

INTERGENERATIONAL ACTIVITY PROGRAM

The Early Learning Centre at Methodist Ladies' College would like to warmly invite residents of St Louis Estate for an Afternoon Tea to meet our families, children and staff. The Early Learning Centre was established in 2018 and currently cater for 117 children between the ages of 6 months and 5 years of age. This year we have established the vision to create community connections beyond the boundaries of MLC, and would love to establish an activity group with the St Louis residents that is based on trust, mutual respect and the sharing of ideas between our most respected senior citizens and our younger generation.



DATE: Monday, 2nd August 2021

TIME: Departing the Homestead at 1:00pm

Return by 3:00pm. 1:30pm commencement at MLC

COST: Free

RSVP: Monday 26th July 2021. Please register your attendance early as places are limited.



MLC
EARLY LEARNING
CENTRE



SHARE THE WARMTH – GOURMET SOUP BUFFET

Thursday 15th July 2021 | 12:00pm | Kingsmill Lounge Cost: \$15.00 per person RSVP: Friday 9th July 2021



Join us to share in a delicious lunch, including a selection of gourmet soups, with all the trimmings and dessert.

We will be collecting donations of new and good-condition pre-loved clothing and blankets, on the day.

Residents and families are encouraged to bring along any donations of warm blankets, sleeping bags, beanies, gloves, scarves, jumpers, rain jackets and tracksuits to the collection point at the Homestead.

With winter every year there comes an increase in requests for support from vulnerable members of our community. As the temperatures drop many individuals and families need some extra assistance to keep themselves warm and fed. This year we would like to do something a little different to

support those a little less fortunate, please join us at our soup buffet fundraising event.

All proceeds from this event will be donated directly to aiding the Street-people and Homeless of Perth. Your support will make the world of difference to a person or a family in need. You'll not only be keeping people warm but filling hungry bellies and connecting people with professional counselling and support.

If you are unable to attend the event, donations can be left at reception prior to the event.



Let's get together and help keep Perth a little warmer this winter.

VILLAGE MANAGER'S WELCOME

Welcome to July, it's hard to believe we are halfway through 2021. Sadly, we are beginning this new financial year with COVID-19 lockdown restrictions. I hope the restrictions are as short as possible, and successful in stopping the current community transmission of COVID-19. As always during our periods of restriction, St Louis Estate aim to provide as much support to residents as possible. I hope you're feeling safe and supported during this time and I encourage you to reach out should you need any further assistance during the lockdown. Our kitchen is busy working away to get all the delicious home delivery meals delivered to your doors and we hope to see you all back in the dining room very soon.

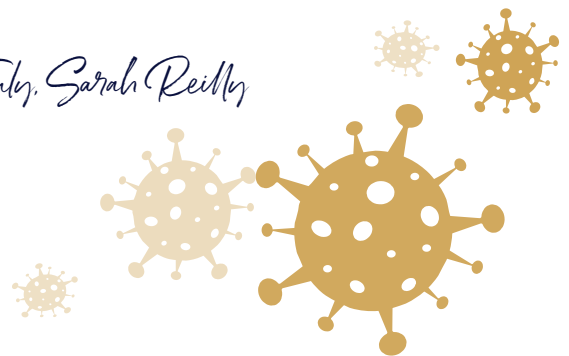
Post lock down, July and August are looking to be busy months of new and diverse events, with a focus on community. The MLC Early Learning Centre (ELC) have kindly invited us to share in the amazing work being done at their exceptional Early Learning Centre and Kindergarten for girls and boys, aged six months to four years. We trust this will serve as a chance to share in the amazing benefits that intergenerational activities and programs bring to all involved. Moving forward we hope to continue working with MLC ELC to bring you an ongoing program of events. Be sure to join us as we venture out of the Estate across the highway for an afternoon of activities and delicious refreshments with the MLC ELC in August. An opportunity to interact with children, participate in activities and share

afternoon tea. Research has shown the wonderful benefits these style programs have for the cognitive, social and physical wellbeing of participants.

We are grateful to be welcoming some year 8 Scotch College students completing community service next term. Additionally, we are hosting several events focused around helping those in our wider Perth community. In the words of Ronald Reagan, "We can't help everyone, but everyone can help someone." It's always heartwarming to see the generosity of our St Louis residents and families when we run our fundraising events. As always, I am sure we will see overwhelming support of our upcoming Soup Buffet, Winter Warmers collection and of course the 'Bake it Blue' cake stall.

So, until the next edition of the Village Voice, I hope you all Stay Safe and Stay Warm.

Yours Truly, Sarah Reilly



ST LOUIS GIVING COMMITTEE – WE NEED YOU!

