



PINK RIBBON BREAKFAST IS BACK!

Date: Monday 4th October 2021

Time: 9:00 AM arrival to the Kingsmill Lounge

Tickets: \$45.00 with all profits donated directly to NBCF.

RSVP: Monday 27th Sept. Please purchase tickets ASAP.

After the overwhelming support and success of the 2020 Pink Ribbon Breakfast, this October, St Louis Estate will again fund for the National Breast Cancer Foundation (NBCF), the 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 breakfast & fun to be had, to help support this special cause, bring your friends and family along.

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:

<https://fundraise.nbcf.org.au/fundraisers/stlouisestate/pink-ribbon-breakfast>

RETURN TO THE BLIND CAMELER BUS TRIP

Date: Tuesday 12th October 2021

Time: Depart homestead 9.00 am return by 4:00pm

Cost: \$70

RSVP: Tuesday 28th September

We make our way to Noble Falls in Giddegannup for the traditional Club 55 morning tea before travelling to Drome Dairy Australia in Toodyay.

Owner Max will let you know about his loving camels and their cute babies. Max has also produced a natural skin care product using camel's milk and 100% natural ingredients. Max is almost totally blind and has mastered a lot of challenges in his life, he has completed in the Paralympics twice and completed a PhD in agricultural science.



After the tour we will make our way into Toodyay for lunch and a visit to the op shops and the famous Christmas 360 shop. We will share a delicious lunch together and then visit the historic Coorinja Winery for some wine tasting before making our way back home.

VILLAGE MANAGER'S WELCOME

Welcome to spring!! After a wild winter and record rainfalls its lovely to see the sun start shining as we enter a new season and start to get a little spring back in our step.

After a bumpy and busy couple of months for me having undergone spine and knee surgery, I'm glad to be back 100% and almost fully recovered. Thank you for the well wishes, support and understanding received during my recovery, it was heart warming and greatly appreciated.

2021 has continued to fly past very quickly, and recent months have seen us host many successful events. It always reminds me how lucky we are here in WA to be able to gather and host events without restrictions, in contrast to the very difficult times those in the eastern parts of Australia are currently experiencing.

Our **Christmas in July** luncheon was very well attended and thoroughly enjoyed by all, it is amazing to see how much our real Christmas tree is growing each year, I'm not sure it will fit in the door by next July. Don't forget to cash in your Santa prize vouchers if you were a lucky winner.

A recent highlight for me was most certainly our **excursion across Stirling Highway to MLC**. Books were read, instruments were played, puzzles were solved and crafts were created when the Early Learning Centre children from MLC connected with our residents from St Louis, as part of our new intergenerational program. We hope this was the first of many more events and visits which will allow our residents to develop beautiful intergenerational connections with the children from MLC, significantly benefiting both groups. It was such a special afternoon with many treasured moments created and shared.

A big thank-you goes to all the residents who joined us on the day along with the students and staff of MLC ELC who



made the afternoon possible! We can't wait to welcome more residents to the next event on 17th September in the Kingsmill Lounge when the MLC children join us for a special edition of our Celebrate St Louis Morning Tea.

Whilst we are on the topic of gratitude I would also like to extend a special thank you to all the residents and staff who supported our recent fundraising events.

The **'Winter Warmers Soup Buffet'** was a great success with over 40 attendees and an influx of generous winter clothing and blanket donations received on the day. The event raised over \$950.00 that was donated to Lions and used to help provide those less fortunate within our community with some much needed essentials.

To top it off, the **'Bake it Blue'** Cake Stall held on Jeans for Genes Day also received an overwhelming amount of support, a great result of raising and donating \$683 to the Children's Medical Research Institute.

We hope you enjoyed some tasty treats and thank you all once again for your support and generosity towards our ongoing fundraising events. Don't forget to book your ticket or table for the **Pink Ribbon Breakfast** in October, I'm already working on the quiz questions. We are moving into the action packed end of the year, with events galore so be sure to mark your diary with all the dates scheduled for the rest of 2021.





