

Have a Go Day

WA SENIOR'S WEEK 2020

8TH – 16TH NOVEMBER 2020



Seniors Week 2020 is a special time of celebration for Western Australian seniors. During Seniors Week, events and activities are held across Western Australia to acknowledge seniors and show our appreciation for your valued contribution to society. Keep an eye out around the village for our senior's week activities.

The "Have a Go Day, a LiveLighter Event", is the weeks flagship event run by the Seniors Recreation Council of Western Australia (SRCWA). It will be on Wednesday 11th November at Burswood Park, Great Eastern Highway, Burswood.

The event is targeted at Older Australians and encourages you to participate in activities that help to keep you physically and mentally alert. It started in 1992, SRCWA developed Have a Go Day

to provide many older Australians the opportunity to come together in one place and try many activities whilst providing the opportunity to gather information specific to their age group in one place.

Activities at Have a Go Day cover a varied range, including physical / exercise, yoga, tai chi, dancing, canoeing, exergaming, and various sorts of arts, crafts cards, games, cooking and dancing. A range of government and non-government service providers, various clubs and groups also use the event to showcase their organisations. Clubs, groups, seniors' agencies and government departments provide information specific to the older Australians including information which is relevant to you.

HAVE A GO DAY

Wednesday 11th November 2020, 9am - 3pm | Burswood Park, Great Eastern Highway

Free activities and information day for over 50's. Be prepared to "Have a Go"!
Featuring Activities, Clubs/Groups, Seniors and Commercial Agencies

- Free tea, coffee and bottles water available all day
- Food Vendors in attendance
- Remembrance Day Observance Ceremony
- Free shuttle bus service, Burswood Train Station
- Free parking at Crown and surrounding carparks



08 9492 9773 www.srcwa.asn.au

Free transport will be offered from St Louis Estate

Departing the Village at 9:30am and Returning around 1:00pm. Please register your interest via RSVP to Reception ASAP. Make the Most of this fantastic opportunity.



VILLAGE MANAGER'S WELCOME

During November we celebrate Western Australia's Seniors Week, a time to celebrate you, and the regular valuable contributions you all make as the older members of our community. As our way of saying Thank you and showing our appreciation, we have put together a program of events for you all here at St Louis. The week's events include a mix of our regular weekly activities which will be made extra special and some new and exciting events to encourage everyone to get involved and 'Have A Go'. We are also offering free transport to the Seniors Recreation Council of WA event to be held at Burswood Park, which looks to be a fantastic day out for those who would like to go.

With the introduction of new events and welcoming of new residents across the Estate in recent months, its lovely to see an increase in engagement within our community, and great attendance at social and dining events. As we approach the holiday season there will be plenty more opportunities to get involved and spend time with those nearest and dearest.

It is important coming into this busy time of year that we remember to maintain our COVID-19 safety

practices, part of this is ensuring we can adhere to capacity restrictions in our common areas. Please play your part in this by ensuring you RSVP to every event you plan on attending, in particular the St Louis Estate Annual General Meeting to be held at 9:30am on Monday, 30th November and the Christmas Cocktail Party to be held from 5:00pm – 7:00pm on Thursday, 3rd December.

Our St Louis Christmas Fete is scheduled for Saturday 5th December this year, by hosting the event on a weekend we hope all residents can invite their relatives and friends along to make a day of family fun and community spirit leading up to Christmas. This is not a 'Public Event' and we ask that you ensure your guests maintain our COVID-19 hygiene practices. The warmer weather is here to stay now, so remember to stay hydrated and enjoy the Vitamin D.

In the spirit of the upcoming Seniors Week, I'll leave you with a giggle. "Why don't retirees mind being called seniors? Because the term comes with a 10% discount."

Yours Truly, Sarah Reilly

PINK RIBBON BREAKFAST

Congratulations & Thank You

TOTAL RAISED
\$2,100

We would like to express a heartfelt thank you to each and every person who supported our Pink Ribbon fundraising campaign during October. A special thanks to the attendees of our very first Pink Ribbon Breakfast, guests enjoyed a delicious 5-star breakfast from our kitchen, accompanied by some Breakfast Trivia and delightful Pink Ribbon Cupcakes & Prizes. After the fantastic feedback received about the breakfast, we hope to see this become an annual event.

We are excited to announce our St Louis community raised over \$2,100 which will be donated directly to the National Breast Cancer Foundation, to help fund vital research.





From the Kitchen

HOLIDAY SEASON FUNCTIONS

Would you like to book a family function or host your relatives and/or friends for a Function this holiday season? Our wonderful St Louis kitchen can cater for all your function needs and requests. We have the private dining room, BBQ area and Kingsmill Lounge available for your use. Come and discuss how we can help you celebrate for any occasion.

OPENING HOURS

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



UPCOMING FUNCTIONS

- Melbourne Cup Luncheon – 3rd November 2020
- Christmas Cocktail Party – 3rd December 2020
- Christmas Luncheon – 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.**

WELCOME TO OUR NEW RESIDENTS

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

Unit 20 & Unit 31

We look forward to seeing you around the village.

