



PINK RIBBON BREAKFAST

It's simple, it's social, it saves lives.

Breast Cancer Awareness Month

This October, St Louis Estate will raise funds for the National Breast Cancer Foundation (NBCF). As part of our fundraising efforts we are hosting our first ever Pink Ribbon Brunch, this event will support NBCF's goal to work towards zero deaths from breast cancer by 2030.

Breast cancer is the most commonly diagnosed cancer in Australia. A staggering 1 in 7 women will be diagnosed with breast cancer in their lifetime. This equates to 55 Australians facing a diagnosis each and every day. This year, more than 3,000 women and men will lose their lives to breast cancer. And without research, a further 27,000 more lives will be lost to breast cancer by 2030. In the 27 years since NBCF's inception, the five-year survival rate for breast cancer has increased from 76% to 91%. Ultimately, NBCF is working towards a goal of zero deaths from breast cancer by 2030.

**YOUR SUPPORT WILL SAVE LIVES.
GET YOUR TICKETS TODAY:**

Join us for a gourmet brunch, to help support this special cause, bring your friends and family along.

Date: Monday 19th OCTOBER 2020

Time: 9:00 AM arrival to the Kingsmill Lounge

Tickets: \$40.00 with all profits donated directly to NBCF.

RSVP: Monday 11th October. Please purchase tickets ASAP.

Can't make it on the day, or want to show support in a different way? We are accepting cash donations at Reception or donations can be made online directly to our fundraising page found at the below website:

fundraise.nbcf.org.au/fundraisers/stlouisestate

VILLAGE MANAGER'S WELCOME

Although it seems premature to be talking about Christmas already, I walked into my local shopping centre last week and was shocked to see shelves filled with Christmas decorations and Halloween treats, it dawned on me in that moment that 2020 is nearing an end. I thought to myself, it seems these items are appearing in the shops earlier and earlier each year, or perhaps this year and all it's COVID-19 challenges have time feeling like it's passing by a little quicker.

It's undeniable that 2020 has been a year like no other, and given we've been blessed here in WA by continuing to avoid a second wave so far, it means planning and coordination for all of our annual end of year events has commenced.

COVID-19 has seen an increase in literature about social engagement helping fend off social isolation and depression, both of which have been linked with a decline in cognitive function. Having good

social supports also reduces stress, which we know has a negative impact on our lives.

"Challenging your brain, staying physically active, and being socially engaged will help keep our thinking skills sharp". - Dr. Kathryn Papp, Neuropsychologist at Harvard Medical School

With this in mind, I challenge each of you to commit to trying something new this month. Get involved by attending an event or activity you have not experienced yet. Whether it be a guest talk or morning tea, exercise class or trying out the pool, enjoying a game of bingo or an evening meal at the Homestead. The best way to connect with others and meet new faces is by attending social events or being actively involved in planned activities.

Before we know it, Christmas will be upon us and then we will be bidding farewell to 2020.

Yours Truly, Sarah Reilly

ADAM HALL CONCERT

What a perfect way to kick start a weekend. On Friday the 18th September, the talented Adam Hall and musicians entertained us with Jazz on the lawn.

The incredible band could be heard as they walked through the village playing and pipping the music back to the homestead lawn. As the sun was setting residents were treated to champagne and canapes as the music continued to play, all we needed was

a dance floor. It was a beautiful evening and wonderful seeing so many faces we don't always get to see often; a very successful event and we can't wait to do it again! A special thank you to Adam Hall and his band, along with every resident and staff member who attended, which made the evening one to remember.





From the Kitchen

SATURDAY MEAL SERVICE

Due to changes in demand for the Saturday lunch delivery service from Saturday the 3rd of **October** there will no longer be a delivery between 12:00pm and 1:00pm on Saturdays. Residents will still be able to order the planned 'Meal of the Day' or a 'Light Meal' option, all orders will be prepared and delivered by kitchen staff on Friday afternoons.

OPENING HOURS

Monday - Friday
10:00 am - 2:00pm



CASUAL DINING TIME CHANGE

From the start of October our regular Monday and Friday Casual Dining will now commence at 6.30pm in the Kingsmill Lounge

SAVE THE DATE - CHRISTMAS CELEBRATIONS

We are pleased to advise we have confirmed the dates for our 2020 Christmas celebrations, be sure to mark them in your diary and keep your eyes out for more information to come next month.

