



AUSTRALIA'S BIGGEST MORNING TEA - A GREAT SUCCESS

Around 50 residents and guests came together on Friday 24th May to raise funds in support of the Cancer Council. Guests enjoyed great company, a delicious morning tea prepared by Chef Neale, raffles, games and some 'Tea-rivia' to test their knowledge.

The morning was thoroughly enjoyed by all and **our team raised a huge \$2229.**

Thank you to everyone for supporting this great cause. Your generous contributions will help fund life-saving research, prevention programs and help the Cancer Council to continue to support those impacted by cancer.



CHRISTMAS IN JULY

Date: Friday 26th July 2024

Time: 12:00pm

Price: \$45.00 per person, which includes a delicious 3-course meal

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 and an afternoon of festivity, you know you don't want to miss.

Bookings are essential via Reception. | RSVP closes Friday 19th July



VILLAGE COMMUNICATIONS

WhatsApp Messaging App

Residents and families are reminded that our primary method of "real time" communications is done via our WhatsApp Community Channel. The WhatsApp systems has replaced our previous use of SMS Alerts. It allows for management to communicate important messages and reminders to the village in real time.

This can include reminders for events and activities happening throughout the Estate, but more importantly is the best way for us to provide updates and announcements relating to potential outages and service disruptions or changes at St Louis.

Please ensure all residents, families and caregivers have downloaded the WhatsApp and joined the 'St Louis Estate Claremont' Community Channel.



WA DAY PUBLIC HOLIDAY

The Office and Kitchen will be closed on Monday 5th June.

Monday meal will be delivered on Sunday. **NOTE:** There is no casual dining held on Public Holidays, if you wish to have a meal delivered please order via reception.

RESIDENT NEWSLETTER

JUNE 2024

JUNE MOVIES



If you have a special request for a movie your fellow residents may enjoy, please advise us via reception. Every second Tuesday and Every Thursday 1:30pm in Kingsmill Lounge.



Fall | Thriller

Thursday 6th June

Cast: Grace Caroline Currey – (Becky Connor) Virginia Gardner – (Shiloh Hunter) Mason Gooding (Dan Connor)

Running time: 1hr 47min



Unfrosted | Comedy / Drama

Thursday 20th June

Cast: Isaac Bae (George) Jerry Seinfeld (Bob Cabana) Rachael Harris (Anna Cabana)

Running time: 1hr 33min

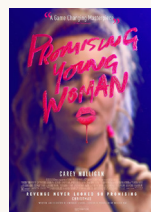


Mother of the bride Romance / Comedy

Tuesday 11th June

Cast: Brooke Shields – (Lana) Miranda Cosgrove (Emma) Benjamin Bratt (Will)

Running time: 1hr 28min



Promising Young Woman Thriller / Crime

Tuesday 25th June

Cast: Carey Mulligan (Cassandra "Cassie" Thomas) Bo Burnham (Ryan Cooper) Clancy Brown (Stanley Thomas)

Running time: 1hr 53min



Page Eight | Thriller / Action

Thursday 13th June

Cast: Bill Nighy – (Johnny Worricker) Rachel Weisz – (Nancy Pierpan) Tom Hughes (Ralph Wilson)

Running time: 1hr 40min



Purple Heart | Romance / Musical

Thursday 27th June

Cast: Sofia Carson (Cassie) Nicholas Galitzine (Luke) Chosen Jacobs (Frankie)

Running time: 2hr 02min

ALL NEW QIGONG CLASS

Qigong (pronounced Chi-gong) is a slow and gentle practice involving movement and breath. A Qigong practice is designed to promote, enhance and balance our Chi (which is our life force or vital energy) and by doing so we enhance our overall wellness. We use our breath to guide the movements and by connecting our mind, body and spirit we are looking after our physical, mental and emotional wellbeing.

Practicing Qigong may result in benefits such as: Improving your mood, promoting blood circulation and regulating blood pressure, improving sleep, improving movement, balance and flexibility, reducing stress & anxiety, aid digestion and enhancing lung capacity

This class is an introduction to Qigong with easy to follow exercises. It is suitable for everyone, we can practice standing or seated.

What to wear and what to bring:

Wear loose shirt and pants. We practice in bare feet if possible, otherwise please wear soft soled shoes. Bring a drink (water ideally), light jumper if the weather is cooler, grip socks if too cool for bare feet

Date: Every Thursday ****PLEASE NOTE: NO CLASS ON 6th OF JUNE****

Where: Kiora Wellness Suite | **Time:** 9:30am

Price: Introduction special- 50% off! Only \$10pp





MONTHLY EVENTS



MEN'S CLUB

Date: Thursday 13th June **Time:** 5pm **Where:** PDR

LADIES NIGHT

Date: Thursday 13th June **Time:** 5pm **Where:** KL

HAPPY HOUR

Date: Friday 7th June **Time:** 5pm **Where:** KL

BRIDGE CLUB

Date: Tuesday 4th and 18th June **Time:** 1pm **Where:** PDR

SOCIAL COMMITTEE MEETING

Date: Thursday 6th June **Time:** 10am **Where:** PDR

BIRTHDAY MORNING TEA

With a visit from MLC Children

Date: Friday 21st June **Time:** 10:30am **Where:** KL

SOCIAL CLUB PIZZA NIGHT

Date: Saturday 29th June **Time:** 5:30pm **Where:** KL
Cost: \$15 pp - tickets essential



RESIDENTS COMMITTEE MEETING

Date: Wednesday 26th June **Time:** 10am **Where:** PDR

USE OF CCTV IN PRIVATE HOME

It has become increasingly popular for residents and families to install CCTV cameras within units for safety and security purposes.