NOVEMBER EVENTS



MOVIES

The Good Liar 1h 49m - 10th November

Starring Ian McKellen as a career con artist who meets a wealthy widow (Helen Mirren) online, and then discovers that his plan to steal her fortune has unexpected roadblocks.

Isn't It Romantic 1h 29m - 24th November

A young woman disenchanted with love mysteriously finds herself trapped inside a romantic comedy.



SOUND HEALING ACTIVITY

Friday 13th November 1:30pm in the Kingsmill Lounge

We are pleased to offer a session open to all residents with Estelle as part of Seniors Week. Come along and enjoy the benefits of some sound healing and relaxation.

Sound vibrational medicine has been used in almost every culture, since the beginning of time. Vibrational sound therapy is used to manage stress, reduce sadness, release tension and anxiety, relieve physical pain, let go of stored unhealthy emotions or memories and toxins can be eliminated at the cellular level.

What can sound healing do for you?

- Free you of chronic pain
- Increase your energy and vitality
- Have deep restful sleep
- Feel peaceful and calmer
- Improve memory
- Lower blood pressure and cholesterol
- Wake up feeling happy and energized.

REMEMBRANCE DAY SERVICE

Wednesday 11th November - 10:30am

A brief commemorative service will take place on the Homestead Lawn at 10:45am, please arrive and be seated from 10:30am.



SOCIAL CLUB SUMMER BBQ

Saturday 28th November - 6:00pm in the Kingsmill Lounge - Tickets \$10

Our social club BBQ's are back for summer. BYO Meat & Drinks, Salads provided by the Social Club. BBQ Packs available through reception.

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 5th November 2020.





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

Friday 6th November

Steven Lee, Blueforce - Don't Be Afraid of the Big Red Button

We are pleased to invite a Blueforce specialist to speak with you about all the services which can be provided through the Blueforce system, it's not just for medical emergencies.

Friday 13th November

Robin Tunnicliffe - Climate Change Revisited

Factors of Climate Change World Wide, featuring inspiration from David Attenborough.

Friday 27th November

John Viska - The Lost Grottoes of Queens Gardens

A part of the original landscaping when the brickfields in East Perth were converted into pleasure grounds in 1899, from the WA branch of the Australian garden History Society Chairman.

IMPORTANT NOTICES

ANNUAL GENERAL MEETING

St Louis Estate Annual General Meeting will be held on Monday 30th November 2020 at 9:30am in the Kingsmill Lounge. Further information will be sent closer to the event. RSVP is required to reception to ensure we adhere to our COVID-19 Capacity restrictions. Everyone is welcome and attendance is encouraged.

A MESSAGE FROM AUSTRALIA POST

"Due to a decline in letter volumes accelerated by the global COVID-19 pandemic, letters to your address will be delivered every second working day rather than every working day until 30 June 2021. P.O. Boxes will still receive deliveries 5 days a week and Express Post items and parcels will continue to be delivered every working day".

This change will affect all units here at St Louis, please note we are unable to advise which days the postal service will be conducted here. Our outward Australia Post mailbox located at the Homestead will continue to be cleared and dropped to Australia Post daily.

CHRISTMAS LIGHTS TOUR TICKETS

Payment for Christmas lights Tour (\$75.00) has been billed to your October accounts for all RSVPs. Pre-payment to the tour company has already been made. Your tickets are transferable so if you need to organise someone else to take your place in the unlikely event you can't attend, we will be able to update the names. We have a couple of spots still available.

PREVENTATIVE AIR-CONDITIONING MAINTENANCE

Our maintenance team will be commencing the scheduled air-conditioning filter cleaning for all units from November 2020 in preparation for Summer.

The maintenance team will leave a calling card if you are not home when they attend to let you know the filters have been cleaned. If you do not authorise our maintenance staff to enter your unit when you're not home, please notify reception ASAP.

CHRISTMAS RAFFLE DONATIONS WANTED

With Christmas just around the corner, Catherine is organising prizes and selling tickets for 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. Please donate items including, chips, chocolates, wine, Christmas themed knick-knacks, nuts, candles, giftware, jams, relish, biscuits or the like to Catherine at reception.

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.



CHRISTMAS RAFFLE TICKETS

Tickets Now on Sale - \$2.00 each or 3 for \$5.00. Purchase through Reception.

Raffle will be drawn at the Christmas Fete on Saturday 5th December 2020. All proceeds from the Raffle go directly to the St Louis Social Club.

IN LOVING MEMORY

Georgina Malabar

With heavy hearts we advise of the passing of Georgina Malabar (Unit 56) in October. We will all miss seeing Georgi sitting in the sun and enjoying village life. It was a privilege to know her and have her be part of our community, we will always remember her superb knitting talents and generous heart.

The Malabar family would like to invite the St Louis Estate community to attend a morning tea to celebrate the wonderful life of our beloved Georgi. A private cremation and lunch were held with close family and friends.

