



Sending our love to all
the amazing mothers
at St Louis Estate.

Happy Mother's Day!

PHANTOM OPERA SINGER

Soprano Fiona Cooper Smyth of Divalicious Opera currently known as **#PhantomOperaSinger** on social media platforms, serenaded our delightfully surprised residents in a 'pop-up concert' throughout the village on Friday 24th April. Fiona's remarkable voice resonated throughout the estate uplifting spirits and spreading joy to everyone she passed.

The beautiful morning saw numerous stops throughout the village as Fiona made her way from Barnfield Road to Second Avenue. St Louis Estate are so grateful for Fiona's willingness to give back to the community during these difficult times of isolation and would like to extend a heartfelt thank you. If you would like to know more about Fiona, you can visit her website at www.divalicious.net.au.



VILLAGE MANAGER'S WELCOME

As each day passes, we can reflect on what an amazing job we've done as a community keeping each other safe and supported during these unprecedented times. I would like to congratulate and thank every resident, family member, employee and service provider of St Louis for the remarkable efforts you've all made to ensure the safety of our village during COVID-19 to date.

Recent news of WA's success in flattening the curve serves as a reminder that our hard work is paying off. It is important to ensure we don't become complacent moving forward or prematurely return to our 'normal' way of life just yet. We must continue to stay home and stay safe until we are confident the risk to our community is minimised.

I am honoured to share in the ongoing community spirit and sense of belonging here at St Louis, it truly shines during this difficult climate, with the willingness of people to work together and adapt to ensure we all 'Live Well' regardless of what's happening in the world around us.

Anzac Day this year saw us come together in spirit, instead of in person. Although remarkably different

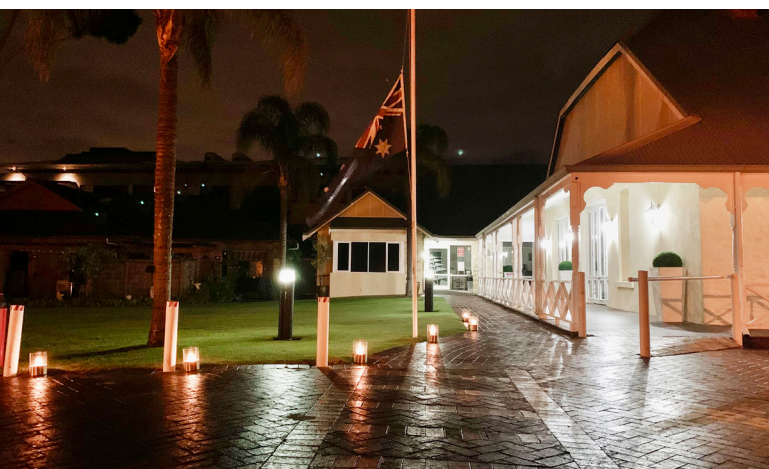
to any Anzac Day I've commemorated in the past, it was certainly just as special. The Australian Flag was flown at half-mast until noon. Before being risen to full mast for the remainder of the day.

We observed several residents and local families "Light up the Dawn" at 6:00am with mini services in their driveways, at their front gates or on their balconies. I attended the Homestead building at St Louis before sunrise to light some candles and raise the flag, before observing a minute silence and the national broadcast of the Last Post played through the radio of my car.

After such a long period of suspended social activities, last week we set out to lift spirits and create smiles all over the village. We really hope you all enjoyed your surprises, keep your eyes and ears peeled for some more delights in the future.

As we embark on new month, I leave you with the words of Dalai Lama XIV, "Choose to be optimistic, it feels better".

Yours Truly, Sarah Reilly



ANZAC DAY

A special thank you to Revd Gary van Heerden the Chaplain at Scotch College and his devoted students for including a visit to St Louis in the Anzac Day performances by the Scotch College pipers.

It was a beautiful gesture as a sign of solidarity during this difficult time and on such a significant day for all Australians. The sounds of the pipes resonated throughout the whole village.



From the Kitchen

ST LOUIS ESTATE 'GROCERY STORE'

Contact free service - delivered to your door - Monday, Wednesday & Friday!

Due to popular demand we will continue to offer all residents access to a variety of essential and everyday grocery items delivered to your front door and billed to your St Louis Estate monthly account. Please contact reception via telephone or email, for a list of available items or to place an order, orders close at 12:00pm the day prior to delivery.