- Christmas Cocktail Party - Thursday 3rd December 2020
- Christmas Luncheon - Friday 18th December 2020

DINING OPTIONS & DELIVERY SERVICES

DAY	MEAL THEME	COST	DELIVERY TIME	DINE -IN TIME
Monday	Casual Dinner	\$15.00	4:00 pm - 5:00 pm	6:30 pm
Tuesday	Meal of the Day	\$15.00	12:00 pm - 1:00 pm	N/A
Wednesday	Chefs Dinner	\$30.00	5:00 pm - 6:00 pm	6:00 pm
Thursday	Meal of the Day	\$15.00	12:00 pm - 1:00 pm	N/A
Friday	Casual Dinner	\$15.00	4:00 pm - 5:00 pm	6:30 pm
Saturday	Meal of the Day	\$15.00	Friday Afternoon Delivery	N/A
Sunday	Roast Lunch	\$28 .00	12:00 pm - 12:30 pm	12:30 pm

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.

***Please Note:** Deliveries that are requested outside the set delivery times will incur a \$1.00 surcharge.

OCTOBER EVENTS



MOVIES

Mission: Impossible 1h 50m - October 13th

Ethan Hunt, an American special agent, struggles to prove his innocence and catch the real culprit when he is falsely accused of murdering his entire team.

Palm Beach 1h 40m - October 27th

A group of old friends reunites at Sydney's Palm Beach to celebrate a special birthday. However, the fun soon gives way to the messy realities of life.



HAPPY HOUR

Friday 2nd October, gather some friends, bring along a few drinks and enjoy happy hour in the Kingsmill lounge bar area from 5:00pm–6:00pm.

GUEST TALKS - 10:30AM - 11:30AM

Friday 2nd October

Richard Offen - Quirks & Oddities

There are no people more eccentric than the British when it comes to quirky buildings and structures.

Friday 9th October

Jim Everett - Half a century! What Happened?

Let's explore how Australia and the world have changed in this eventful half century

Friday 23rd October

Bill Townsend - Impex & the Ichthys ING Project

Ichthys LNG is ranked among the most significant oil and gas projects in the world.

Friday 30th October

Harold Loton - Dwellingup Fires 1961

The Bushfire that destroyed a town accompanied by "The Day the Flames Came".

FRIDAY FUN - GAMES AFTERNOON

Friday 9th October 1:00pm - 2:30pm in the Kingsmill Lounge

Come along to the social club organised games afternoon. This casual event will see residents join in some friendly competition and fun for the afternoon. Table Tennis, Pool, Croquet, Cards, Connect 4 and various Board Games will be made available for use by residents during this time. For further information please contact reception or the social club.

HALLOWEEN - PIZZA NIGHT

Saturday 31st October - 6:00pm in the Kingsmill Lounge

Tickets - \$15.00 - please book through reception as numbers are limited.

Our social club events are back, and this month it is Halloween themed, join us in your best Halloween outfit. These events are organised and run by the wonderful St Louis Social Club, a group of volunteer residents, who plan and coordinate social events. We are currently seeking new social club committee members, please come along to the next meeting on 1st of October.





ST LOUIS ESTATE
LIVE WELL

MELBOURNE CUP LUNCHEON

Once again St Louis will be holding our annual Melbourne Cup Luncheon. Start planning your race day outfit and get ready to join us for the race that stops the nation. All ticket holders will enjoy champagne and canapes on arrival to the Kingsmill lounge where you will have the opportunity to participate in the resident's sweepstake and watch the race on the big screen. Post-race, you will be welcomed into the dining room to enjoy a two-course gourmet lunch and presentation of race day door-prizes.

Date: Tuesday 3rd November 2020

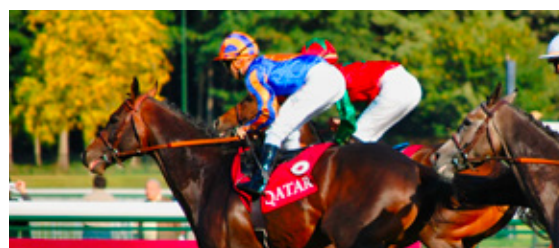
Pre-Race Event: 11:30am In The Kingsmill Lounge

Race Time: 12:00pm On The Big Screen

Luncheon Time: 12:30pm In The Dining Room.

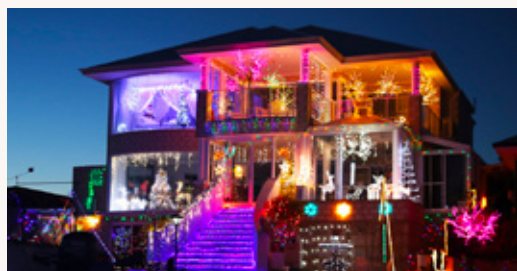
Cost: \$45.00 per person.

RSVP: 15th October, contact reception.



