



## UPCOMING EVENTS

### Father's Day Gourmet Roast



On the 1<sup>st</sup> of September we will be celebrating Father's Day in the Village. We invite you and your family to join us as we celebrate the amazing men in our lives. All fathers will receive a lovely gift on the day.

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

Bookings essential please contact reception on 9385-1420.

### Roogenic Tea Tasting



Wednesday 4<sup>th</sup> September | Kingsmill Lounge | 10.30 am

Roogenic tea take pride in their work with Indigenous communities and small farmers to bring you the best quality, organically grown and wild harvested ingredients straight from the Australian outback. Please join us for a tea tasting with Roogenic Teas and enjoy a beautiful morning tea. **RSVP Reception by 2<sup>nd</sup> September**

### Optus Stadium Tour



Wednesday 25<sup>th</sup> September

Depart from Homestead: 10.15am  
Return from Optus Stadium: 2.00pm  
Tour Cost \$45.00  
(pay at Reception by 16<sup>th</sup> September)

Lunch is included  
Social club is generously providing the transport.  
**RSVP Reception 9385 1420**

### Biggest Afternoon Tea for Cancer Council



Thursday 26<sup>th</sup> September | Kingsmill Lounge | 2.00 pm

Help the Cancer Council to continue with their amazing work through world-class research funding and prevention programs. All proceeds raised for this event go to the Cancer Council.

**RSVP Reception | Cost: \$20.00**

### 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**



## 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

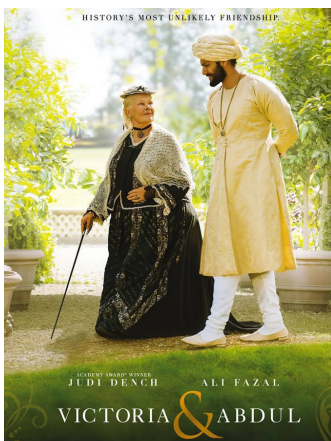
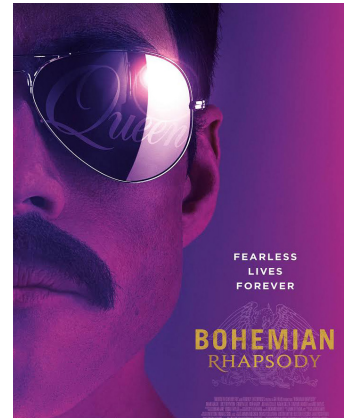
## MOVIE AFTERNOON

**SATURDAY 7<sup>th</sup> SEPTEMBER | KINGSMILL LOUNGE | 1.30PM**

Rami Malek, Lucy Boynton

Bohemian Rhapsody is an enthralling celebration of Queen, their music, and their extraordinary lead singer Freddie Mercury (Rami Malek), who defied stereotypes and convention to become one of history's most beloved entertainers. Following Queen's meteoric rise, the film also chronicles the band's reunion, and one of the greatest performances in rock history.

**Running time:** 134 min



**THURSDAY 19<sup>th</sup> SEPTEMBER | KINGSMILL LOUNGE | 1.30PM**

Abdul Karim arrives from India to participate in Queen Victoria's golden jubilee. The young clerk is surprised to find favour with the queen herself. As Victoria questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance that her household and inner circle try to destroy. As their friendship deepens, the queen begins to see a changing world through new eyes, joyfully reclaiming her humanity.

**Running time:** 107 min



# GUEST SPEAKERS FOR SEPTEMBER

FRIDAY'S 10.15AM - KINGSMILL LOUNGE

**6<sup>th</sup> SEPTEMBER**

Anne Brake  
"CY O'Connors  
Golden Pipeline"

**13<sup>th</sup> SEPTEMBER**

Louis Higham  
"World War 2  
Veterans"

**20<sup>th</sup> SEPTEMBER**

Commander Bob  
Trotter "World  
War 2 Submarine  
Fremantle 1942-1945"

**27<sup>th</sup> SEPTEMBER**

Wally Fryer "Where  
there's a will there's  
a Relative!"

