



EGG-CITING MORNING TEA, HAT PARADE & RAFFLE DRAW



Date: Thursday 17th April 2025 | **Where:** Kingsmill Lounge
Time: 10:30am - Raffle draw from 10:45am

To celebrate Easter, we will be hosting a morning tea on Thursday 17th April 2025. So make sure you Hop on over... to enjoy morning tea and kick off celebrations before the long weekend and enjoy an Easter treat. Last minute raffle tickets will be available at the door.

We invite you to wear your most creative Easter bonnet/hat and there will be a prize for the best entry. Please RSVP via Reception if possible, so we can cater but everyone is welcome on the day.

EASTER WEEKEND SHUTDOWN

St Louis Estate Administration and Kitchen will be closed over the Easter weekend. The Office will close **Thursday 17th April at 4:00pm and re-open on Tuesday 22nd April at 9:00am**. Home delivery meals will be available but must be ordered in advance by Thursday 10th April, for delivery on Wednesday 16th April.

EASTER RAFFLE DONATIONS & TICKETS

Easter will soon be upon us. We are still 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! Kristina 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: \$5.00 each or 5 for \$20.00

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?

ST LOUIS ANZAC DAY SERVICE



Date: Friday 25th April | **Time:** 10:45am
Where: Homestead Lawn

On this day, above all days, we recall those who served in war and who did not return to receive the grateful thanks of the nation.

All residents and family members are invited to attend. Following the service there will be light refreshments on the Homestead Veranda. We look forward to seeing you there.

Due to ANZAC Day falling on a Public Holiday, the social club and residents committee will be running the service. If you would like to be involved, please contact Debbie Frink.

OFFICE/KITCHEN CLOSURE

Please note Reception, Kitchen/Café & Kiora Café will be **closed on Friday 25th April 2025** for the ANZAC Day Public Holiday. There will be no Curry night. Home Delivery Meals are available for pre-order via reception.

RESIDENT NEWSLETTER

APRIL 2025

APRIL MOVIES



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



E.T | Sci-Fi/Adventure

Thursday 3rd April

Cast: Henry Thomas, Drew Barrymore, Peter Coyote

Running time: 1hr 55min

A troubled child summons the courage to help a friendly alien escape from Earth and return to his home planet.



A Dogs Purpose | Animal Adventure/Drama

Thursday 10th April

Cast: Josh Gad, Dennis Quaid, Peggy Lipton

Running time: 1hr 40m

A dog discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with Ethan.



As They Made Us | Comedy/Drama

Thursday 17th April

Cast: Dustin Hoffman, Dianna Agron, Simon Helberg

Running time: 1hr 40min

A divorced mom tries to make peace with her dysfunctional family as she finds a second chance at love.



Hotel Mumbai | Classic Musical

Thursday 24th April

Cast: Dev Patel, Armie Hammer, Nazanin Boniadi

Running time: 2hr 03min

The true story of the Taj Hotel terrorist attack in Mumbai. Hotel staff risk their lives to keep everyone safe as people make unthinkable sacrifices to protect themselves and their families.

AUSTRALIA'S BIGGEST MORNING TEA - CANCER COUNCIL



Date: Friday 30th May | **Time:** 10:30am |

Where: Kingsmill Lounge | **Cost:** \$30pp

You are invited to the St Louis Estate 'Australia's Biggest Morning Tea'. Let's come together and enjoy a cuppa and delightful morning tea, so we can support those impacted by cancer. Join us for a fun morning, there will be draw prizes, a raffle and a few little games to add some fun. You will be treated to a delicious assortment of tasty treats along with a variety of tea and coffees. All proceeds are donated directly to the Cancer Council.

RSVP: 23rd May 2025 (Tickets are essential).

GUEST SPEAKERS



Join us in **every Friday in the Kingsmill Lounge at 10:30am** for this months guest speakers.

Peter Hunt | 4th April

Shortcuts

Join St Louis Resident Peter, as he shares his talk about many interesting things you may not know. A bit of fun, make sure you bring something to lean on! We will supply pens & paper.

