



## UPCOMING EVENTS

### Dwellingup Forest Heritage Centre & Wildflowers



**Tuesday 15<sup>TH</sup> October | Bus Trip | Departure 9am | Return 3.30pm**  
We will enjoy morning tea at the scenic North Dandalup Dam before continuing onto Forest Heritage Centre for an interesting guided wildflower tour. Lunch will be a tasty 2 course roast at the Dwellingup Hotel and we will stop for fresh strawberries on our way back home.  
**RSVP: Reception (by Thursday 10<sup>TH</sup> October) | Cost: \$70.00**

### Harry Perkins Institute Morning Tea & Tour



**Tuesday 29<sup>TH</sup> October | Tour starts at 10.20pm**  
St Louis residents are invited to visit us at the Harry Perkins Institute of Medical Research for a tour and tea to see first hand some of the research we are doing. Hear from Professor Ruth Ganss a Perkins cancer researcher about her current work and join us for a behind the scenes tour of the Institute. Notify reception if transport is needed.  
**RSVP Reception (by Tuesday 22<sup>ND</sup> October)**

### Melbourne Cup Luncheon



**Tuesday 5<sup>TH</sup> November**  
Please join us for our annual Melbourne Cup Luncheon. The Sweep will be from 9am to 11am in the Coffee Shop. Champagne will be served upon arrival in the Kingsmill Lounge at 11.30am, followed by the Race which will begin at 12pm. A three course lunch will follow and will be served in the Dining Room at 12.30pm. Get your hats & fascinators ready!  
**RSVP: Reception (by Wednesday 30<sup>TH</sup> October ) | Cost: \$40.00**

### What is Home Care Package?

Home Care Packages are government-subsidised assistance packages available to anyone over the age of 65. A Home Care Package typically provides several hours per week of assistance delivered in your own home, enabling you to maintain your independence. Depending on your care needs, you may be entitled to a level 2, 3, or 4 package. The higher the level, the more hours of services you can receive.

Home Care is more than just about helping with daily chores and medical needs, it's about helping you get the most out of life! If you are new to Home Care contact the St. Louis Estate Home Care team on 9385 1420 for more information on how to have access to a Home Care Package.



## Contact Phone Numbers

Contact Person	Time & Day	Contact Number
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 5<sup>TH</sup> OCTOBER | KINGSMILL LOUNGE | 1.30PM**

Based on the true story of Miss Shepherd (played by two-time Academy Award-winner Maggie Smith), a woman of uncertain origins “temporarily” parks her van in Alan Bennett’s (Alex Jennings) London driveway and proceeds to live there for 15 years. What begins as a begrudged favour becomes a relationship that will change both their lives. Acclaimed director Nicholas Hytner reunites with iconic writer Alan Bennett to create this rare and touching portrait.

**Running time:** 104 min



**THURSDAY 17<sup>TH</sup> OCTOBER | KINGSMILL LOUNGE | 1.30PM**

Mr Turner explores the last quarter century of the great if eccentric British painter J.M.W. Turner (Timothy Spall The King’s Speech). Profoundly affected by the death of his father, loved by a housekeeper he takes for granted and occasionally exploits sexually, he forms a close relationship with a seaside landlady with whom he eventually lives incognito in Chelsea, where he dies. Exquisitely directed by Mike Leigh (Topsy Turvy) Mr Turner is a breathtaking portrait of an artistic visionary.

**Running time:** 154 min



# GUEST SPEAKERS FOR OCTOBER

FRIDAY'S AT 10.15AM - KINGSMILL LOUNGE

**4<sup>th</sup> OCTOBER**

Alana Marshall  
"The Library Within"

**11<sup>th</sup> OCTOBER**

Michael's Pharmacy  
Team "On Services"

**18<sup>th</sup> OCTOBER**

Graeme Leinart  
"Travel"

**25<sup>th</sup> OCTOBER**

Classic Meat  
"Meat Industry"

## WELCOME

St Louis would like to welcome all  
**OUR NEW RESIDENTS**  
**& OUR NEW STAFF**  
to the St Louis Estate family



## MEN'S CLUB

MONDAY 7<sup>th</sup> OCTOBER  
KINGSMILL LOUNGE (BAR)  
6.30PM | BYO DRINKS



## HAPPY HOUR

FRIDAY 4<sup>th</sup> OCTOBER  
KINGSMILL LOUNGE 5.00PM  
BYO DRINKS & NIBBLES



## PIZZA NIGHT

FRIDAY 18<sup>th</sup> OCTOBER  
KINGSMILL LOUNGE  
6.30 PM | COST \$10.00  
BOOK AND COLLECT  
YOUR TICKET AT RECEPTION.