HOT MEAL OF THE DAY Delivered to your door 6 days per week

DAY	MEAL THEME	DELIVERY TIME	COST
Monday	Pasta / Italian	12:00pm – 1:00pm	\$15.00
Tuesday	Homestyle Dinner	12:00pm – 1:00pm	\$15.00
Wednesday	Chefs Dinner	5:00pm – 6:00pm	\$20.00
Thursday	Homestyle Dinner	12:00pm – 1:00pm	\$15.00
Friday	Fish & Chip Friday	12:00pm – 1:00pm	\$15.00
Saturday	Curry / Indian / Asian (Served cold)	Friday Afternoon	\$15.00
Sunday	Roast Dinner	12:00pm – 1:00pm	\$20.00

All meals are served with a complimentary Fruit Salad.

Wednesday & Sunday Meals will continue to be served with a special dessert.

LIGHT MEALS MENU

Available for delivery, Monday–Friday 10am–2pm.

SOUP OF THE DAY

Served Hot or Cold with a bread roll or gluten free bread.

SANDWICHES MADE TO ORDER

Chicken, Egg, Smoked Salmon, Salad on Helga's wholemeal bread. (Gluten Free option available).

SALAD MADE TO ORDER

Garden Salad, served with your choice of Egg, Ham, Chicken or Smoked Salmon.

QUICHE / FRITTATA OF THE DAY

Chefs selection Quiche or Frittata of the Day served with a side salad.

TOASTED SANDWICHES

Various toasted sandwiches available by request.

CAKES & SLICES

- Daily selection of Cakes & Slices
- Banana Bread
- Fruit Toast

HOT & COLD DRINKS

- Black / Green Tea, Flat White, Cappuccino, Café Latte, Long Black
- Coke, Diet Coke, Coke Zero, Fanta, Sprite
- Orange Juice, Apple Juice, Cranberry Juice
- Bundaberg Ginger Beer, Lemon, Lime & Bitters

COFFEE
& CAKE
SPECIAL
\$5.00

(DELIVERED
DAILY)

Dietary requests will be met as required, gluten free and vegetarian options are always available. Orders need to be submitted via telephone or email to reception. All meal orders close at 12:00pm the day prior, but advanced notice is appreciated.

WHAT'S ON THIS MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Chicken Pumpkin Ravioli served with Tomato Sauce Chair Yoga at 2pm	Beef Goulash served with Sweet Mash Potato & Vegetables Gentle Exercise at 11.15am	Lamb Rump served with Thyme Sauce Barramundi served with Tarragon Sauce	Beef & Guinness served with Salad or vegetables
4	5	6	7
Tuna & Vegetable Pasta Bake Chair Yoga at 2pm	Pulled Pork Burger with Coleslaw & Chips Gentle Exercise at 11.15am	Beef Fillet served with Garlic Sauce Chicken Breast served with Mushroom Sauce	Chicken Breast served with Mushroom Sauce Gentle Exercise at 11.15am
11	12	13	14
Creamy Spinach & Mushroom Gnocchi Chair Yoga at 2pm	Beef Goulash served with Sweet Mash Potato & Vegetables Gentle Exercise at 11.15am	Salmon Fillet served with Garlic Prawns Beef Fillet served with Garlic Prawns	Chicken Pumpkin Ravioli served with Tomato Sauce Gentle Exercise at 11.15am
18	19	20	21
Spaghetti Bolognese Chair Yoga at 2pm	Lamb Navarin Stew served with Mash Potato Gentle Exercise at 11.15am	Chicken Breast served with Creamy Sage Sauce Barramundi served with Lemon & Herb Sauce	Chicken Mince served with Roast Vegetables GP Clinic
25	26	27	28

Meal of the day

Important Dates/Public Hols

Events in the Village

Activities in the Village



ST LOUIS ESTATE
LIVE WELL

MAY 2020

THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Fish and Chips	Lamb Rogan Josh served with Rice	Roast Beef & Vegetables
	1	2	3
Mince Pie a choice of vegetables Dinner at 11.15am	Fish and Chips	Thai Red Chicken Curry served with Rice	Roast Lamb & Vegetables Mother's Day
	8	9	10
Pad Thai Dinner at 11.15am	Fish and Chips	Beef Massaman Curry served with Rice	Roast Turkey & Vegetables
	15	16	17
Chicken Ravioli Tomato Sauce Dinner at 11.15am	Fish and Chips	Butter Chicken served with Rice	Roast Pork & Vegetables
	22	23	24
Mushroom Pie d with vegetables Dinner at 11.15am	Fish and Chips	Coconut Beef Curry served with Rice	Roast Beef & Vegetables
	29	30	31

EASTER RAFFLE WINNERS

Congratulations!



REMINDERS

DOCTOR IN THE VILLAGE

GPs on Bayview Clinic – 28 May 2020
Dr Tom Mildendhall will run his regular 4 weekly clinic at the Homestead. Appointments required.

