



WISHING YOU A HAPPY NEW YEAR
FROM ST LOUIS ESTATE!

TWILIGHT TRIVIA

Date: Friday, 23rd February | **Time:** 5:00pm sharp

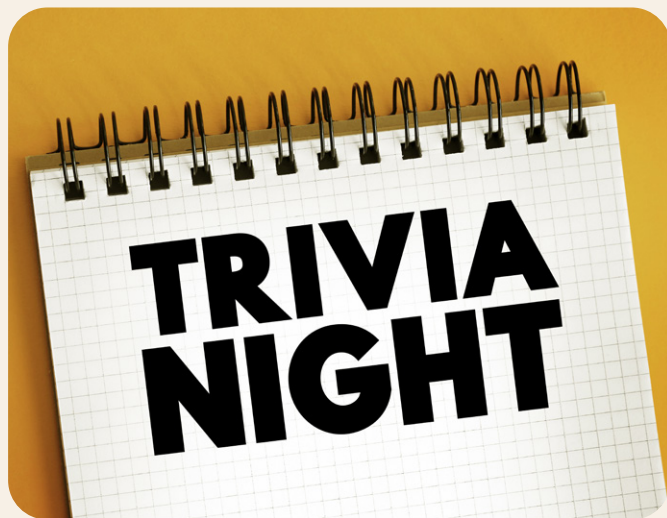
Location: Kingsmill Lounge | **Cost:** \$5

You must book your seat before 21st February
at Reception. Pay at Reception.

Join us for an enjoyable evening hosted by Peter Hunt, James Natt, and Charles Mitchell. Feel free to bring your own drinks and nibbles for a relaxing half-time break or whenever you fancy. Coffee and tea will be provided, along with pens and paper. Just note this is an individual competition, not tables. Don't forget to mark this delightful event in your 2024 diary now!

Tickets must be presented at the door on the night.

Please note no Curry Night on 23/2/24.



NEW YEAR'S DAY CELEBRATION

Date: Monday, 1st January 2024. 11:00 am

Location: Kingsmill Lounge



Join fellow residents at the social club new years get together, bring in 2024 with friendly faces and a casual celebration. All welcome!

BYO | Wine, Cheese, and Crackers



RESIDENT NEWSLETTER

JANUARY 2024

AUSTRALIA DAY BBQ

Join your fellow residents & friends to celebrate Australia Day with a BBQ Sausage Sizzle (salads supplied) on Friday 26th January 2024.

Date: Friday, 26th January 2024 **Time:** 11:00am | **Where:** BBQ Area
Cost: \$10 | **BYO Alcohol**

This event is being run on a Public Holiday by the Social Club, if you would like to volunteer to assist with the setup, cooking or clean-up for the Aus Day BBQ please advise Debbie Frink ASAP. Many hands make light work.



2024 ST LOUIS ESTATE RESIDENT COMMITTEE

Congratulations and thank you to the Residents who make up the 2024 St Louis Residents committee, we look forward to a "Resident Committee Report" to feature in future editions of the Resident Newsletter. Residents are encouraged to reach out to members of the committee with any queries or suggestions.

RESIDENTS COMMITTEE MEETING

Wednesday 24th January 10:30am (PDR)

2024 Committee Members

Mr Michael Prevost	Mr Colin Jameson
Mr James Natt	Mrs Pauline Evans
Mrs Trish Quinlan	Mrs Mollie Gill
Mr James Larkins	Mrs Joy Sinclair
Mrs June Craig	Mr Ron Hassall
Mr John Henderson	

GUEST SPEAKERS

There will be **no guest speakers this month**, but we look forward to bringing you plenty of exciting speakers in February 2024. If anyone knows of speakers, please bring details to reception and we can follow up on this.



KIARA WELLNESS CENTRE

Yoga and Sound Healing will be back again this month!

Yoga will commence from 17th January 2024
Time: 9:00 – 10:00am | **Where:** Kiara

Sound Healing will commence 17th January 2024
Time: 10:30 – 11:15am | **Where:** Kiara

MONTHLY EVENTS



BRIDGE CLUB

Date: Tuesday 2nd, 16th 30th January
Time: 1pm **Where:** PDR

MENS CHAT CLUB

Date: Thursday, 4th January **Time:** 5pm **Where:** KL

HAPPY HOUR

Date: Friday, 5th January **Time:** 5pm **Where:** KL

BIRTHDAY MORNING TEA

Date: Friday, 19th January **Time:** 10:30am
Where: KL

DR CHIARA CURNOW

Date: Thursday, 18th January
Appointments will have to be made through the GP clinic on Bayview. Phone number: 9217 6000.

