



ST LOUIS ESTATE  
LIVE WELL

St Louis Estate  
The Village Voice  
November 2019

## UPCOMING EVENTS

### 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 Run at 12pm and be spoilt with your 3 course lunch in the Dining Room at 12.30pm. Get your hat ready! (Please find the Luncheon menu on page 5)  
**RSVP: Reception (by Wednesday 30<sup>TH</sup> October) | Cost: \$40.00**

### Morning Tea for Karen Wynn



**Wednesday 13<sup>TH</sup> November | Kingsmill Lounge**

Come send good wishes to our lovely carer Karen Wynn who is going to enjoy an extended and well deserved holiday in the UK. Karen have been part of your family for the past 4 years and will we wish her the best time.

**RSVP: Reception (by 6<sup>TH</sup> November)**

### A Little Unique Clothing Boutique Fashion Show



**Friday 15<sup>TH</sup> November | Kingsmill Lounge | 10.15am**

A Little Unique Clothing Boutique is back just in time for summer! This beautiful boutique has been keeping the residents updated with all the fashion trends for the past 3 years. From tops, trousers and skirts to jewellery, scarfs and handbags, A Little Unique Clothing bring amazing clothes for a great price. Don't miss the opportunity to enjoy this colourful event!!!

### Memorial for Eric Lyons



**Sunday 17<sup>TH</sup> November | Homestead Lawn from 10am to 12pm**

Please join us to celebrate the life of our beloved Eric Lyons. Eric was part of the St. Louis family for the past 30 years. We will be gathering with his family for a short service on the lawn, to share some memories and remember a beautiful man, who we all greatly miss.

**RSVP Reception (by Friday 8<sup>TH</sup> November)**

### Agelink Theatre- "Summer Holiday"



**Friday 29<sup>TH</sup> November | Kingsmill Lounge | 10.15am**

The Agelink Theatre has been part of St. Louis Christmas tradition for the past 10 years. This year the group will present "Summer Holiday" an entertaining musical about the events from the early 60s.



### 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 2<sup>ND</sup> NOVEMBER | KINGSMILL LOUNGE | 1.30PM**

Self-reformed petty criminal Terry Leather (Jason Statham) has become a financially struggling car dealer and settled into a pedestrian London life with his wife and kids, but takes the plunge into big crime when his ex-girlfriend, Martine (Saffron Burrows), turns up with an offer to pull off a lucrative bank heist. After Terry assembles his crew of misfits and begins the operation, he finds that there are other agendas at play, and powerful players who have designs on the vault's contents.

**Running time:** 107 min



**THURSDAY 21<sup>ST</sup> NOVEMBER | KINGSMILL LOUNGE | 1.30PM**

Based on the best-selling novel, Lily James (Mamma Mia! Here We Go Again, Cinderella, Baby Driver) plays free-spirited writer Juliet Ashton, who forms a life-changing bond with the eccentric Guernsey Literary and Potato Peel Pie Society, when she decides to write about the book club they formed during the occupation of Guernsey during WWII.

**Running time:** 119 min



# GUEST SPEAKERS FOR NOVEMBER

FRIDAY'S 10.15AM - KINGSMILL LOUNGE

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

Uni-care  
"Daily living  
Aids Equipment"

**8<sup>TH</sup> NOVEMBER**

Amanda Rowland  
"Wellness &  
the New Medicine"

**22<sup>ND</sup> NOVEMBER**

Robin Tunnicliffe & Charlie  
Townsend "Plane Tales  
from the Cockpit"

## BIRTHDAY MORNING TEA

WEDNESDAY 20<sup>TH</sup> NOVEMBER  
KINGSMILL LOUNGE | 10.30 AM



## 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.

## TUESDAY SPECIAL

Every Tuesday \$10 lunch deal  
(Dine in or Take away).

Menu will change weekly and be  
displayed at the Cafe.