ST LOUIS ESTATE
LIVE WELL



This year, in contrast to most other years, I will be glad to see the last of the winter rain. Sadly the record breaking storms and rainfall saw some extensive damage sustained across the Estate in early July. To those residents effected, we truly value your patience and understanding as we continue to work through the repairs. We apologise for any inconvenience you may have experienced and hope to have things finalised as soon as possible.

As we venture into spring, you may have noticed the reticulation system has been receiving a much needed overhaul, we ask you to continue to be patient as we are working through the various stages of the system and improvement works.

As the beautiful warm weather starts to emerge you'll see continued improvement works across the Estate, with external painting, window cleaning and annual maintenance programs in full swing.

Next time you're up at the Homestead keep an eye out for the newest addition to our St Louis family. A beautiful garden statue and water feature located near the Homestead lawn. We've affectionately nicknamed her 'Beryl' and we think she looks fabulous in her new home.

As I sign off once again, I'd like to send a special message to all the amazing men in our community. This Father's Day, I want to wish the dads here on earth, and those already in heaven... the step-dads, god-dads, dog-dads and uncles... and all men who have a positive impact on our lives or anyone they've influenced a very **Happy Fathers Day**, your role is worth celebrating.

This Sunday, celebrate, relax and spend the day with family where possible. You are wonderful, you are appreciated and you are loved. Thank you for all that you do. Enjoy your day. You deserve it.

Yours Truly,
Sarah Reilly Village Manager



Celebrate St Louis

SPECIAL MORNING TEA

Date: 17th September & 15th October

Date: 10:30am

Location: Kingsmill Lounge

Come along to our extra special Celebration this September as we welcome the Children from MLC ELC who will join us to celebrate our St Louis Birthdays, New Residents & Special Milestones. This will be the second event in our intergenerational program and we can't wait to see you all there.

Our usual Celebrate St Louis Morning tea will return on Friday 15th October at 10:30am.



UPCOMING EVENTS

SEPT MOVIES | 1:30PM



Fatherhood (2021) - 14th September

PG | 1h 49min | Drama, Comedy

Kevin Hart stars as a widower taking on one of the toughest jobs in the world: fatherhood. He brings up his baby girl as a single dad after the unexpected death of his wife who died a day after their daughter's birth.



Sweet Girl (2021) - 28th September

MA15+ | 1h 47min | Action, Thriller, Drama

A devastated husband vows to bring justice to the people responsible for his wife's death while protecting the only family he has left, his daughter. Starring Jason Momoa.

FEATURE SERIES | 1:30PM



The Crown (2016) - Fortnightly on Thursday's (Check Calender for Screening Dates)

MA15+ | 45-60min per episode | Historical Drama | Kingsmill Lounge

Based on an award-winning play ("The Audience") by showrunner Peter Morgan, this lavish, Netflix-original drama chronicles the life of Queen Elizabeth II from the 1940s to modern times. The series begins with an inside look at the early reign of the queen, who ascended the throne at age 25 after the death of her father, King George VI. As the decades pass, personal intrigues, romances, and political rivalries are revealed that played a big role in events that shaped the later years of the 20th century.

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

OCTOBER MOVIES | 1:30PM



Book Club (2018) - 12th October

M | 1h 44min | Romance/Comedy

Four friends' lives are turned upside down when their book club tackles the infamous "50 Shades of Grey." From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter.



Joyful Noise (2012) - Tuesday 26th October

PG | 1h 58min | Musical, Comedy, Drama

Rose, the new director of a choir, and Sparrow are at odds as to how their choir should sing at a national competition. Their rivalry heats up when their children get involved in the choir.

HAPPY HOUR

Date: 3rd September & 1st October

Time: 5pm to 6pm

Location: Kingsmill Lounge

Gather some friends, bring along a few drinks and enjoy happy hour in the Kingsmill lounge bar area.

