ST LOUIS ESTATE
LIVE WELL

St Louis Estate
The Village Voice
August 2019

Up Coming Event

Trip to Optus Stadium

Wednesday 25th September

Depart from Homestead: 10:15 am
Tour starts: 11:00 am
Return from Optus Stadium: 2:30 pm

Tour Cost $25.00 (pay at Stadium)
***Involves walking**

Purchase your own lunch
Social club is generously providing the transport.

RSVP Reception 9385 1420

VOLUNTEERS NEEDED
Volunteers are needed to drive residents to appointments. Please contact the Home Care Office.

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.

VILLAGE AND HOME CARE SURVEY 2019
We are collecting our 2019 survey responses. This survey can be answered in the comfort of your home and is completely confidential. Please notify reception if you would like to receive it by email. We appreciate your collaboration to improve our services.

PETS IN THE VILLAGE
Please keep your pet on a lead and clean up after them at all times around the Village. Thank you!!

CHANGES TO EMERGENCY FORMS
Please contact reception if you have any changes to your contact details on your BlueForce emergency form.

blueforce

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 4 weeks	9385 1420
Dentist		9385 1420
Hairdresser - Karen	Every Wednesday, Thursday & Friday From 9:00 am (home visits available)	0419 948 577
Hearing Clinic		1800 054 667
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 - Rigo	Cost around $80	0425 611 780
Shopping Bus Service	Every Wednesday 10.00 am - $15.00	9385 1420
Gopher Repairs - Lee Scanlon		0421 912 025

MOVIE AFTERNOON

SATURDAY 3RD AUGUST | KINGSMILL LOUNGE | 1.30 PM

The quirky Kerrigan family lives together in a makeshift home they built themselves -- with great pride and a bizarre attention to detail -- a few yards from the edge of Melbourne, Australia's busy Tullamarine Airport. When a building inspector condemns the building and reveals that the government plans to use their land for an airport expansion, Darryl Kerrigan (Michael Caton) and his brood recruit hack attorney Dennis Denuto (Tiriel Mora) prepare themselves for the fight of their lives.

Running time: 84 min

THURSDAY 22ND AUGUST | KINGSMILL LOUNGE | 1.30 PM

When it comes to music on the Mississippi river, the Cotton Blossom show boat is the place to go. When musical main attraction Julie Laverne (Ava Gardner) and her husband are suddenly forced to leave the show, Cotton Blossom owner Andy Hawks' (Joe E. Brown) own daughter, Magnolia (Kathryn Grayson), takes center stage. She soon falls madly in love with roguish gambler Gaylord Ravenal (Howard Keel), and the two leave the Cotton Blossom on a honeymoon -- only to enter into a tumultuous marriage.

Running time: 1 hr 48 min

BLACKBOARD SPECIALS

5TH- 9TH AUGUST	12th– 16th AUGUST	19TH– 23RD AUGUST	26TH– 30TH AUGUST
Chicken Schnitzel	Beef Rissoles	Vegetable Frittata	Chicken Satay
Quiche Lorraine	Oriental Chicken Noodles	Chicken Cheese & Vegetable Filo Parcel	Beef & Bacon Meat Loaf

All Mains served with Potatoes & Vegetables

WEDNESDAY NIGHT CHEF'S 3 COURSE DINNER

7th AUGUST	14th AUGUST	21ST AUGUST	28TH AUGUST
Salmon Steak with Dill Sauce	Slow Cooked Beef Silverside	Chicken Financiere	Osso Bucco
Beef Steak Rossini	Coq Au Vin	Navarin of Lamb	Pork a la Normande

Fish, Steak & Vegetarian meals available on request
All meals are served with Vegetables & Potatoes
Dinner includes Chef's Soup and Dessert- $30 per person • BYO Drinks - Children under 12 - $16

MONDAY PASTA NIGHT 6.30PM • KINGSMILL LOUNGE

5TH AUGUST	12TH AUGUST	19TH AUGUST	26TH AUGUST
Creamy Pesto Chicken Elbow Pasta	Italian Sausage & Mushroom Macaroni	Sopressa Olive & Capsicum Spirilla	Bacon Basil & Tomato Penne