We are currently seeking volunteers to establish a 'Giving Committee', to support the amazing work of several residents currently led by Joy Sinclair (Unit 55). Our giving committee would assist in the work of seeking and sorting donations for various worthy causes throughout the year, including many well deserving beneficiaries across Perth and Western Australia.

We are so fortunate here at St Louis Estate to have a community full of very generous and thoughtful residents and families always happy to help those around them and the greater community. The overwhelming support which is always shown for various fundraising events and donation drives is so greatly appreciated and a credit to our wonderful community.

We encourage not only our residents but also families and friends of the St Louis to get together and register your interest in volunteering some of your valuable time to help out with these positive initiatives throughout the year, in whatever capacity you have to offer.

Please register your interest at reception via **(08) 9385 1420** or email **admin@stlouisestate.com.au**.



From the Kitchen

OPENING HOURS

Monday – Friday
10:00 am – 2:00pm



CHRISTMAS IN JULY



Join us to celebrate Christmas in July, a delicious mid-year treat, with good friends, great food and a few surprises. You will be treated with a traditional style, Gourmet Christmas lunch with all the trimmings!

Friday 30th July 2021 | 12:00pm

Cost: \$45.00 per person, which includes a delicious 3-course meal and an afternoon of festivity, you know you don't want to miss

RSVP: Friday 16th July, unless sold out prior.

Bookings are essential via Reception.



WINTER CASUAL DINING TIME

Our Monday and Friday Night Casual Dinner service time will be brought forward by half an hour to accommodate the winter season.

Dinner service time will now commence from 6:00pm starting from Monday, 5th July and Friday, 9th July 2021 until further notice.



SCOTCH COLLEGE - YEAR 8 COMMUNITY SERVICE PROJECT 2021



As part of their community service project the Year 8 students of Scotch College will be volunteering in various capacities throughout the community over the next few months. Be on the lookout over July and August for more information regarding dates and activities scheduled here at St Louis Estate.

We are lucky to have one group already scheduled to entertain and serve Residents as part of some upcoming Friday's Casual dining events. The students will entertain us with a short musical performance before dinner, interact with residents and assist with the dinner service and clean up. We look forward to hosting the students and enjoying their performances on the 23rd & 30th of July.

COVID-19: ARE YOU VACCINATED?

As the vaccination rollout continues across Australia, with recommendations being made by Government and Regulatory Bodies, it is best for everyone to receive their vaccinations under the direction of their own GP. Additionally, it is important that your GP monitor the time periods required between vaccinations.

Residents are encouraged to make arrangements with their usual GP to receive the COVID-19 and Flu vaccinations as soon as possible.

Alternatively, residents may choose to book an appointment as a member of the priority group (Aged 70 & over) to have their vaccination at the Claremont Showgrounds Vaccination Clinic.

Appointments can be made by calling 1326843 or via vaccinatewa.health.wa.gov.au/s/login/SelfRegister

JULY/AUGUST EVENTS

If you have a special request for a movie your fellow residents may enjoy, please advise us via reception.

JULY MOVIES | 1:30PM



Suffragette (2015) - Tuesday 13th July
 PG | 1h 46min | Drama, History
 In 1912 London, a young working mother is galvanized into radical political activism supporting the right for women to vote and is willing to meet violence with violence to achieve this end.

Resident Choice - Thursday 22nd July



The Laundromat (2019) - Tuesday 27th July
 R | 1h 35min | Comedy, Crime, Drama
 Starring Gary Oldman & Meryl Streep, a widow investigates an insurance fraud, chasing leads to a pair of Panama City law partners exploiting the world's financial system.

MEN'S CLUB

5:00pm 5th July – Private Dining Room – All welcome
 BYO drinks and good conversation.

HAPPY HOUR

5:00pm July Date TBA & 6th August – Kingsmill Lounge
 Gather some friends, bring along a few drinks and enjoy happy hour in the Kingsmill lounge bar area from 5:00pm – 6:00pm.

BINGO



July 8th & August 12th - Kingsmill Lounge

Grab a friend, come along and try your luck for the July & August Bingo Event. Guests of residents from outside of the village are also welcomed to attend.

Be ready for eyes down at 1:30pm sharp. New residents and friends welcome to attend. \$10.00 per book for 10 games. Money collected is all allocated as prizes. Please feel free to donate any additional prizes on the day (wine, chocolates etc).

AUGUST MOVIES | 1:30PM



The Sapphires (2012) - Tuesday 10th Aug
 PG | 1h 43min | Biography, Comedy, Drama
 Based on a true story, It's 1968, and four young, talented Australian Aboriginal girls learn about love, friendship and war when their all-girl group The Sapphires entertain the US troops in Vietnam.