## MEN'S CLUB

MONDAY 4<sup>TH</sup> NOVEMBER  
KINGSMILL LOUNGE BAR  
6.30PM | BYO DRINKS



## HAPPY HOUR

THURSDAY 7<sup>TH</sup> NOVEMBER  
KINGSMILL LOUNGE 5.00PM  
BYO DRINKS & NIBBLES



## BBQ NIGHT

FRIDAY 15<sup>TH</sup> NOVEMBER  
BBQ AREA BY THE POOL  
6.30 PM | COST \$10.00  
BRING YOUR OWN MEAT  
SALADS SUPPLIED



THURSDAY 14<sup>TH</sup> NOVEMBER  
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

## COFFEE SHOP

Monday to Friday - 9:30am to 2:00pm  
Saturday - Closed  
Sunday - 9:30am to 2:00pm



## BLACKBOARD SPECIALS

**4<sup>TH</sup>– 9<sup>TH</sup> NOVEMBER**

Pasta Bolognese  
Vegetable Frittata

**11<sup>TH</sup>– 16<sup>TH</sup> NOVEMBER**

Chicken Satay  
Meatballs with  
Cheese & Tomato

**18<sup>TH</sup>– 23<sup>RD</sup> NOVEMBER**

Beef Oriental  
Crumbed Fish

**25<sup>TH</sup>– 30<sup>TH</sup> NOVEMBER**

Chicken Schnitzel  
Vegetable Pasta Bake

All Mains served with Potatoes & Vegetables

## WEDNESDAY NIGHT CHEF'S 3 COURSE DINNER

**6<sup>TH</sup> NOVEMBER**

Chicken Au Poivre  
Beef Sirloin Rebecca

**13<sup>TH</sup> NOVEMBER**

Salmon Remoulade  
Beef Stroganoff

**20<sup>TH</sup> NOVEMBER**

Chicken Wellington  
Beef Silverside  
with Mustard

**27<sup>TH</sup> NOVEMBER**

Beef Sirloin Vin Rouge  
Pork Cutlet  
Piedmontese

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

**4<sup>TH</sup> NOVEMBER**

Beef & Bacon Pasta

**11<sup>TH</sup> NOVEMBER**

Chicken & Mushroom  
Pasta

**18<sup>TH</sup> NOVEMBER**

Sicilian Style Lasagne

**25<sup>TH</sup> NOVEMBER**

Tuscan Sausage &  
Bean Pasta

\$15.00 per person

## FRIDAY CASUAL NIGHT 6.30PM • KINGSMILL LOUNGE

**8<sup>TH</sup> NOVEMBER**

Lamb & Vegetable Curry

**22<sup>ND</sup> NOVEMBER**

Chicken Oriental

**29<sup>TH</sup> NOVEMBER**

Beef Satay

\$15.00 per person

## SUNDAY ROAST 12.30PM

**3<sup>RD</sup> NOVEMBER**

Roast Beef

**10<sup>TH</sup> NOVEMBER**

Roast Lamb

**17<sup>TH</sup> NOVEMBER**

Roast Pork

**24<sup>TH</sup> NOVEMBER**

Roast Beef

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

## HOME DELIVERY SPECIALS

Ravioli Bolognese

Mild Chicken Curry

Pan-Fried Fish

\*All Served with Chef's Vegetables





## MELBOURNE CUP LUNCHEON MENU

### On Arrival

Champagne & Canapé

### Entrée

Smoked Salmon & Potato Salad

### Main Course

Beef Dianne


or

Pan-Fried Fish with Lemon & Parsley Sauce

\*All served with vegetables and potatoes

### Dessert

Pastries & Fruit Salad



## CHRISTMAS RAFFLE

Christmas will soon be upon us so we are now selling raffle tickets. All proceeds contribute towards the social club and helps subsidise towards future events.

Raffle will be drawn at Christmas Fete 6<sup>TH</sup> December in the Kingsmill Lounge at 11.45 am.

**TICKETS COST \$2.00 EACH OR 3 FOR \$5.00**

## CONGRATULATIONS TO THE CANCER COUNCIL RAFFLE WINNERS!!!

The St. Louis family would like to congratulate the winners of the Cancer Council Raffle!!

Thank you all who participated and helped us raise \$200 from the raffle and \$790 from the afternoon tea for the Cancer Council.



## DECEMBER EVENTS

**Friday 6<sup>TH</sup> December**  
Christmas Fete

**Thursday 12th December**  
Christmas Cocktail Party

**Friday 20th December**  
Christmas Luncheon

**RSVP Reception 9385 1420**



## MONTHLY REMINDERS

### GUEST SUITE

Bookings for the Guest Suite can be arranged through our reception.