MONTHLY PUZZLE

	1				4			
	9		2	8			1	
			6		1		3	4
			8	7		2	6	
			3		5			
	3	7		2	6			
4	6		9		2			
	2			4	3		5	
			7				2	



MONTHLY EVENTS



BRIDGE CLUB

Date: Tuesday 1st, 15th and 29th April

Time: 1pm **Where:** KL

SOCIAL COMMITTEE MEETING

Date: Thursday 10th April **Time:** 10am **Where:** KL

RESIDENTS COMMITTEE MEETING

Date: Wednesday 23rd April **Time:** 10am **Where:** KL

GARDEN COMMITTEE MEETING

Date: Wednesday 16th April **Time:** 10:30am **Where:** KL

SOCIAL CLUB EVENT (CHICKEN AND CHIPS)

Date: Saturday 26th April **Time:** 6:00pm

Where: KL

CELEBRATE ST LOUIS MORNING TEA

Date: Friday 11th April **Time:** 10:30am **Where:** KL

MAH JONG

Date: Tuesday 8th and 22nd April

Time: 1:00pm **Where:** KL



SMOKE ALARM MAINTENANCE

Our annual smoke alarm maintenance is due. Please be advised that the maintenance team will be attending your units to install new batteries into your smoke alarms and test them.

If you do not consent to the staff entering the unit in your absence, please advise reception **prior to 4th of April.**

SOCIAL CLUB - CHICKEN AND CHIPS NIGHT

Date: Saturday 26th April | **Time:** 6:00pm | **Where:** Kingsmill Lounge

Due to catering requirements by the social club, there will be no ticket sales after 4:00pm on Wednesday 23rd April and no tickets available at the door. So please get your tickets early.

APRIL BIRTHDAYS

We would like to wish a Happy Birthday to all the April born St Louis residents and staff!



WELCOME TO OUR NEW RESIDENTS!



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

ST LOUIS CARE AT HOME UPDATE

APRIL 2025

MEDICATION AWARENESS AND FALLS PREVENTION EDUCATION SESSION

Date: Friday 30th of June 2025 | **Time:** 10:30am - 12:30pm | **Where:** Kingsmill Lounge
Morning Tea Supplied

Join us to hear from Monty Kanungo, (777 Pharmacy, Cottesloe) on the importance of medication awareness, medication reviews, packaging, and delivery, followed by Injury Matters with a guest speaker on the Stay on Your Feet program.

To book your place today, phone **9385 3406** or email homecare@stlouisestate.com.au

AGED CARE REFORMS JULY 2025

Are you aware of the three significant changes to be introduced by the Australian Government, Department of Health, and Aged Care in July 2025? These include:

- **Support At Home Program**
The introduction of the Support at Home Program (July 2025). The Support at Home Program will replace Home Care Packages and Short-Term Restorative Care. The Commonwealth Home Support Programme (CHSP) will transition to the new program no earlier than 1 July 2027.
- **New Aged Care Act and Standards**
The introduction of a new Aged Care Act and Strengthened Aged Care Standards from the 1st of July 2025.

An **Aged Care Reform Information Session** hosted by the Department of Health and Ageing (DoHA) and St Louis Care At Home will take place on **Wednesday, 7th of May 2025, at 10.30 am in the Kingsmill Lounge**.
Please RSVP: homecare@stlouisestate.com.au or (08) 9385 3406

NEW PHYSIOTHERAPIST

Welcome Jayden Lapsley-Fowle, Physiotherapist to the St Louis Estate community. Jayden is available for individual Physiotherapy sessions on Tuesday, Wednesday, and Thursday.

To book a physiotherapy session with Jayden, please phone (08) 9385 3406 or email homecare@stlouisestate.com.au
Classes that are available with Jayden are:

Group Classes | **Cost:** \$20.00 per person, per class. New members welcome.