SOCIAL CLUB PIZZA NIGHTS

Date: 25th September & 30th October

Time: 5:30pm

Location: Kingsmill Lounge

Cost: \$15 per ticket (from reception)

Tickets are essential.



MEN'S CLUB

Date: 6th September & 4th October

Time: 5pm

Location: Private Dining Room

All welcome - BYO drinks and good conversation



BINGO

Date: 9th September & 14th October

Time: 1:30pm sharp

Location: Kingsmill Lounge

New residents and guests of residents 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).



ST LOUIS ESTATE
LIVE WELL

IMPORTANT DATES

SOCIAL CLUB COMMITTEE MEETING

Thursday 2nd September - 2:00pm (PDR)

Thursday 7th October - 2:00pm (PDR)

LIONS HEARING CLINIC

Tuesday 7th September

Tuesday 5th October

Call 1800 054 667 to book your appointment.

MASSAGE THERAPY

Sandra will visit the village on :

7th & 21st September

5th & 19th October

Call reception to book your appointment 9385 1420.

RESIDENTS COMMITTEE MEETING

Wednesday 22nd September - 10:30am

Wednesday 27th October - 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.

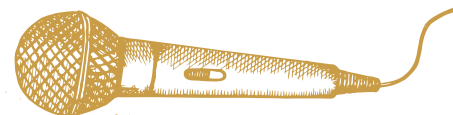
GP IN THE VILLAGE

Dr Chiara Curnow will run clinics on:

2nd September & 7th October.

ST LOUIS SPEAKER SERIES

Location: Kingsmill Lounge | **Time:** 10:30am – 11:30am



Friday 3rd September

Karen Davey | Iran the Home of the Persian Rose

Are you ready to accompany Karen on her Magic Carpet and ride back in time to Persia – the largest civilisation at the time with its great rulers and diverse history? Karen visited Iran in September 2019 to experience the Silk Road and its beautiful people and will give some insights about the Persian Rose. She also has many wonderful Persian souvenirs to show us.

Friday 10th September

Helena Studdert | No Bed of Roses

Helen shares the story about her father, the compelling life of a Polish migrant who survived a German labour camp then migrated to Australia to a farming life in South West.

Friday 24th September

Consumer Protection | Scam Net

Consumer Protection will present on Scams and the many aspects of Security facing us all on a daily basis. A very relevant topic in today's regular scam attacks on Telephones, Computers and Bank Accounts.

Friday 1st October

Richard Offen | Making Life Comfortable

Richard will share the history of some common utilities we now take for granted.

Friday 8th October

Kings Park Fashion Show Enjoy the fashion parade of beautiful women's clothing, which will be on sale after show.

Friday 22nd October

Judith Amey | The Inquisitive Traveller Goes to Morocco

See the North African Kingdom of Morocco – mystical, golden, majestic, beautiful, and gateway to two millennia of history. At the crossroads of the Western and Islamic worlds – with colour, diversity, and rich traditions and heritage very much alive. It is African though European with Romans, Phoenicians, French, and British having left their mark yet keeping its own Berber language, music and lifestyle. Hear the story of Moulay Ismail "the Bloodthirsty" (Mohammad V) who led his country to independence in 1955, and the woman who founded the oldest university in the world in 859.

Friday 29th October

Prudence Ford |

Power & Social Activism through Embroidery

Prudence Ford is President of the Embroiderers Guild of WA. She will journey from 1520 and the embroidery of the Cloth of Gold displaying power between Henry VIII of England and Francis I of France, to symbols on samplers indicating political allegiance in several periods of British history from Suffragettes to Modern-day protests.

From the Kitchen



FATHERS DAY ROAST LUNCH

As our way to celebrate Father's Day at St Louis, we invite you and your family to join us for a delicious gourmet roast lunch to honour and appreciate the amazing men in our lives. All fathers will receive a special gift on the day. Bookings are essential via reception.