$15.00 per person

FRIDAY CASUAL NIGHT 6.30PM • KINGSMILL LOUNGE

9TH AUGUST	23RD AUGUST	30TH AUGUST
Mild Malaysian Chicken Curry	Mild Beef Rendang Curry	Oriental Chicken Stir-Fry

$15.00 per person

SUNDAY ROAST 12.30PM

4TH AUGUST	11TH AUGUST	18TH AUGUST	25TH AUGUST
Roast Pork	Roast Beef	Roast Lamb	Roast Pork

All meals are served with Vegetables & Potatoes

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

stlouisestate.com.au

HOME DELIVERY SPECIALS OF THE MONTH

TORTELLINI BOLOGNESE
CHICKEN COTTAGE PIE
MILD POTATO & VEGETABLE CURRY & RICE

*All Served with Chefs Vegetables

CHEF'S WINTER GOURMET BREAKFAST

SATURDAY 31ST AUGUST- 9 AM TO 11 AM
DINING ROOM I COST $15.00
BOOKINGS ESSENTIAL PLEASE CONTACT RECEPTION ON 9385-1420

Bring family and friends to enjoy a delightful breakfast with all your favourites including scrambled eggs, bacon and more.

COFFEE SHOP

Monday to Friday - 9:30 am to 2:00 pm
Saturday - Closed
Sunday - 9:30 am to 2:00 pm
Come along and enjoy a nice hot bowl of home-made soup and a roll for only $6.50. Good way to heat yourself up this winter!!

FATHER'S DAY GOURMET ROAST

1st September come along with your family to celebrate with us and all the fathers will receive a lovely gift.

St Louis Estate wish you a Happy Father's Day!!

Bookings essential please contact reception on 9385-1420.

TUESDAY SPECIAL

Come and join us for lunch at the Homestead Cafe every Tuesday starting in August for our $10 lunch deal (Dine in or Take away).

Every week the Chef will offer great choices e.g. chicken schnitzel, pasta, risotto and more for only $10.

Menu will change weekly and be displayed at the Cafe.

ST. LOUIS GIFT SHOP

ST LOUIS 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 AUGUST

FRIDAY'S 10:15 AM - KINGSMILL LOUNGE

2ND AUGUST
Diane Wright
"What Diane is Wearing in Retirement"

9TH AUGUST
David Hough
"West Kimberley aircraft Incidents 1938 – 1971"

16TH AUGUST
Commodore Brett Dowsing
"Wartime Rabaul"

23RD AUGUST
Bob Mummery
"The Australian Marine Complex in Henderson"

30TH AUGUST
Laurie Varendorff
"Visit to Grizzly Bear & Orcas in British Columbia"

BINGO

THURSDAY 8TH AUGUST
KINGSMILL LOUNGE
1:30 PM

Come along and join us.
The more the merrier!!
Each game receives a prize.

Cost $10 for a book with 10 games

July Jackpot Winner:
$80 & bottle of wine

MEN'S CLUB

MONDAY 5TH AUGUST
KINGSMILL LOUNGE (BAR)
5:00 PM
BYO DRINKS

HAPPY HOUR

FRIDAY 2ND AUGUST
KINGSMILL LOUNGE
5:00 PM
BYO DRINKS & NIBBLES

PIZZA NIGHT

FRIDAY 16TH AUGUST
KINGSMILL LOUNGE
6.30 PM I COST $10.00
BOOK AND COLLECT YOUR TICKET AT RECEPTION.

AUGUST BIRTHDAY MORNING TEA

WEDNESDAY 21ST AUGUST
KINGSMILL LOUNGE
10:30 AM

DOCTOR'S VISIT

THURSDAY 8TH AUGUST
CONSULTING ROOM
COMMENCING AT 11:00 AM
APPOINTMENT NEEDED

CONTACT RECEPTION 9385 1420

DENTIST'S VISIT

ST QUENTIN & CLAREMONT
FAMILY DENTIST
TBC
APPOINTMENT NEEDED

CONTACT RECEPTION 9385 1420

HEARING CLINIC

LIONS HEARING CLINIC
Ear Science

THURSDAY 8TH AUGUST
COMPUTER ROOM
THE SECOND THURSDAY OF EVERY MONTH
APPOINTMENT NEEDED
PLEASE CALL 1800 054 667

DONATIONS

ST. PATRICK'S
COMMUNITY SUPPORT CENTRE

Our resident collect donations for the St Patrick's Community Centre in Fremantle. Here are some of the items they need: socks, soap, shampoo, conditioner, deodorant, pads, toothpaste (all in travel pack size) and more.
All donations are welcome! Please feel free to leave your donations at reception.