SOCIAL COMMITTEE MEETING

Date: Thursday, 4th January **Time:** 10:00am
Where: PDR

RESIDENTS COMMITTEE MEETING

Date: Wednesday, 24th January **Time:** 10:30am
Where: PDR



JANUARY MOVIES

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



Storm Boy

Thursday, 4th January | 1:30pm

Cast: Geoffrey Rush, Finn Little, Jac Courtney

Running time: 99m

When Michael Kingley a successful retired Businessman reminisces his childhood days spent on an isolated coastline and tells his grandchild about the special bond shared with a rescued pelican.



Love is in the Air

Thursday, 18th January | 1:30pm

Cast: Delta Goodrem, Joshua Sasse, Roy Billing

Running time: 1hr 28m

A fiercely independent pilot fighting to keep her family business afloat starts to fall for the man sent by corporate to ground her operation forever, forcing her to choose between her heart and her family.



The Dry

Tuesday, 9th January | 1:30pm

Cast: Eric Bana, Genevieve O'Reilly, Keir O'Donnell

Running time: 1hr 57m

The Dry is a 2020 Australian mystery drama thriller film directed By Robert Connolly Aaron Falk returns to his drought-stricken hometown to attend a tragic funeral. But his return opens a decades-old wound-the unsolved death of a teenage girl.



Penguin Bloom

Tuesday, 23rd January | 1:30pm

Cast: Naomi Watts, Andrew Lincoln, Jacki Weaver.

Running time: 1hr 35vm

Samantha Bloom breaks her back in an accident and is paralyzed from the chest down. A year later, her children bring home an injured magpie they have found. She cautiously approaches the magpie and begins to get acquainted with the new family member.



The Jazz Singer

Thursday, 11th January | 1:30pm

Cast: Laurence Olivier, or Rabinvitch, Neil Diamond

Running time: 1hr 55m

Yussel Rabinovitch decides to pursue his love for music and become a singer. However, his father wants him to become a Jewish cantor instead.



Happy Birthday!

WISHING OUR RESIDENTS
& STAFF THAT CELEBRATE
BIRTHDAYS IN JANUARY
A FABULOUS BIRTHDAY!

AUSTRALIA DAY

Australia Day, Friday 26th is a public holiday. The office and kitchen will be closed from 4pm Thursday 25th until 9am Monday 29th.





ST LOUIS ESTATE
LIVE WELL

Home Care Update

The St Louis Home Care Office will be **closed on Christmas Day 25th, Boxing Day 26th December, and New Year's Day, 1st January 2024**. Except for housekeeping (domestic cleaning) services, our home care services will continue to be provided over the Christmas and New Year Public Holidays, at applicable Public Holiday rates. If you wish to reschedule or cancel your service that falls on one or more of these Public Holidays, please contact the **St Louis Home Care team at (08) 9385 3406**, at your earliest convenience. Please note that you may not have your regular staff over the holiday season, as many of our team members will be taking leave.

Our Registered Nurse will be on leave between the 22nd of December 2023, and returning to work on Tuesday, the 2nd of January 2024.

REMEDIAL MASSAGE

Will be closed over the **27th and 28th of December 2023**. Mildred will be available for bookings from Wednesday 3rd of January 2024. To book a remedial massage session, please phone or email your Care Manager at the Home Care Office, at (08) 9385 3406 or homecare@stlouisestate.com.au



NEW PHYSIOTHERAPIST

We welcome Rahima as our new Physiotherapist to St Louis Estate. Rahima will be taking exercise classes at St Louis Estate on Tuesday, Wednesday (Aqua Aerobics), and Thursday, plus she is available for individual physiotherapy sessions on the same days. **Exercise classes will close on Wednesday, 20th December, and will resume on Tuesday, 2nd of January 2024.**

To book a consultation with Rahima, you can email rrichardson@stlouisestate.com.au or phone 9385 3406.

MAZE