St Louis Estate wishes you a Happy Father's Day!

Date: Sunday 5th September

Time: 12:30pm in the Dining Room

Cost: \$28.00

OPENING HOURS

Monday – Friday
10:00 am – 2:00pm

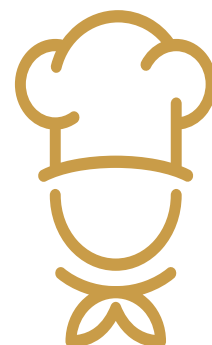


QUEEN'S BIRTHDAY PUBLIC HOLIDAY

Due to the public holiday, Reception and St Louis Café will be closed on Monday 27th September, there will be no casual dining or meal deliveries on the day. Monday meal orders will be prepared and delivered by kitchen staff on Sunday 26th September.

DO YOU KNOW A CHEF?

Our wonderful St Louis Kitchen is looking to expand our team. If you know a great chef / cook looking for casual employment, who's available to work Friday's and special events, please encourage them to submit a resume to reception.



DINING OPTIONS & DELIVERY SERVICES

| DAY | MEAL THEME | COST | DELIVERY TIME | DINE –IN TIME |
|-----------|-----------------|---------|---------------------------|---------------|
| Monday | Casual Dinner | \$15.00 | 4:00 pm – 5:00 pm | 6:00 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 | 6:00 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.*



ST LOUIS ESTATE
LIVE WELL

Happy Birthday!



WISHING OUR RESIDENTS &
STAFF THAT CELEBRATE IN
SEPTEMBER & OCTOBER A
FABULOUS BIRTHDAY!!

WELCOME TO OUR NEW RESIDENTS!

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

a) Breath c) A towel e) He was bald.
b) Fog d) Neither. Both weigh a pound!



HAVE YOU HAD YOUR VACCINE?

If you haven't yet received your COVID-19 Vaccination, please arrange an appointment by calling 13 COVID (13 26843) between 8am and 6pm.

Appointments are available 7 days per week at Claremont Show ground Clinic, alternatively you may be able to have the vaccination administered by your GP.

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 DONATIONS WANTED



With Christmas just around the corner, Catherine 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 theme knick-knacks, nuts, candles, giftware, jams, relish, biscuits or the like to Catherine at reception.

SAVE THE DATE EXCITING EVENTS

MELBOURNE CUP LUNCHEON

Tuesday 2nd November 2021

Start planning your outfits for our annual Melbourne Cup Luncheon and Sweepstakes, more details to come.



ST LOUIS ESTATE COMMUNITY FETE

Friday 3rd December 2021

All external stallholders are welcome, we are seeking expressions of interests from anyone who would like to host a stall selling homemade crafts, kitchen delights, retail items, health care products and family friendly fun, just to name a few. Stalls for Residents, St Louis Family and External providers will be available. Stallholder application forms will be available via reception.

CHRISTMAS COCKTAIL PARTY

Thursday 9th December 2021

CHRISTMAS LIGHTS BUS TOUR

Monday 20th December 2021

5:30pm



CHRISTMAS BANQUET

Thursday 23rd December

12:00pm



Word Search

Hello Spring



INSECTS
BUTTERFLY
GROWTH
BLUE SKY
FLOWERS
PUDDLES
BUNNY

MEADOW
SUN
BREEZE
BIRDS
GARDEN
RAIN
PICNIC



BRAIN TEASERS

1. It's as light as a feather, but the strongest person can't hold it for more than five minutes. What is it?
2. The more there is, the less you see. What is it?
3. What gets more wet while it dries?
4. Which is heavier, a pound of feathers or a pound of rocks?
5. A man was walking in the rain in the middle of nowhere without a coat or an umbrella. He got soaked, but not a single hair on his head was wet. How can this be?