SUGGESTION 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.

ACTIVITY PROGRAM

SESSIONS: CANCELLED
RETURN AS USUAL ON 13TH AUGUST
UNIT 25

Thank you for patience.
First session FREE for new members!

BRAIN TRAIN- WORDS IN WORDS

Hidden Birds?

01. Microwaveable _____
02. Acknowlegment _____
03. Probing _____
04. Chrysanthemum _____

Hidden World Capitals?

05. Comparison _____
06. Aerodromes _____
07. Mosquito _____
08. Diligence _____

Hidden Body Parts?

09. Languishingly _____
10. Daiquiris _____
11. Nanosecond _____
12. Thanklessness _____

Hidden Food/ Drink Items?

13. Shadowiness _____
14. Archipelago _____
15. Scornfully _____
16. Nutrition _____

WELLNESS- DO YOU KNOW WHAT A FLOAT TANK IS?

A floatation tank is a lightless, soundproof tank which is partially filled with salty water (a solution of water and Epsom salts). The water is heated to outer skin temperature and is approximately 300 millimetres deep.

Gained popularity in the 1970s when it became known as Restricted Environmental Stimulation Therapy. Dr. John Lilly, a neuroscientist, helped pioneer the research during this time.

Floating is not recommended if you have epilepsy, kidney disease, low blood pressure, open wounds, skin cancer or claustrophobia. You should check with your doctor before booking an appointment if you have heart conditions, skin conditions or asthma.

Floatation therapy has been used across the world to effectively treat insomnia (increased magnesium intake), anti-ageing, depression (increase dopamine and endorphin production), relief from chronic pain (increased magnesium intake), circulation, ease join pain, relief from rheumatoid arthritis and more.

VILLAGE MANAGER'S REPORT

Dear Residents,

July has been an exciting month around the Estate. Christmas in July was a big hit as most events are, with a delicious Christmas feast being served by our Chefs and lovely decorations in the dining room. Even Santa made an appearance arriving on his "ReinGopher", did anyone guess who Santa was? I am sure I have seen him around the Village before.

The new Winter Breakfast menu is up on the notice board. For only $15 on Saturday 31st August you can start your weekend with a gourmet breakfast with your family and friends, so please book in through reception.

The staff in the Estate have all gone through some fire awareness training. The homestead has now been linked to Blueforce to ensure a safe environment for all. Our maintenance team have arranged for the gutters to be cleaned and results are fantastic! They have been working hard to ensure that are gardens are well maintained and we should have some lovely roses blooming in the next few months.

Please support our in-house hairdresser and beautician, who offer the residents quality services for an affordable price. We thank them for the great services they bring to our Village.

I have recently joined The DCM Institute- Village Management PD + Peer Network Program.
This will allow me to also keep up with Retirement Village standards and the latest news and resources in the market. Also, I will be attending a day with Maggie Beer in Sydney for the launch of her new cookbook. The Maggie Beer Foundation's focus is to ensure people are served with food that is fresh, wholesome and abundant with flavour. We look forward to having Maggie in the Village sometime soon to talk about her foundation and the benefits of a healthy diet.

Remember I am always available if you need any help or just to have a chat. We are all looking forward to the month of August and the wonderful changes that are coming to our village.

Warmest regards,

Gerard Mclean | Village Manager

Words in words answers: 1- Crow 2- Owl 3- Robin 4- Emu 5- Paris 6- Rome 7- Quito- Chile 8- Dili- E. Timor 9- Shin 10- Iris 11- Nose 12- Ankle 13- Wine 14- Chip 15- Corn 16- Nut