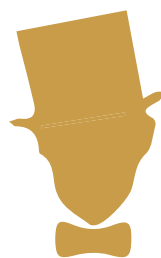


**THURSDAY 12<sup>th</sup> SEPTEMBER**  
**KINGSMILL LOUNGE**  
**1:30 PM**

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

Cost \$10 for a book with 10 games

**August Jackpot Winner:**  
Mrs Iris Smith - \$50 & bottle of wine



**MEN'S CLUB**  
**MONDAY 2<sup>nd</sup> SEPTEMBER**  
**KINGSMILL LOUNGE (BAR)**  
**5.00PM**  
**BYO DRINKS**



**HAPPY HOUR**  
**FRIDAY 6<sup>th</sup> SEPTEMBER**  
**KINGSMILL LOUNGE**  
**5.00PM**  
**BYO DRINKS & NIBBLES**



**PIZZA NIGHT**  
**FRIDAY 20<sup>th</sup> SEPTEMBER**  
**KINGSMILL LOUNGE**  
**6.30 PM | COST \$10.00**  
**BOOK AND COLLECT YOUR**  
**TICKET AT RECEPTION.**

## SEPTEMBER BIRTHDAY MORNING TEA

**WEDNESDAY 18<sup>th</sup> SEPTEMBER**  
**KINGSMILL LOUNGE**  
**10:30 AM**



# BLACKBOARD SPECIALS

2<sup>nd</sup>– 6<sup>th</sup> SEPTEMBER

Italian Sausage Pasta

Mild Vegetable &  
Chickpea Curry

9<sup>th</sup>– 13<sup>th</sup> SEPTEMBER

Tuna Mornay

Sausage Roll

16<sup>th</sup>– 20<sup>th</sup> SEPTEMBER

Beef & Potato Pasties

Ravioli Alfredo

23<sup>rd</sup>– 27<sup>th</sup> SEPTEMBER

Chicken & Corn  
Frittata

Spinach & Ricotta  
Cannelloni

All Mains served with Potatoes & Vegetables

## WEDNESDAY NIGHT CHEF'S 3 COURSE DINNER

4<sup>th</sup> SEPTEMBER

Camembert Stuffed  
Chicken Filo Parcels

Roasted Pork Belly  
with Plum Compote  
& Gravy

11<sup>th</sup> SEPTEMBER

Grilled Salmon Steak  
with Bearnaise Sauce

Mid Loin Lamp Chops  
with Rosemary &  
Garlic Gravy

18<sup>th</sup> SEPTEMBER

Braised Pork Steak  
with Brandied Apples

Garlic Cream King  
Prawns with Parsley &  
White Wine Sauce

25<sup>th</sup> SEPTEMBER

Chicken Fricassee w/  
Mushroom Ragout

Slow Cooked Beef  
Silverside with  
Mustard Sauce

Fish, Steak & Vegetarian meals available on request

All meals are served w/ 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

2<sup>nd</sup> SEPTEMBER

Bacon & Mushroom  
Pasta or Broccoli &  
Sundried Tomato  
Potatoes

9<sup>th</sup> SEPTEMBER

Hungarian Beef  
Goulash Pasta or  
Creamy Cauliflower  
Bake

16<sup>th</sup> SEPTEMBER

Chicken & Corn  
Mornay or Pumpkin  
Cacciatore

23<sup>rd</sup> SEPTEMBER

Smoked Cod  
Vegetable Pasta or  
Baked Zucchini &  
Capsicum

\$15.00 per person

## FRIDAY CASUAL NIGHT 6.30PM • KINGSMILL LOUNGE

5<sup>th</sup> SEPTEMBER

Malaysian Beef Curry

13<sup>th</sup> SEPTEMBER

Indian Chicken Curry

27<sup>th</sup> SEPTEMBER

Lamb Korma Curry

\$15.00 per person

## SUNDAY ROAST 12.30PM

1<sup>st</sup> SEPTEMBER

Roast Beef

8<sup>th</sup> SEPTEMBER

Roast Lamb

15<sup>th</sup> SEPTEMBER

Roast Pork

22<sup>nd</sup> SEPTEMBER

Roast Beef

29<sup>th</sup> SEPTEMBER

Roast Lamb

All meals are served with Vegetables and 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



## HOME DELIVERY SPECIALS

- Apricot Chicken
- Oriental Beef & Vegetable Noodles
- Pan-fried Fish with Vegetable

\*All Served with Chef's Vegetables



## 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!!



## 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.

Menu will change weekly and be displayed at the Cafe.