CHRISTMAS LIGHTS CRUISE

Last call for tickets to the St Louis Christmas lights cruise. Bring your friends or family along for a social evening to ignite our Christmas spirit. Enjoy delicious fish and chips at Cicerello's Mandurah by the water before we board the boat and embark on a cruise through the magnificent Mandurah Canals to enjoy the spectacular Christmas lights by night. Marvel at the multimillion-dollar homes dressed up for Christmas with thousands of lights and decorations making this area a fairy wonderland. Join us for an event not to be missed.



Date: Tuesday 15th December 2020

Time: Depart St Louis – 4:30pm,
Returning to St Louis by 10:00pm.

Cost: \$75.00 per person.

RSVP: 15th October, contact reception.

ST LOUIS COMMUNITY CHRISTMAS FETE

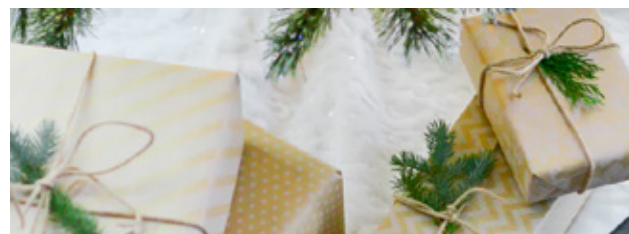
SEEKING STALLHOLDERS! SPREAD THE WORD!

This year our Christmas Fete is open to the wider community. In order to make our Saturday event a success and attract a great crowd to the village we are seeking stallholders to participate on the day. All external stall holders are welcome, spread the word and invite anyone you know who would like either host a stall or just come along on the day and join in the fun.

We hope to have a variety of stalls including family friendly fun and games, food and baked goods, jams and preserves, arts and crafts, homewares, health-care products, face-painting, kid's activities, musicians, local businesses and Christmas theme gifts wares.

Date: Saturday 5th December 2020

Stallholder application forms are available from reception via (08) 9382 1420 or admin@stlouisestate.com.au



Community Call Out! Can You Help?

PERTH CHILDREN'S HOSPITAL – SEWING NEEDED

Perth's Children's Hospital are urgently seeking a variety of simple yet essential items in the NICU (Premature Babies Ward) A variety of Sleeveless jackets and head supports need to be sewn by volunteers. Joy Sinclair is requesting anyone who can sew please reach out and offer a small amount of your time and skillset to have a huge benefit for these little ones.

**Pictured is a sample of the simple jackets and head supports in need. Materials can be provided.*



CHRISTMAS RAFFLE DONATIONS WANTED

With Christmas just around the corner, Catherine will once again be running the very popular Christmas Raffle. In order to offer the numerous wonderful prizes, we rely on the generosity of the community to donate towards the prizes. If you would like to donate please take items including, chips, chocolates, wine, Christmas theme knick-knacks, nuts, candles, giftware, jams, relish, biscuits or similar to Catherine at reception. All profits are donated to the St Louis Social Club. Thanks in advance.



SOCIAL CLUB WHITE ELEPHANT STALL

St Louis Social Club is once again seeking donations towards the "White Elephant" Stall to be held at this year's fete. All money raised from the stall is contributed to the social club to help subsidise resident outings and social club events during the year. Items welcomed include household bric-a-brac and anything worthy of a price tag. Please bring all donations to reception.



SOCIAL CLUB MEMBERS & GUEST SPEAKERS NEEDED

Do you know a great guest speaker? All suggestions and nominations are welcomed for Guest Speakers to populate our beloved Friday morning talks calendar in 2021. Please pass on details of volunteer guest speakers to the social club, or via reception. We are also seeking nominations for a resident/s to assist in the organising / scheduling of the guest talks.

The St Louis Social Club are currently recruiting new members to assist in organising and running the social events enjoyed by residents throughout the year. Unfortunately, without the support and attendance of residents at social club meetings and events it is very difficult to continue to offer these events on a regular basis. If everyone does a little, together we can achieve a lot.



FAREWELL & THANK YOU JANICE



It is with a heavy heart that I acknowledge the resignation of our colleague and friend Janice Oram.

Janice has been working at St Louis in various capacities for over 28 years. Janice has shared her extensive experience, her warmth, and her genuine love for her job with us all. How fortunate we have been to have her a part of our community for so many years. A much loved and respected lady by residents and colleagues, she will be greatly missed.

Please join me in wishing Janice a well-earned rest and joyful retirement and many more happy memories with her family and friends.

If you wish to write a card or donate towards a gift, please see Catherine at reception who will collect on behalf of all residents. Janice is also happy to receive an email should you wish to write to her. Her email is janice.oram@icloud.com

Warm regards, Teelia Peploe

WELCOME TO OUR NEW RESIDENTS

St Louis Estate would like to extend a very warm welcome to our new residents.

Unit 1 – Mrs Dawn Farrelly | Unit 20 – Mrs Margaret Flecker

We look forward to seeing you around the village.

