RECEPTION 9385 1420

The Dentist will visit St Louis once a month. They will always give us notice of the date. An appointment will be required to attend.

ACTIVITY PROGRAM



Join us for our

Quizzes and word games; Board games; Outdoor activities; Outings; Memory games; Art and crafts; Music therapy; Discussion groups; Men's Work Shop; And More

Sessions: Every Tuesday 2pm – 4pm & Thursday 2pm – 4pm

Book Now at the Reception Desk for only \$90 per month!!!

Bring along friends and family

First session FREE for new members!

SUGGESTIONS BOX



We always welcome your feedback and suggestions. You can provide anonymous Feedback via our suggestion box (and forms) located in the coffee shop.

Alternatively, please use our mailbox located on the veranda at the end of the homestead.

Thank You.



MORNING TEA WITH CELIA HAMMOND





Last month the St. Louis Residents welcomed the Liberal Party candidate (since elected) Celia Hammond for a lovely morning tea and discussion.

Mrs Hammond presented her ideas to the residents and engaged in a lively discussion with the residents about policies covering climate change, immigration and more.

After her talk, the residents had the pleasure to join Celia for a enjoyable morning tea that our Catering Team organized, where Mrs Hammond had the chance to answer more questions in private and get to know some of our residents.

OUR RESIDENT- STEPHANIE

Since joining the St Louis community 2 years ago from East Fremantle Stephanie has enjoyed a sense of community, caring neighbours and engaging in a variety of programs and activities brought to you by the village.

Enjoying afternoon teas in the coffee shop with the friends who gather there are a wonderful part of her days here. The Anzac Day Service and the Harry Perkins concert were two particular special event highlights within the village. Stephanie, thank you for choosing to be part of the St Louis family, we love having you!

WELLNESS- TUMERIC AND GINGER TEA



Turmeric and ginger have been used for centuries for their health benefits and to spice up meals. Both ginger and turmeric have powerful anti-inflammatory properties that help relieve pain.

The medicinal properties of turmeric and ginger can boost your health and help treat a wide range of health issues. For example, by combining these delicious herbs, you can make a refreshing turmeric and ginger tea to help to soothe

gastrointestinal problems, reduce inflammation in joints and keep your heart healthy.

Perfect during the winter months to keep you warm and boost your immune system.







VILLAGE MANAGER'S REPORT

Dear Residents,

Our month of May has been busy for the village, with a wonderful Mother's Day Lunch in the homestead, and a beautiful Fashion Show in the Kingsmill lounge, it was full of entertainment. At the Fashion show we watched some of our beautiful staff and residents model the catwalk to show off the lovely items for sale. The residents had the chance to enjoy a wonderful and busy day in the Swan Valley. A group of around 20 residents left St. Louis Estate to enjoy all the best that the Swan Valley has to offer, starting with a morning tea at Houghton's Winery, followed by a visit to Whistlers Chocolate Factory, The House of Honey Factory, a quick lunch break at the Vines Resort and finished the day with Yahava Koffee for a coffee tasting and finally at the French Patisserie. That was definitely an unforgeable day!

This month's Moroccan Theme night was another great success, the evening was full of colour and amazing food prepared by our wonderful Catering Team. Please note all the home delivered meals will now be delivered in special warmers so you will no longer need to ask when ordering. You will notice our beloved Bernadette missing from the café, she is on a 3 months holiday, and filling in for her while away we have Nathalia. She will be able to accommodate your needs until Bernadette returns.

You all would have been notified that our Head Chef Blake is heading off on a trip around Australia, we wish him all the very best and thank him for his amazing service. We would like to formally introduce you to our new head chef Nick D'Castro. He joins us with over 25 years' experience in hotels and after 12 years of running his own café and catering business.

Our pick up and drop off service is proving to be a big hit. A huge thanks to Thais for helping the village with this important service. You will also notice that we have started to put non-slip tape on all the stairs around the village for safety.

Please remember our team is here to help you with anything you need. Thank you to our residents for the feedback forms that help me attend to issues that arise from time to time. I look forward to the exciting month we have ahead.

Warmest regards,

Gerard Mclean | Village Manager