While we support the use of these devices to improve the safety of all residents at St Louis, it is important to note that the use of CCTV, even in private homes, is governed by law and you must be aware of your requirements under the applicable legislation. In Perth, Western Australia, the use of CCTV in a private home must comply with the Surveillance Devices Act 1998 (WA) and the Privacy Act 1988.

The main points include, notifying anyone entering the premises that they are being recorded and ensuring the safe storage and use of any footage obtained. If you or a family member have installed CCTV cameras at your unit, please make yourself familiar with the requirements. We have an information sheet available at reception which will assist you in ensuring your obligations are being met.

By following the correct guidelines, you ensure that you are respecting the privacy rights of others while using CCTV for legitimate security purposes in your private home.

GUEST SPEAKERS

Alex Jenkins

AI or Data Science Innovation Hub (WADSIH)
Friday 7th June

Alex Jenkins, a seasoned technology expert and current Director of the WA Data Science Innovation Hub (WADSIH) at Curtin University, boasts over 15 years of experience in advancing data science and artificial (AI) solutions. As part of his current role at Curtin University, Alex regularly speaks to the media about how AI works, the safety and ethical implications of AI, and how the workforce will change with AI technology. Alex is particularly focused on how AI will impact education and the health care areas and spoke in 2023 at TEDx Perth on the topic "An (AI) Tutor for Every Child."

Tom White

My business Journey from Perth to Asia
Friday 14th June



Tom was appointed CEO of a joint venture between Uber and the SK Group at its establishment in early 2021. He spent three years building a new team and ridesharing business, leveraging technology from both Uber and SK's TMAP platform. His journey with Uber began as the company's first local General Manager in Perth as well as Adelaide, and later included executive roles internationally, including as the General Manager in Vietnam and three years in Tokyo as the General Manager in Japan. Tom has an economics degree from UWA, an MBA from the University of Chicago and in his spare time is now completing a second master's degree in the ethics of artificial intelligence at Cambridge University. In February he was chosen by the Liberal Party to be their candidate for the federal seat of Curtin at the next Federal election.

Holly Craig

A Morning with #1 best-selling Perth Thriller Author of The Shallows & The Rip
Friday 28th June

Holly lives on the Western Australian coast. She spent her childhood on boats and on Rottnest Island, inspiring her second novel The Rip, and her #1 bestselling novel, The Shallows. The beach and river were her playground and have shaped the settings in her novels. Holly is an English teacher and now teaches adults how to write their novels, preparing their manuscripts for publication through The Write Club. She also co-hosts the popular podcast, Off The Page, which focuses on the highs and lows of the author's life.

RESIDENT NEWSLETTER

JUNE 2024

WELCOME TO OUR NEW RESIDENTS!

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



JUNE BIRTHDAYS



WISHING OUR RESIDENTS AND STAFF THAT
CELEBRATE THEIR BIRTHDAYS IN JUNE AND
WONDERFUL DAY!

St Louis Home Care Update



FREE HOME CARE PACKAGE INFORMATION SESSION

Please join Karena Sherriff, St Louis Home Care Manager on Wednesday, **12th June, at 11.00 am** at St Louis Estate, Kingsmill Lounge, for a free information session on Home Care Services. Karena will be presenting the 5 steps to accessing a government-subsidized home care package and what to consider when choosing your home care package provider. To enquire about accessing a Home Care Package with St Louis Home Care or to register to attend this free information session, please phone **9385 3406** or email homecare@stlouisestate.com.au

NEW DEPARTMENT OF VETERANS AFFAIRS (DVA) – COMMUNITY NURSING AND PERSONAL CARE

In addition to our Home Care Package service offering, St Louis Estate Home Care is delighted to share with you our recent approval from the Department of Veteran Affairs, to offer community nursing and personal care services to eligible veterans across the Western Suburbs of Perth. If you have a Gold or White Veterans card, please enquire about our veteran services by phoning **(08) 9385 3406** or emailing homecare@stlouisestate.com.au. We look forward to hearing from you.

NEW SHOPPING BUS SERVICE

St Louis Home Care has a new shopping bus service to local shopping locations on the first Wednesday of the month. Our next service takes place on **Wednesday, 5th of June 2024, leaving the Homestead at 1.00 pm and returning at 3.30 pm from Cottesloe Village** (Napoleon Street precinct). Bookings are required to reserve a seat (maximum of 4 people). To book, please phone St Louis Home Care at **(08) 9385 3406**. Service Fee: \$25.00.