## SEPTEMBER 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.



## 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.





## DOCTOR'S VISIT

THURSDAY 5<sup>th</sup> SEPTEMBER  
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



THURSDAY 12<sup>th</sup> SEPTEMBER  
COMPUTER ROOM  
THE SECOND THURSDAY OF  
EVERY MONTH  
APPOINTMENT NEEDED  
PLEASE CALL 1800 054 667

## DONATIONS



ST. PATRICK'S  
COMMUNITY SUPPORT CENTRE

Our resident Joy Sinclair collects donations to the St Patrick's Community Centre in Fremantle. Here are some of the items they need: socks, soap, shampoo, conditioner, deodorant, sanitary items, 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:

TUESDAY & THURSDAY  
2PM | UNIT 25

Book at Reception for only \$90 per month!!!  
First session FREE for new members!



## BRAIN TRAIN- UNSCRAMBLE THE WORDS

01. ARHBMU

02. EIVJ

03. AABMS

04. XFOTTOR

05. ZALTW

06. GNTAO

07. HAC ACH

08. LLOOABMR

09. CSDIO

10. INSWG

11. PHIPHO

12. TPA

13. LEABLT

14. AZJZ

15. NADHHLGI

16. RAEBK

17. EINL

18. ANOCTYRPMTER

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## WELLNESS - TAI CHI: EMBRACING YOUR MIND AND BODY

Tai chi is known as a martial art, based on Qigong and techniques from thousands of years ago, created around 1970 in China. It is a series of slow movements flowing together without pause, and for this reason is considered low-impact exercise with many benefits.

Harvard Medical School suggests that Tai Chi might be referred to as “meditation in motion”. The practice of Tai Chi has been shown to be helpful with a number of medical conditions including low bone density, heart disease, Parkinson’s disease, sleep problems and strokes.

Many seniors have enjoyed this style of exercise that reduces stress, helps with arthritic pain, reduces blood pressure and improves balance and stability. Tai Chi strengthens ankles and knees and improves conditions like Alzheimer’s, Multiple Sclerosis and Parkinson’s. Would you be interested in learning more about Tai Chi and participating in a class? Please contact reception to register your interest.





## VILLAGE MANAGER'S REPORT

Dear Residents,

What a wonderful month August has been in the estate. As I have mentioned before our guest speakers continue to inspire, and we are forever grateful for their time. Our lovely Catherine is away on leave visiting her new grandson. We would like to congratulate her and her family at this exciting time and welcome Sarah to the front desk in the interim.

We have had some great feedback regarding our Catering teams efforts with the monthly menus. Monday pasta nights and Chef's dinners are always such a great hit and we look forward to many more together. Our Pizza nights have now been taken over by our Kitchen staff so from this point forward all our Pizzas will be made in house with the freshest ingredients. The \$10 Tuesday lunch really brings a buzz to the café, thank you to all who have attended.

Joseph Cross has now joined our family and is part of the Kitchen Team. He will be part of the New Pickup service for Wednesday night dinners and will also assist the catering team with the dinner service. Lara McVeigh from Claret and Co will be joining us on Wednesday night 28 th August for a special wine tasting event, the wines will be paired perfectly with our Wednesday night menu. It will be a great night, don't forget to book in! We look forward to more events like this one.

Remember to call reception to reserve tables at our events and we will be more than happy to assist if you have any dietary requirements. Since adding the new fire place in the main dining room, our evenings in the dining room are now warm and cosy.

The wonderful gardening duo Ollie and Chris have unfortunately been held up with the wet weather and unable to attend to the garden beds. We ensure you as soon as the weather starts to clear up they will get to those garden beds that need attention. Please let me know if you need something special done to your patch of garden as we would be more than happy to help.

Please be aware that from September our Sunday roast will change to a Chef carvery in the Homestead. Our Chef will carve directly to you from the hot plate and will be served with delicious roast vegetable. Don't forget to book a table to dine with us for Father's day. All Fathers will be receiving a special gift on the day to show them how special Dads are. Residents who are holding special events at home remember Chef Nic is on hand to discuss cooking for you and your family. Once again, I am always available to residents for a chat either in your home or in my office to ensure that life here at St Louis Estate is one that brings great happiness to you.

Warmest regards,

Gerard Mclean | Village Manager

Unscramble the words answers: 1- Rhumba 2- Jive 3- Samba 4- Foxtrot 5- Waltz 6- Tango 7- Cha Cha 8- Ballroom 9- Disco 10- Swing 11- Hip Hop 12- Tap 13- Ballet 14- Jazz 15- Highland 16- Break 17- Line 18- Contemporary