Morning tea will be held in the Kingsmill Lounge on Wednesday 4th November at 10:00am, please join us to share in a memorial for Georgi. RSVP to reception would be appreciated.

Rod Palermo

It is with great sadness that we inform you of the passing of our beloved friend, co-worker, and former St Louis Chef Rod Palermo. Rod was a valued member of our community for 11 years.

We extend our love and support to his wife Amy and his extended family. It's hard to forget Rod's kindness and generosity of spirit to the St Louis community and his superb culinary expertise and incredible Morning Tea cakes we delighted in!

Condolence cards can be delivered to reception and will be passed on to the family, funeral details have not yet been released.





ST LOUIS COMMUNITY CHRISTMAS FETE

Saturday 5th December 2020 – 9:00am – 1:00pm

Invite your friends and relatives along to enjoy our St Louis Community Christmas Fete. 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, local businesses and Christmas theme gifts wares.

Stallholder applications are still open and forms are available from reception via (08) 9382 1420 or admin@stlouisestate.com.au

NOTE: This is not a public event. We ask that you ensure your guests adhere to our COVID-19 safety procedures.



TOWN OF CLAREMONT - FREE COMMUNITY RECYCLING DROP-OFF DAY

Council Administration Building, Saturday 14 November 2020 9:00 AM - 1:00 PM | (08) 9285 4300

Spring is typically the time of year to clean out, sort through and declutter your space - but what to do with all of your unwanted goods?

In support of National Recycling Week, the Town is working in conjunction with WMRC and Anglicare WA to help put difficult waste in the right place with a free community recycling drop-off day. Your e-waste, mattresses, cardboard, bulk polystyrene, batteries, aerosols and x-rays can be dropped off free of charge at the Town of Claremont council carpark between 9am and 1pm on the day. Anglicare WA will also be collecting good quality clothing, furniture and bric-a-brac to be resold for charity.

REMINDERS

SOCIAL CLUB

COMMITTEE MEETING

November 5th at 2pm in the Private Dining Room.
New members welcome

LIONS HEARING CLINIC

November 17th
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 the 10th & 24th of November.
Call reception to book your appointment 9385 1420.

GP IN THE VILLAGE

November 5th – Dr Chiara
November 19th – Dr Tom

MEGA JACKPOT BINGO

November 12th – 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.



SENIOR'S WEEK ACTIVITIES

MONDAY NOVEMBER 9TH	TUESDAY NOVEMBER 10TH	WEDNESDAY NOVEMBER 11TH	THURSDAY NOVEMBER 12TH	FRIDAY NOVEMBER 13TH
"We Love You a Latte" Coffee & Catch-Ups – 10:00am	Gentle Exercises – 11:15am	Have A Go Day – Free Transport 9:30am	Gentle Exercises – 11:15am	St Louis Seniors Week Morning Tea – 9:45am
Chair Yoga – 2:30pm	Movie Afternoon – 1:30PM	Remembrance Day Service – Homestead Lawn 10:45am	Mega Jackpot Bingo – 1:30pm	Sound Healing Relaxation & Meditation – 1:00pm

We Love You a Latte - Come along to the St Louis Café from 10:00am – 11:00am to make the most of our social coffee morning. Meet some new friends or catch up with some old ones. A beverage of your choice and some delightful morning tea treats will be included for all attendees. \$5.00 per person.

Chair Yoga – Haven't been to a St Louis Chair Yoga class? Seniors week is the perfect time to try. Your first class with Anne will be FREE so come along and try something new.

Gentle Exercises – If you have never tried our St Louis Gentle Exercise classes, Seniors week is the perfect time to try. Christine is pleased to welcome new residents to try your first class this week for FREE.

Movie Afternoon – Sit back relax and enjoy our Seniors week movie. We will have the "Kingsmill Cinema" awaiting you. Popcorn and Movie Treats will be provided to make it extra special. Movie commences at 1:30pm.

Have a Go Day – Burswood Park – Make the most of this opportunity to enjoy a free event with transport provided. We will depart St Louis Homestead at 9:30am and be returning around 1:00pm. RSVP Essential.

Remembrance Day Service – A brief commemorative service will take place on the Homestead Lawn at 10:45am, please arrive and be seated at 10:30am.

Mega Jackpot Bingo – Be ready for eyes down at 1:30pm sharp. Come along to the biggest St Louis Bingo event of the year. Bonus prizes awarded during all 10 rounds and Jackpot Cash prize for the final game. \$10.00 per person. Please arrive at 1:15pm.

St Louis Seniors Morning Tea – Join us in the Kingsmill Lounge from 9:45am for morning tea.

Sound Healing / Relaxation Session – Wind down on your Friday afternoon following a busy week of new and exciting activities. Join the lovely Estelle Amelia for a 30 min sound healing relaxation session. Discover the benefits of sound healing and relaxation for wellness.

Happy Birthday!

TO ALL OUR STAFF & RESIDENTS BORN IN SEPTEMBER