Resident Choice - Thursday 5th August
Resident Choice - Thursday 19th August



A United Kingdom (2016) - Tuesday 24th Aug
 PG | 1h 51min | Biography, Drama, History
 The story of King Seretse Khama of Botswana and how his loving but controversial marriage to a British white woman, Ruth Williams, put his kingdom into political and diplomatic turmoil.

SOCIAL CLUB PIZZA NIGHTS

5:00pm Saturday 31st July & 28th August
 - Kingsmill Lounge

COST: \$10.00 per ticket

RSVP: 26th July & 24th August

Residents must have a ticket, available from reception.



SOCIAL BRIDGE CLUB

St Louis is set to host a brand-new social bridge club. The club will meet fortnightly at 1:30pm in the Kingsmill Lounge. Social games will be organised for players of all levels. Have you ever wanted to learn to play bridge or just brush up on your skills? Supervised play and how-to-play lessons will be provided for any new players or those who feel a little rusty. Come along and make this new club a success.

Scheduled for Tuesday 6th & Tuesday 20th July at 1:30pm. The Club is being coordinated by Debbie Frink whom can be contacted directly on 0411 257 603.





ST LOUIS SPEAKER SERIES

Kingsmill Lounge 10:30am – 11:30am

Friday 9th July

Dr Ross Mars | Permaculture

Ross Mars is a well-known educator, writer and course and workshop presenter. He completed a PhD in Environmental Science at Murdoch University in 2001. Permaculture is an approach to land management and philosophy that adopts arrangements observed in flourishing natural ecosystems.

Friday 23rd July

Tony Bagshaw | Memory Box

Tony is a volunteer with the Royal WA Historical Society in Nedlands. The Society has developed Memory Boxes which Tony will be including in a presentation of about a dozen items from the 1920s onwards, prompting resident memories of times gone past and promoting discussion.

Friday 30th July

Nigel Rogers | The Battle of the Atlantic, the longest battle of the Second War

Nigel Rogers is President of the Naval Historical Society-WA Chapter, a member of the Military History Society WA, and the resident military historian on Capital Community Radio. Nigel has given many talks on naval and military history.

Friday 6th August

Dr Sue Boyd | Not Always Diplomatic

Sue is a retired diplomat with 34 years in the Australian Foreign Service behind her before entering her second career as a company director. Sue studied at UWA, was the first female guild president – Sue will join us to share her memoirs which covers her time at UWA, her career with DFAT and her “afterlife”, since 2003.

Friday 13th August

Hannes Holly | Nordic Walking

Hannes Holly is the head coach at Roller Ski Downunder & Nordic walking WA, growing up in a ski resort in the Austrian alps outdoor sports has always been a big part of her life. She has been awarded ‘Australian Nordic walking instructor of the year’.

Friday 27th August

David Honey MLA | Leader of the Liberal Party

David has lived in the Cottesloe electorate for 33 years he is currently the leader of the Liberal Party and Shadow Minister for State Development; Energy; Hydrogen; Science; Innovation and ICT. David has a variety of experience, across his professional, recreational and volunteer roles.



SPECIAL EVENT: CYBER CRIME PRESENTATION

10:00am Wednesday 21st July - Kingsmill Lounge

Presented by the WA branch of the Order of Australia Association. A talk by Dr David Cook of Edith Cowan University. How to recognise and avoid both telephone and computer scams and keep your computer safe.

COST: FREE

RSVP: Please RSVP to reception Monday 19th July

Registrations essential. Presentation will be followed by refreshments.



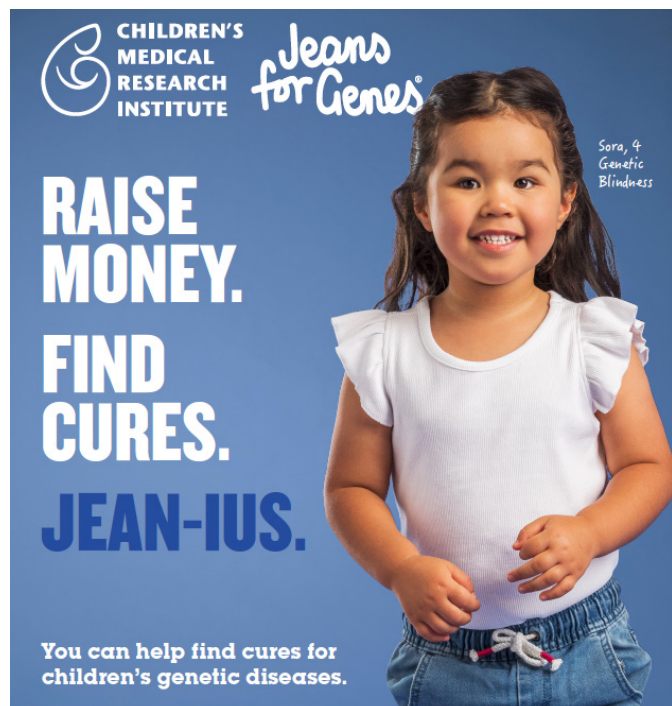
JEANS FOR GENES DAY BAKE IT BLUE SALE!

