

# RESIDENT NEWSLETTER

FEBRUARY 2024



ST LOUIS ESTATE  
LIVE WELL



## VALENTINE'S DAY DINNER

**Date:** 14th February 2024 | **Time:** 6pm

Join us for an extra special Wednesday dining experience this Valentines Day. Select from your choice of Chicken with Creamy Garlic Sauce or Barramundi with Herb Butter followed by a decadent dessert and a complimentary glass of wine with your meal. You're welcome & encouraged to bring along a guest.

Bookings are essential by Monday 12th February. RSVP at reception.



## TWILIGHT TRIVIA NIGHT

**Date:** Friday 23rd February 2024

**Time:** 5pm Sharp | **Where:** Kingsmill Lounge | **Cost:** \$5

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 papers. Just note this is an individual competition, not tables. Don't forget to mark this delightful event in your 2024 diary now!

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

Tickets must be presented at the door on the night.



## EASTER RAFFLE DONATIONS & TICKETS

Easter will soon be upon us. We have commenced collecting donations at Reception for our annual Easter Raffle. We hope to put together some great prizes, but we can't do that without all the wonderful donations from our residents and families! Catherine will be happy to gather any of the Easter eggs, chocolates, or wine you'd like to donate to make our raffle a great success. If you'd like us to collect them from your unit, please phone reception to arrange.

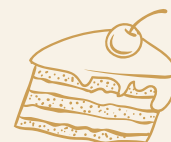
Tickets can be purchased at reception. Cost: \$2.00 each or 3 for \$5.00. The raffle will be drawn at the Easter Morning Tea. All proceeds from the raffle are donated to the St Louis Social Club to be used to support social activities in the Village and interaction among residents. All your support is appreciated.

The hunt will be on... for the Winners of our Easter Raffle. Have you got a ticket??

## MLC INTERGENERATIONAL ACTIVITY MORNING

**Date:** Wednesday, 28th February | **Time:** 10.30am

Join us for a morning of Soft Play activities & delicious morning tea shared with the children from MLC ELC.



# RESIDENT NEWSLETTER

FEBRUARY 2024

## FEBRUARY MOVIES

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



### Love is in the Air | Romance

Thursday February 1st | 1:30pm

**Cast:** Delta Goodrem, Joshua Sasse

**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.



### Leave the World Behind | Drama/Horror

Thursday, 8th February | 1:30 pm

**Cast:** Julia Roberts, Mahershala Ali

**Running time:** 2hr 20m

A family vacation on Long Island is interrupted by two strangers bearing news of a blackout. As the threat grows, both families must decide how best to survive the potential crisis, all while grappling with their own place in this collapsing world.



### Your Place or Mine | Comedy / Romance

Tuesday, 13th February | 1:30 pm

**Cast:** Reese Witherspoon, Ashton Kutcher

**Running time:** 1hr 49m

Two long-distance best friends change each other's lives when she decides to pursue a lifelong dream and he volunteers to keep an eye on her teenage son.



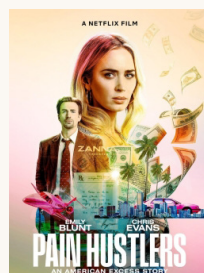
### Nyad | True Story

Thursday 15th February | 1:30pm

**Cast:** Annette Bening, Jodie Foster

**Running time:** 2h

Nyad is a 2023 American Biographical sports drama film about swimmer Diana Nyad's 2013 attempt to swim the Straits of Florida.



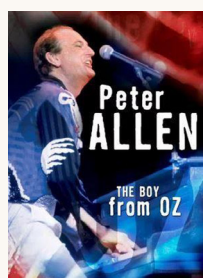
### Pain Hustlers | Crime/Thriller

Thursday, 29th February | 1:30 pm

**Cast:** Emily Blunt, Chris Evans

**Running time:** 2hr 3m

After losing her job, a woman who's struggling to raise her daughter takes a job out of desperation. She begins work at a failing pharmaceutical startup, but what she hasn't anticipated is the dangerous racketeering scheme she's suddenly entered.