## OCTOBER BIRTHDAY MORNING TEA

WEDNESDAY 16<sup>th</sup> OCTOBER  
KINGSMILL LOUNGE | 10:30 AM



## BLINGO

THURSDAY 10<sup>th</sup> OCTOBER  
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  
**September Jackpot Winner:**  
Mrs Millar - \$50 & bottle of wine



# BLACKBOARD SPECIALS

**1<sup>ST</sup> - 4<sup>TH</sup> OCTOBER**

Chicken with Herb Gravy  
Beef & Vegetable  
Curry with Rice

**7<sup>TH</sup> - 11<sup>TH</sup> OCTOBER**

Lamb & Vegetable Hotpot  
Chicken Schnitzel

**14<sup>TH</sup> - 18<sup>TH</sup> OCTOBER**

Beef Cottage Pie  
Chicken Oriental  
with Vegetables

**21<sup>ST</sup> - 25<sup>TH</sup> OCTOBER**

Slow Cooked Mongolian Beef  
Pork Sausages with  
Onion Gravy

**28<sup>TH</sup> OCT - 2<sup>ND</sup> NOV**

Hawaiian Style Chicken  
Beef Stroganoff

All Mains served with Potatoes & Vegetables

## WEDNESDAY NIGHT CHEF'S THREE COURSE DINNER

**2<sup>ND</sup> OCTOBER**

Beef Sirloin Dianne  
Baked Salmon with  
Lemon & Capers

**9<sup>TH</sup> OCTOBER**

Herb Crusted Pork Steak  
Baked Chicken Lyonnaise

**16<sup>TH</sup> OCTOBER**

Beef Fillet Chasseur  
Salmon Steak with  
Parsley & Lemon

**23<sup>RD</sup> OCTOBER**

Chicken A La King  
Roasted Lamb with  
Onions & Rosemary

**30<sup>TH</sup> OCTOBER**

Slow Cooked Beef Silverside  
Crispy Pork Belly with  
Apricot Gravy

Fish, Steak & Vegetarian meals available on request  
All meals are served with Vegetables and Potatoes

Dinner includes Chef's Soup and Dessert- \$30 per person • BYO Drinks - Children under 12 - \$16

## MONDAY PASTA NIGHT 6.30PM • KINGSMILL LOUNGE

**7<sup>TH</sup> OCTOBER**

Beef & Italian  
Vegetable Pasta  
Tuna Mornay

**14<sup>TH</sup> OCTOBER**

Chicken Pasta with  
Sundried Tomatoes  
Potatoes Italienne

**21<sup>ST</sup> OCTOBER**

Pork Sausage &  
Mushroom Pasta  
Pumpkin Gnocchi  
with Spinach

**28<sup>TH</sup> OCTOBER**

Fish & Pesto  
Cream Pasta  
Potatoes Puttanesca

\$15.00 per person

## FRIDAY CASUAL NIGHT 6.30PM • KINGSMILL LOUNGE

**4<sup>TH</sup> OCTOBER**

Mild Butter  
Chicken Curry

**11<sup>TH</sup> OCTOBER**

Lamb & Potato Curry

**25<sup>TH</sup> OCTOBER**

Chicken Korma

**1<sup>ST</sup> NOVEMBER**

Mild Lamb Vindaloo

\$15.00 per person



## SUNDAY ROAST - 12.30PM

**6<sup>TH</sup> OCTOBER**

Roast Pork

**13<sup>TH</sup> OCTOBER**

Roast Beef

**20<sup>TH</sup> OCTOBER**

Roast Lamb

**27<sup>TH</sup> OCTOBER**

Roast Pork

All meals are served with Vegetables and Potatoes

Desserts Varied Week to Week  
Gluten free available on request

Vegetarian meals  
available on request

Cost = \$28.00 per person  
Book at Reception 9385 1420

## COFFEE SHOP

Monday to Friday - 9:30 am to 2:00 pm

Saturday - Closed

Sunday - 9:30 am to 2:00 pm



## TUESDAY SPECIAL

Come and join us for lunch at the Homestead Cafe every Tuesday 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.

The menu will change weekly and will be displayed at the Cafe.



## HOME DELIVERY SPECIALS

- Pasta Alfredo
  - Pan-Fried Fish with Vegetables
  - Vegetarian Savory Rice
- \*All Served with Chef's Vegetables



## OCTOBER REMINDERS

### GUEST SUITE

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. We appreciate your collaboration!!

### PETS IN THE VILLAGE

Please keep your pet on a lead and clean up after them at all times around the Village.

### SENIORS AND PENSION CARD

Please contact reception if your circumstances have changed or you are new to the village. If you provide reception with a copy of your seniors or pension card, concessions can be claimed for your council and water rates.