Friday 6th August 2021

This year we are hosting a Jeans for Genes Bake it Blue event to raise funds and help the 1 in 20 kids facing a birth defect or genetic disease.

Residents, Staff & Families are encouraged to wear Jeans on the day, all donations will go directly towards assisting the Children's Medical Research Institute help find cures for children's genetic diseases.

Please bring along cash to purchase goodies from our 'Bake it Blue' Bake Sale on the morning.



UNDERSTANDING DEMENTIA MOOC

Massive Open Online Course (MOOC)

Do you want to learn from neuroscientists, clinicians, people living with dementia, carers and other experts from the Wicking Dementia Research and Education Centre?

Are you interested in engaging with the international community to discuss the major issues surrounding dementia, and ways to improve quality of life?

Then join over 140,000 people from all walks of life who have already benefitted from this FREE 7 week online course.



UNIVERSITY of
TASMANIA

WICKING
Dementia Research & Education Centre

IMPORTANT DATES

SOCIAL CLUB COMMITTEE MEETING

Thursday July Date: TBA - 2:00pm

Thursday 5th August - 2:00pm

LIONS HEARING CLINIC

Tuesday 13th July

Tuesday 10th August

Call 1800 054 667 to book your appointment.

RESIDENTS COMMITTEE MEETING

Wednesday 28th July - 10:30am

Wednesday 25th August - 10:30am

ST LOUIS HAIR SALON

Call Maria on 0407 100 544

Appointments available Mon, Wed & Thurs

BEAUTICIAN

Chris is open for bookings on Fridays.

Call 0403 281 205 to book.

MASSAGE THERAPY

Sandra will visit the village on 13th July, 27th July, 10th August, & 24th August. Call reception to book your appointment 9385 1420.

GP IN THE VILLAGE

Dr Chiara Curnow will run clinics on 1st July, 29th July, & 26th August.



The Understanding Dementia MOOC runs every February and July.

Enrol today, it's free

mooc.utas.edu.au/landing/udp





ST LOUIS ESTATE
LIVE WELL

AGED CARE EMPLOYEE DAY

In August we will celebrate Aged Care Employee Day. We will be given an opportunity to celebrate the contributions of our dedicated and amazing workforce on Aged Care Employee Day. Which is a national day to acknowledge more than 360,000 dedicated people who care for and support around 1.3 million older Australians. This year, we say a special "thank you" for their continuing devotion in assisting

so many vulnerable people. Look out for more information to come closer to the date about how we will celebrate and show our appreciation here at St Louis.

Thank you! xo

DEVELOPMENT UPDATE KIORA APARTMENTS BY ST LOUIS

The construction of the new dean street development continues apace, comprising of the Kiora apartments, residents' heritage club and lounge, along with the purpose-built wellness centre. The building is beginning to take shape with all the pre-cast concrete panels in place for level one and many of those panels spanning across 2 levels, it's exciting to see the building coming together. The coloured panels, which were pre-cast offsite and then carefully transported and installed not only look fantastic but form an integral part of the uniqueness and quality of the building.

Completion is planned prior to the end of 2021. Reservations for the apartments will open in the week commencing Monday, 28 June 2021.





Happy Birthday!

TO ALL OUR RESIDENTS & STAFF
CELEBRATING BIRTHDAYS IN
JULY & AUGUST, WE WISH YOU A
WONDERFUL BIRTHDAY!



CELEBRATE ST LOUIS MORNING TEA

When: July 16th & August 20th | 10:30am

Where: Kingsmill Lounge

Come along to our Celebrate St Louis Morning Tea's to celebrate our St Louis Birthdays, New Residents & Special Milestones.

WELCOME NEW RESIDENTS

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



CAN YOU SOLVE THESE RIDDLES?

1. What are the next three letters in this combination?

OTTFSS

2. You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat. Why?

Answers on page 5

RESIDENT JOKE OF THE MONTH

Submitted by Harold Loton

Little Johnnie wasn't considered very clever by his classmates. They enjoyed playing a game with him, especially in front of visitors. The class bully would hold out a \$2.00 coin and a \$1.00 coin. Johnnie always took the larger \$1.00 coin, and everyone would laugh at him. One day, after such an encounter, the teacher took him aside and said: "Johnnie, don't you know that the smaller coin has twice the value?"

"Yes sir. I know. But if I took the \$2.00 coin, how long would they keep playing the game?"