### The Boy from Oz | Documentary

Thursday February 22nd | 1:30pm

**Cast:** Peter Allen

**Running time:** 56m

The story of Peter Allen. Australia's beloved entertainer and songwriter.



### Persuasion | Romance/Comedy

Tuesday 27th February | 1:30pm

**Cast:** Richard E Grant, Dakota Johnson

**Running time:** 1hr 49m

When Frederick Wentworth – the one who got away – crashes back into Anne Elliot's life, she must choose between putting the past behind her or listening to her heart when it comes to second chances.



## MONTHLY EVENTS



### HAPPY HOUR

**Date:** Friday 2nd February **Time:** 5pm **Where:** KL

### BRIDGE CLUB

**Date:** Tuesday, 6th & 20th February

**Time:** 1pm **Where:** PDR

### RESIDENTS COMMITTEE MEETING

**Date:** Wednesday 28th February

### DR. CHIARA CURNOW

Dr Curnow has recommenced a regular GP clinic at St Louis Estate. To make a booking for her next clinic and find out her dates of attendance please phone GPs on Bayview Directly on **(08) 9217 6000**.

### MEN'S CHAT CLUB

**Date:** Thursday, 1st February **Time:** 5pm **Where:** KL

### SOCIAL COMMITTEE MEETING

**Date:** Thursday 1st February **Time:** 10:00am

**Where:** PDR

### BIRTHDAY MORNING TEA

**Date:** Friday 16th February **Time:** 10:30am

**Where:** KL

### SOCIAL CLUB BBQ

Due to the social club trivia night on February 23rd, there will be no Social Club BBQ on Saturday 24th February. We hope to see you at the March Event.



## GUEST SPEAKERS



### Margaret Court

**Tennis Career | Friday 2nd February 10:30am (KL)**

Margaret Court (nee Smith) Born July 1942 is an Australian former No. 1 tennis player. Considered one of the greatest tennis players of all time, her 24 women's singles major titles and total of 64 major titles (including 19 major woman's doubles and 21 major mixed doubles titles) are the most in women's tennis history.

### Wes Olsen

**Book Release First Battalion WW1 | Friday 9th February 10:30am (KL)**

Wes Olson (Wesley John Olson) (Born 1960) is an independent researcher and author based in Perth Western Australia. His work has concentrated on Australian military history during both World Wars.

## SEEKING GUEST SPEAKER NOMINATIONS

We are still seeking guest speakers to fill up our calendar from April to the end of 2024. If you would like to give a guest talk or know a great speaker who may be interested in presenting here at St Louis, please provide all details to the resident committee or reception.

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## St Louis Home Care Update



### FREE HOME CARE PACKAGE INFORMATION SESSION

Join Karena Sherriff, St Louis Home Care Manager on Wednesday, 14th February 2024 at 11.00 am at St Louis Estate, Kingsmill Lounge, for a free information session. Karena will be presenting the 6 steps to accessing a government-subsidised home care package and what to consider when choosing your home care package provider. Please register to attend this event by phoning **(08) 9385 3406** or email [homecare@stlouisestate.com.au](mailto:homecare@stlouisestate.com.au)

### REMEDIAL MASSAGE

Mildred is available for remedial massage bookings on a Wednesday and Thursday, between 10 am – 3 pm. Bookings can be for 30, 45 or 60 minutes. To book a remedial massage session, please phone or email your Care Manager at the Home Care Office, on **(08) 9385 3406** or email [homecare@stlouisestate.com.au](mailto:homecare@stlouisestate.com.au)

### NEW PHYSIOTHERAPIST

We welcome Rahima (pictured right) as our new Physiotherapist to St Louis Estate. Rahima will be taking exercise classes on Tuesday, Wednesday (Aqua Aerobics), and Thursday, plus she is available for individual physiotherapy sessions on these days. To book a consultation with Rahima, please phone **9385 3406**, or email [rrichardson@stlouisestate.com.au](mailto:rrichardson@stlouisestate.com.au).