### PETS IN THE VILLAGE

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

### AIR CONDITIONER CLEANING

Note that Pete our maintenance man will commence the cleaning of the air conditioner filters. Please inform reception if you wish to be present.

### CHANGES TO EMERGENCY FORMS

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





## DOCTOR'S VISIT

THURSDAY 7<sup>TH</sup> NOVEMBER  
CONSULTING ROOM  
COMMENCING AT 11:00 AM

BOOK APPOINTMENT AT RECEPTION



## DENTIST'S VISIT

ST QUENTIN & CLAREMONT  
FAMILY DENTIST  
TBC

BOOK APPOINTMENT AT RECEPTION



## HEARING CLINIC

THURSDAY 14<sup>TH</sup> NOVEMBER  
COMPUTER ROOM  
BOOK APPOINTMENT ON 1800 054 667



## DONATIONS

Reception is now collecting donations e.g. chocolates, nuts, Christmas nibbles and more for our annual Christmas Raffle.



ST. PATRICK'S  
COMMUNITY SUPPORT CENTRE

## DONATIONS

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.



## VOLUNTEERS NEEDED

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

## WANTED

### GOODS DONATIONS

For our annual White Elephant Stall at the Fete.

### DONATIONS

Bread tags.  
These are recycled to fund wheelchairs in South Africa

**CONTACT:** Reception for more information.



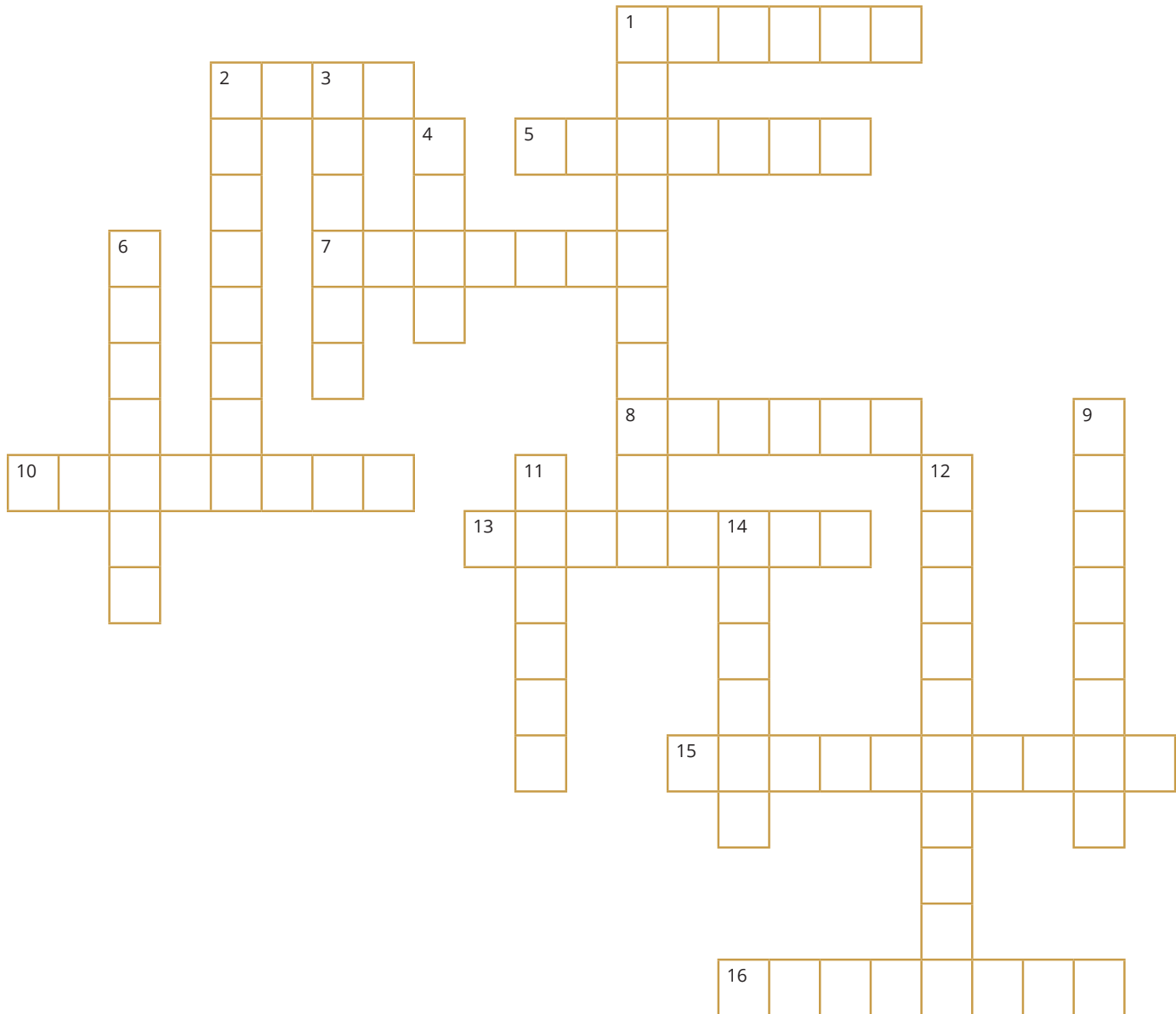
## SUGGESTION BOX

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.



# MELBOURNE CUP CROSSWORD



## Across

1. Supportive structure on which the horse rider sits (6)
2. What fashion accessory is the Melbourne Cup famous for? (4)
5. On what day of the week is the Melbourne Cup held? (7)
7. Great Australian race horse (4,3)
10. Trousers worn when horse riding (8)
13. Month in which the Melbourne Cup is held (8)
15. Name the racecourse where the Melbourne Cup is held (10)
16. A bet in which the first three finishers in a race are forecast in the correct order (8)

## Down

1. A lottery in which the stakes of the participants constitute the prize (10)
2. What type of horse race is the Melbourne Cup? (8)
3. As well as prize money, the winner receives a... (6)
4. A young horse (4)
6. On what day of the week is the Melbourne Cup held (8)
9. An adult male horse that has not been gelded (8)
11. Someone who rides a horse in a horse race (6)
12. International horses are placed into enforced isolation, also known as... (10)
14. Part of the horse's harness (6)





## VILLAGE MANAGER'S REPORT

Dear residents,

