



ST Louis Estate Monthly Calendar

Carers No: 0411 632 310 (from 7:00 am – 10:00 pm)

ST LOUIS ESTATE
LIVE WELL

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
			1 Gentle Exercise 11:15 am (KL) Social Committee Meeting 2 pm (PDR)	2 Guest Speaker 10:15 am (KL) Diane Wright "What Diane is Wearing in Retirement" Happy Hour 5 am (KL)	3 Movie 1:30 pm (KL) The Castle	4 Sunday Roast 12:30 pm (DR)- Roast Pork & Vegetables	
5 Chair Yoga 2:30 pm (KL) Men's Club 5:00 pm (KL) Pasta Night 6:30 pm (KL) Cost \$15	6 Gentle Exercise 11:15 am (KL) Senior morning tea 10:30 am (PDR)	7 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10 am (HS) Wednesday Dinning 6:30 pm (DR)	8 Gentle Exercise 11:15 am (KL) Bingo 1:30 pm (KL) Hearing Clinic 9 am Computer Room Appointment Needed Dr. Visit 11 am Consulting Room Appointment Needed	9 Guest Speaker 10:15 am (KL) David Hough "West Kimberley aircraft Incidents 1938-1971" Casual Dinner 6:30 pm (KL) Cost \$15	10	11 Sunday Roast 12:30 pm (DR)- Roast Beef & Vegetables	
12 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL) Cost \$15	13 Gentle Exercise 11:15 am (KL) Activity Program 2 pm (unit 25) River Gardens AGM 6 pm (KL)	14 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10am Wednesday Dinning 6:30 pm	15 Gentle Exercise 11:15 am (KL) Bingo 1:30 pm (KL) Activity Program 2 pm (unit 25)	16 Guest Speaker 10:15 am (KL) Commodore Brett Dowsing "Wartime Rabaul" Pizza Night 6:30 pm (KL)	17	18 Sunday Roast 12:30 pm (DR)- Roast Lamb & Vegetables	
19 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL) Cost \$15	20 Gentle Exercise 11:15 am (KL) Activity Program 2 pm (unit 25)	21 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10 am (HS) Birthday Morning Tea 10:30 am (KL) Wednesday Dinning 6:30pm(DR)	22 Gentle Exercise 11:15 am (KL) Activity Program 2 pm (unit 25) Movie 1:30 pm (KL) Show Boat	23 Guest Speaker 10:15 am (KL) Bob Mummery "The Australian Marine Complex in Henderson" Casual Dinner 6:30 pm (KL)	24	25 Sunday Roast 12:30 pm (DR)- Roast Pork & Vegetables	
26 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL) Cost \$15	27 Gentle Exercise 11:15 am (KL) Activity Program 2 pm (unit 25)	28 Aqua Aerobics 9 am (PL) Resident Committee Meeting 10 am (PDR) Bus to Shopping Centre 10 am (HS) Wednesday Dinning 6:30 pm (DR)	29 Gentle Exercise 11:15 am (KL) Activity Program 2 pm (unit 25)	30 Guest Speaker 10:15 am (KL) Laurie Varendorff "Visit to Grizzly Bear & Orcas in British Columbia" Casual Dinner 6:30 pm (KL)	31 Chef's Winter Gourmet Breakfast 9 am – 12 pm / Cost \$25.00 Homestead Restaurant Ask Reception for copy of menu Booking Required		
Exercise	Functions	Guest Speakers	Dinners	Activity Program	Shopping Bus	Meetings	Private Function