### NEW REGISTERED NURSE

Please join us in welcoming Emma Jenkin (pictured left) to St Louis Estate. Emma is our new Registered Nurse working in a job share arrangement with Sinead Garland. Emma and Sinead are available for morning nursing care visits Monday to Friday. They also provide Care Management services to our Home Care Package clients. To book a nursing visit, please phone **9385 3406** or email [homecare@stlouisestate.com.au](mailto:homecare@stlouisestate.com.au).



# RESIDENTS' ROVING REPORTER

FEBRUARY 2024

EDITOR: MR JAMES NATT (UNIT 13)

## TWILIGHT TRIVIA NIGHT

It's not just an ordinary quiz night with a myriad of difficult questions. No, it's a fun evening with interesting theme questions including picture quizzes like "who am i?" and most importantly – great prizes throughout the evening!

*February 23<sup>rd</sup> 5-7pm - Kingsmill Lounge*

### QUESTION BLOCKS OF 10 QUESTIONS

3x10 General Trivia, 1x10 Who am I

1x10 Film Stars of the 50's

1x10 Australian Landmarks

You will be completing your own individual answer sheets and scoring your own score

Byo drinks and nibbles  
All proceeds distributed as prizes  
Tickets from office \$5

## MLC KIDS MAKE A CHRISTMAS VISIT



Frances Carlton held the attention of a group with great story telling skills The kids were engrossed with every word.



Rosemary Pearman and June Craig received their traditional "birthday chocies" "from our little guests.



Bill Heseltine, also a December "baby" received a personal birthday gift from a young man.



A chorus of castanets ring out "Jingle Bells" Twelve four year olds and their three minders beat out a lively version.



How to walk twelve four year olds across Stirling Highway (via the bridge of course!)?? You get them to hang on to a line connecting them and whisper in their tiny ears that there will be no Father Christmas if they let it go!





The Management Team  
(from left) Michael Prevost (Chairman Residents committee), Peter Mansell (village trustee), Justine Peploe, Teelia Peploe, Karena Brunsdon, Rhonda Peploe (front) Sarah Williamson, Ed Wilson.

## THE ANNUAL GENERAL MEETING

The AGM for 2023 was held in Kingsmill lounge on 22nd November. Ed Wilson and Sarah Williamson presented their reports for the year. References were made to the comprehensive written report sent to all residents. It showed that the year had its challenges but the Estate has come through financially in a good state. Just a few of the many highlights spoken of by Ed and Sarah are worth mentioning.

- \*In the past year 30 units have turned over. Much higher than past years
- \*11 Of the 16 apartments are now occupied at Kiora
- \*Residents Levy has only increased by 5% in past 5 years (1% a year)
- \*Catering revenue down on budget but picking up of late
- Rental unit proving popular and well booked
- Staff costs up Repairs and maintenance cost under budget
- \*Insurance (Buildings ) 20% higher to \$94000
- Sinking fund contributions are only made from the sale of units

## DEMENTIA FRIENDLY COMMUNITIES

Jane Wells, Community Development Officer, gave an informative talk about dementia, defining it as a brain disease as distinct from the forgetfulness that is a normal part of ageing.



However as we live longer it becomes more common, although it affects individuals differently. Fun fact: although there are 152 different types of dementia, most prevalent are the Big Four, including Alzheimers and vascular dementia. Fortunately help is available and there are a number of support groups. Early diagnosis helps and it is important to know how to communicate with and support sufferers and create a friendly community.

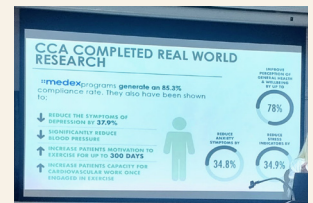
Jane's talk was followed by a lively question time and she distributed useful pamphlets.

**A thought:** If you go into a room and forget what you came in for, remember it is not dementia but God's way of giving us exercise.