OFFICE & COMMON AREAS

Reception and common areas will remain closed until further notice. Please contact reception via phone for daily enquiries.

RESIDENTS/ FAMILY UPDATES

Register your email address to be included in our regular digital updates.

REGISTER YOUR INTEREST

With small group classes now being held in the village. We ask residents to register their interest at reception if you would like to be part of a Movement & Meditation class to be held on the Homestead Lawn.

GUEST SUITE

Reception will not be accepting bookings for the Guest Suite until further notice.

SMOKE ALARMS

Our maintenance team will continue replacing the smoke alarm batteries within the village this month. Please notify reception to schedule a suitable time or if do not authorise the maintenance team to enter your unit to change the battery.



ACT OF KINDNESS

As Beethoven once said, "From the heart, it has come, to the heart, it shall go." We would like to acknowledge a selfless act of kindness by one of our residents who anonymously donated \$1000 to the Lions Foundation. This donation will go towards the provision of toiletries for the homeless and less fortunate. Resident, Joy Sinclair, is a part of the foundation and would like to express her great appreciation for the generosity and support from our village residents.



ST LOUIS ESTATE
LIVE WELL



TIMELESS! HISTORY REPEATS ITSELF.

Photo taken during Spanish Flu. This poem was written in 1869 and reprinted during 1919 Pandemic. It was written in 1869 by Kathleen O'Mara.

And people stayed at home
And read books
And listened
And they rested
And did exercises
And made art and played
And learned new ways of being
And stopped and listened
More deeply
Someone meditated, someone prayed
Someone met their shadow
And people began to think differently
And people healed.
And in the absence of people who
Lived in ignorant ways
Dangerous, meaningless and heartless,
The earth also began to heal
And when the danger ended and
People found themselves
They grieved for the dead
And made new choices
And dreamed of new visions
And created new ways of living
And completely healed the earth
Just as they were healed.

MAY BIRTHDAYS

Happy Birthday!
to our Residents
born in May



COVID-19 UPDATE

It's exciting to think we may be able to revert to life as we know it sooner than originally expected. School is back, social outdoor gatherings up to 10 people are permitted, and there's been very few new cases in WA.

It's all positive news currently, although we are still living with several Government restrictions, as a community we have adapted very well. News of the re-emergence of COVID-19 in Singapore and various other areas throughout the world highlights just how delicate the situation is.

In coming months St Louis Estate hope to reintroduce social activities and open common areas on very gradual and controlled basis to ensure we can monitor any possible risks to our

community. This will occur in line with advice from the Health Department and relevant industry bodies.

The Australian Government's Covid Safe mobile phone app helps all of us to stop the spread. St Louis Estate staff have all been encouraged to download it and we encourage all residents and families to do the same as it will continue to assist with risk management at the village as further restrictions are lifted.

Congratulations and thank you all for your cooperation and support in adopting the changes we made to help us manage the village through this period. We are so glad everyone has stayed home and stayed safe, lets keep up the good work until the end.



SPECIAL REQUEST

Do you have a spare Western Metropolitan Regional Council 'Recycling Centre Pass' – for disposal of bulk and garden waste??

If so, Ollie, Pete and Barry will happily take them off your hands, the team use the passes to dispose of the garden green waste produced from maintaining the beautiful St Louis Estate Gardens.

In the coming months the Town of Claremont will issue the new passes for 2020/2021, it would be greatly appreciated if these could be dropped to reception or one of the team. Many Thanks.

St Louis Estate Gardens and Maintenance Team

RECYCLING: DID YOU KNOW?

The more you know about recycling, the more you will be motivated to do it. Here are some tips of what can and can't go into each of our bins, here in the town of Claremont.

GENERAL WASTE

The dark green lid general waste bin is mainly for things which can't be recycled.

- ✓ Food & organic waste
- ✓ Grass clippings
- ✓ Small prunings
- ✓ Nappies
- ✓ General household waste

RECYCLING BIN

What can you put in your yellow lid Recycling bin?

All items should be clean, dry and empty with lids removed and placed in the bin loosely.

- ✓ Glass bottles and jars
- ✓ Paper – Not shredded
- ✓ Cardboard - Flattened
- ✓ Plastic bottles & containers
- ✓ Steel / aluminium cans

What doesn't belong in your yellow lid Recycling bin?

- ✗ No aerosol cans or gas bottles
- ✗ No batteries or electronic waste
- ✗ No clothes or textiles
- ✗ No garden or food waste
- ✗ No materials in bags
- ✗ No nappies
- ✗ No plastic bags or films
- ✗ No ropes, cables or hose