### CHANGES TO EMERGENCY FORMS

Please contact reception if you have any changes to your contact or medical details on your BlueForce emergency form.

blueforce 





## DOCTOR'S VISIT

THURSDAY 10<sup>TH</sup> OCTOBER

CONSULTING ROOM

COMMENCING AT 11:00 AM

BOOK APPOINTMENT AT RECEPTION



## DENTIST'S VISIT

ST QUENTIN & CLAREMONT

FAMILY DENTIST

FRIDAY 11<sup>TH</sup> OCTOBER

BOOK APPOINTMENT AT RECEPTION



## HEARING CLINIC

THURSDAY 10<sup>TH</sup> OCTOBER

COMPUTER ROOM

BOOK APPOINTMENT ON 1800 054 667

## 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.



## DONATIONS

Here are some of the items they need:  
socks, soap, shampoo, conditioner,  
deodorant, sanitary items, toothpaste  
(all in travel pack size) and more.



## VOLUNTEERS NEEDED

Volunteers are required to sew/ stitch  
wool squares into blankets for charities.  
Please contact reception for more information.



## SUGGESTION BOX

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

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



## ACTIVITY PROGRAM

WITH BERNADETTE

TUESDAY | 2PM | KINGSMILL LOUNGE

Book at Reception.  
First session FREE for new members!



## BRAIN TRAIN - MUSICAL INSTRUMENTS QUIZ

01. Flamenco clappers
02. Name the American President well known for playing saxophone
03. How many strings does a classical guitar have?
04. White substance used on violin bows
05. What are the two standard types of piano?
06. The name of this instrument means 'little' in Italian
07. The largest drum of the orchestra
08. Beethoven continued to write music on his piano even when he became deaf. True or false?
09. Which instrument has 47 strings and seven pedals?
10. A long instrument played by Australian Aborigines

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## WELLNESS - HOW IS YOUR EMOTIONAL WELLNESS?



To be emotionally healthy is to be in control of our emotions and behavior. It is important to give our emotional health the same tender loving care we typically give our physical health. You can improve your emotional wellness by adopting new habits that will give you an ability called resilience to help you to remain focused and positive during trying times.

Here are some of the changes you can adopt daily to improve your emotional health:

- Be useful to others: Dedicate some of your time to a charity project, this will give you the feeling that you have accomplished something.
- Practice self-discipline: It will give you a sense of control and empowerment.
- Learn or discover new things to do: Join an exercise class, group activity or simply have dinner with family and friends, this will fill your week with things you look forward to doing.
- Enjoy the beauty of nature: Studies show that simply walking through a garden can help your blood pressure and reduce stress.



# VILLAGE MANAGER'S REPORT

Dear Residents,

We welcome spring with exciting changes in the café and restaurant. Nick will start to serve healthy fresh juices and salad options on our Healthy menu. Monday Pasta Night now offers 2 different options for dinner and our casual dinners on Monday and Friday just got even better with free dinner giveaways!!

The events in the Village over these past months have been impressive. We had over 60 guests join us in the Dining Room for our Wednesday Night Chef's Three Course Dinner. They also had the privilege to attend the Wine Tasting event by Claret & Co, hosted by Lara McVeigh. We cannot wait for our next event with Lara and a specialised Cheesemaker, demonstrating the fine art of cheese making matched with Claret & Co wines.

We also enjoyed a pleasant morning tea and tea tasting with Roogenic Tea which was held in the Kingsmill lounge. Roogenic proudly works with farmers and communities around Australia to provide their customers with exclusive blends that helps with digestive problems, insomnia and more. Contact reception if you would like to order some of these amazing teas. Thank you to all for attending.

Our famous monthly Happy Hour is now being held at the Bar. All residents are welcome to stay and join the popular Friday Casual Dinner after Happy Hour if you would like to extend your night in the company of family and friends.

I am excited to announce that during September I attended the Maggie Beer Foundation Program for village managers in Sydney. It was wonderful to see how passionate she is about creating nutritious, fresh and healthier options for residents. You will soon see some of her amazing ideas added to our menus, as it is our aim to provide you with the ultimate dining experience in the Village.

With the start of October approaching, you will see some of our favourite staff back to work. A big welcome back to Bernadette at the Coffee Shop after enjoying a 3 months break with her family. Catherine is back at reception after a well-deserved break and spending time with her new grandson. We would like to thank Sarah for helping us in Catherine's absence. Chris our gardener is on annual leave and while he is enjoying his time off in Europe, we would like to thank John, our contract gardener who is helping Ollie around the estate.

Please remember if you need any extra help around your house, our Home Care Team is available to help with care, cleaning, cooking, driving, delivering delicious meals from our Coffee Shop and more. Contact St Louis Estate Home Care through reception for more information.

Also don't forget we now have the benefit that you can pay your monthly accounts with credit card at reception. We look forward to seeing you at our monthly events, please make all bookings at reception!!

Warmest regards,  
Gerard Mclean | Village Manager



Musical Instruments Quiz answers: 1- Castanets 2- Bill Clinton 3- Six 4- Rosin 5- Upright and Grand 6- Piccolo 7- Bass Drum 8- True 9- Concert Harp 10- Didgeridoo