## A HEALTH AND FITNESS PROGRAM TO CONSIDER

Chronic Care Australia is a health care management company that has a simple message, "Ageing Actively, Strengthening bones, and minds with exercise medicine".

Managing director and co Founder Katie Stewart made an impressive presentation about CCA's mission to help us ageing residents get a little fitter!



## SUMMER BARBIES ARE BACK!

- The Social Club's monthly summer BBQs have kicked off on a warm night in November. Always popular, here we have a table of regulars with Bill and Michael exposing their legs looking to get a pre summer tan from the twilight sun!!



## THE HAPPY VALLEY SOCIAL CLUB

At the start of every Season the Happy Valley Social Club whose members are residents who live in Valley Way meet for a "Social Sundowner". The "Summer launch" was toasted in early December and those at the at the Kiora gathering are pictured below.



## CHRISTMAS COCKTAIL PARTY

The Christmas Cocktail Party was very popular with excellent finger food and Bubbly helping to make it a very happy pre Christmas event. Featured are just a few of the tables.



Having been presented with a superb variety of finger food, residents were offered a petite size ice cream as a sweet finisher.

Pictured are Margaret Flecker and Ric Evans enjoying theirs. Margaret looks envious at Ric's ice cream and (thinks?) "Why does he get a Chocolate ice cream and I get a boring Vanilla?"

## VARIETY CONCERT POPULAR



The concert held in the Kingsmill Lounge on 15th December was well received by a capacity audience. Five performers entertained residents with a varied program from classic to modern. Our thanks to all for their generosity and musical skills.



## LIFE AT THE TOP



Brenda and Richard Webster moved into their top floor unit in Kiora nearly a year ago. They were the first residents in the new 15 unit Block. Their previous residence was just over the Highway in Freshwater parade. They have magnificent views from their spacious balcony, and on the same top floor even more spectacular views from the communal BBQ area (pictured). Richard was born in South Africa to British parents and is still working part time in Business management. Brenda is an accomplished artist mainly in acrylics and was for many years a teacher at Scotch College. They love their "life at the top". Their beautiful apartment is "aflood" with soft natural light and fresh air.



### SOCIAL CLUB COMMITTEE

The Social Club committee have their monthly meeting on the first Thursday of the month. The new Committee for 2024 met in January and elected Peter Hunt as Chairman, Debbie Frink Secretary and Robin Tunnicliffe Treasurer.

Some of the committee are pictured. The full committee has 10 Residents who are very active in offering interesting events for all of us to enjoy. Don't forget to book your fun evening at "Twilight Trivia".

### UNDERWATER CHALLENGE

Jim Larkins loves to hop into the Estate pool with his grand nieces. The elder girl Olivia (7) is a good little swimmer and Jim has recorded her swimming underwater on one breath the full length of the pool in 10 seconds. He is pretty proud of her and has offered a challenge to any resident to match it?

Olivia's sister Millie (6) is pictured. She couldn't smile having mouthed a big lolly from the reception desk.



### MENS CHAT CLUB

The first Thursday of the month at 5pm is the time to enjoy an end of day drink and a chat with fellow Male Residents. It's held in the private dining room and it's BYO usually just for a "Happy Hour" and time for a few "boy's stories".

### JOY NEVER STOPS HELPING!

Joy Sinclair mission in life seems to be to help those who need help. Simple message—big Task!! Joy has many causes she supports, but the latest one is to help those children whose parents cannot afford to pay for the necessary equipment for their children's educational needs.

Recent Government education cuts has severely effected the Schools ability to provide learning aids in all fields. So please consider donating any items as described in attached brochure, Joy will be pleased to direct your donations into the children's hands by start of School.

#### HIGH SCHOOL

Backpack • Water Bottle • Scientific Calculator • Pencil Case • Ruler • Glue Stick • Eraser • Pencil Sharpener • Markers • Coloured Pencils • HB Pencils • Pens • Highlighters Binder Books • Visual Art Diary • Student Diary • Earphones • 16GB USB Flash Drive • Maths Set • Document Wallet • Display Book • 2-Ring Binder • Plastic Sheets