OCTOBER BIRTHDAYS

DAY RESIDENT

2nd Eileen Bibby

2nd Richard Sweet

2nd Frances Brett

6th Peter Wright

10th Dorothy Arthur

12th Jeannie Townsend

17th Jo Evans

25th Robin Letts

28th Wyn Rees

STAFF BIRTHDAYS

16th Catherine White

We look forward to meeting our new residents and celebrating our October birthdays at our Celebrate St Louis Morning Tea on Friday 16th October 2020. Hope to see you all there.

PUZZLE ANSWERS

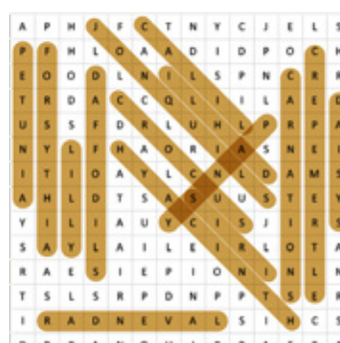
Sudoku puzzle 1

3	8	1	2	7	6	9	4	5
4	5	7	8	3	9	2	1	6
9	2	6	5	4	1	8	7	3
8	1	3	6	5	4	7	2	9
6	4	5	9	2	7	1	3	8
7	9	2	1	8	3	5	6	4
5	7	9	3	6	2	4	8	1
1	6	4	7	9	8	3	5	2
2	3	8	4	1	5	6	9	7

Sudoku puzzle 2

8	7	4	1	3	9	5	2	6
1	5	9	6	7	2	8	3	4
3	6	2	8	5	4	7	9	1
2	3	1	9	4	8	6	7	5
5	8	6	3	1	7	2	4	9
9	4	7	5	2	6	1	8	3
7	2	5	4	6	3	9	1	8
4	1	8	2	9	5	3	6	7
6	9	3	7	8	1	4	5	2

Wordsearch



Happy Birthday!



SUDUKU PUZZLE 1

		1				9	4	
4		7	8	3		2	1	
9		6	5			8		3
8			6					
				2		1	3	
					3	5		
5	7				2	4	8	
1	6			9			5	
			4	1				7

SUDUKU PUZZLE 2

	7	4			9	5		
1				7		8	3	4
3		2			4			1
		1	9	4		6	7	5
	8	6	3	1				
		7	5					3
	2			6	3			
			2		5			
	9					4		

WORD SEARCH - SPRING FLOWERS

A	P	H	J	F	C	T	N	Y	C	J	E	L	S
P	F	H	L	O	A	A	D	I	D	P	O	C	H
E	O	O	D	L	N	I	L	S	P	N	C	R	R
T	R	D	A	C	C	Q	L	I	I	L	A	E	D
U	S	S	F	D	R	L	U	H	L	P	R	P	A
N	Y	L	F	H	A	O	R	I	A	S	N	E	I
I	T	I	O	A	Y	L	C	N	L	D	A	M	S
A	H	L	D	T	S	A	S	U	U	S	T	E	Y
Y	I	L	I	A	U	Y	C	I	S	J	I	R	S
S	A	Y	L	A	I	L	E	I	R	L	O	T	A
R	A	E	S	I	E	P	I	O	N	I	N	L	N
T	S	L	S	R	P	D	N	P	P	T	S	E	R
I	R	A	D	N	E	V	A	L	S	I	H	C	S
D	R	R	A	N	O	U	I	P	P	A	S	R	A

Lavendar

Sweet William

Hyacinth

Lilly

Pansy

Baby's Breath

Dahlia

Forsythia

Petunia

Daisys

Crepe Mertle

Jonquils

Lilac

Tulips

Iris

Wysteria

Crocus

REMINDERS

SOCIAL CLUB

COMMITTEE MEETING

October 1st at 2pm in the Private Dining Room.
New members welcome

LIONS HEARING CLINIC

October 16th
Call 1800 054 667 to book your appointment.

ST QUENTIN DENTIST

Pick up residents in the village if necessary. Call 9385 2418 to book your appointment.

HAIRDRESSER

Karen is taking appointments Wednesday – Friday.
Call 0419 948 577 to book.

BEAUTICIAN

Christine is taking appointments on Friday's. Call 0403 281 205 to book.

MASSAGE THERAPY

Sandra will visit the village on 13th & 27th October.
Call reception to book your appointment 9385 1420.

GP IN THE VILLAGE

October 8th – Dr Chiara & October 22nd – Dr Tom

BINGO

October 8th – 1:30PM in Kingsmill Lounge Cost - \$10.00 for a book of 10 games

SHIRE TIP PASSES

If you have received a WMRC Tip Pass for 20/21 and would like to donate it to reception, the garden and maintenance team would be very appreciative.