Firstly, we would like to give a big welcome to our new residents who have joined the St Louis' family last month. Please remember to join us for any of our upcoming events in the Estate.

Thank you again to all who attend our Friday talks. This is one of the most popular events in the Estate and we appreciate all the interesting stories that our residents, family and friends have to share with us. We look forward to an exciting month ahead.

The Kitchen has been busy as usual getting the new summer menus ready for all to enjoy. We hope you are all looking forward to the BBQ nights starting in November. BBQ packs will be available from The Chef. Please inform reception if you would like to order one. A huge thank you to our Chef Nick for ensuring the pizza nights were a great success during the winter season and we would also like to thank the residents who attended.

Twenty seven of our lovely residents enjoyed a lovely day out in Dwellingup last month with a beautiful tour around the Forest Heritage Centre. Thank you Bernadette and Catherine for accompanying the residents.

Thank you everybody involved in the Village Open Day, we are extremely proud to showcase our wonderful estate and what our community have to offer.

Please make sure to book with reception for the Harry Perkins Institute Tour & Morning Tea which will be on the 29<sup>TH</sup> of October. All upcoming event details are on the front page of this newsletter.

With Melbourne Cup and the holidays fast approaching, please don't forget to book your appointments with Karen our Hairdresser and Christine our Beautician. They are always ready to pamper you for your special events. Bookings can be made directly with them.

Chris our gardener has settled back in from his 3 weeks travelling through Europe. He has some great pictures to share and some interesting stories, welcome back Chris! Pete has nearly completed the painting of the handrails and will be starting on the air conditioner cleaning soon. Please inform reception if you would like to be present for the cleaning.

Thank you, all residents who took part in the village survey, this will help us to provide better quality service every day here at St. Louis. Remember if you need any assistance, our care team is available 7 days a week. Please call reception and we can assist you with anything you might need. We look forward to the end of the year events, starting with our annual Melbourne Cup Luncheon. See you all there!!

Warmest regards,  
Gerard Mclean | Village Manager