Date & Time:

Tuesday at 11:15am
Wednesday at 9:00am
Thursday at 11:15am

Class:

Gentle Exercise
Aqua Class
Gentle Exercise

Where:

Kiora Wellness Centre

Kiora Wellness Centre

REMEDIAL MASSAGE

Mildred is now available to provide remedial massage services on Thursday only, between 9 am – 4 pm. We apologise that Wednesday bookings are no longer available. To book a remedial massage, please phone **9385 3406** or email homecare@stlouisestate.com.au

RESIDENTS' ROVING REPORTER

APRIL 2025

VISIT TO A BEE FARM

A visit to the Hive at Little Eeden Farm gave us a fascinating insight into the production of honey.

We were taken through the many types of honey produced on the farm depending on the area where the Hives are situated. Apart from general bush honey, the blossom of different trees such as Black Butt, Jarrah, and Karri trees all produce their own style of honey.

Then there were honeys with different additives, like ginger, vinegar and even Worcester sauce. We sampled them all and returned home with a variety of tasty products.



Sarah - soon to be mum (again!) with her mum Gayle Reilly enjoyed the excursion.



John Telfer and Jan Harley receiving a spoon sample of "Honey Ginger" and they loved it!



Hilaire Natt and this tractor were both "born" in the mid 30s! Hilaire is in fine "working order" - The tractor is not!



Morning tea at Gin Gin.

A NEWLY REFURBISHED HOME

A newly refurbished home passes final inspection before the keys are handed over to a new resident. With a new floor, curtains, stove and a complete paint job, it gets a tick of approval from Justine and Alex and is ready to welcome a new member to the St Louis community.



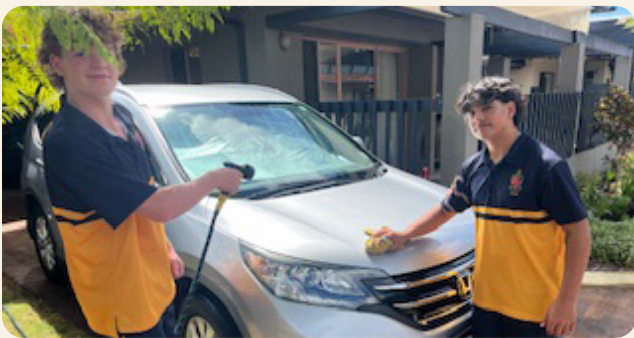
RESIDENTS' ROVING REPORTER

APRIL 2025

CHRISTCHURCH BOYS AT YOUR SERVICE

Every Friday afternoon in the school term students from Christchurch Grammar School walk across the highway and make themselves available to Residents who may require odd jobs to be done around their home.

Gardening, cleaning up, computer problems and even car washing (if area is suitable) are typical. The students are usually from year 10 and 11 so they are "strapping lads!"



Here is Flynn Dennis and Jamie Yates making a resident's car sparkle



Rhys Hennessy (left) and Nicholas Eley do some gardening

THE BACK ROOM LADIES

Kristina, Annie and Karena are the backbone of the Estate's administration, each bringing their own experience and dedication to the team.

Kristina Allen is a mix of Aussie and UK influences. Born in Australia she spent 20 years in UK and makes a warm and welcoming presence at reception. Kristina has two sons.

Annie Flower's background in the arts combined with her impressive distance swimming (10km!) suggests she's both creative and disciplined. Annie has three children.

Karena Brunsdon has been 9 years at St Louis and has book-keeping expertise and a big family so she must be incredibly organised and balanced. She has two sons and six grandsons!



GEORGE & GLADYS: THE ESTATES PASTORAL PAIR

From the rolling pastures of a dairy farm to the pulpit George Powell's journey has been one of faith, hard work and adventure.

After leaving behind the farm he dedicated himself to pastoral ministry serving communities across WA, Tasmania, Victoria and even the United States for five years. By his side through it all has been his wife Gladys who married him at age 23 and embraced the ever changing nature of their calling.

In their 50 years of ministry she has held an incredible 58 jobs adapting to new places and challenges while supporting their shared mission together. They have travelled far and wide witnessing the power of faith in countless lives.

They retired to St Louis Estate in December 2005 making them one of the longest term residents in the village.





A LIVING REMEMBRANCE OF HELEN

John Henderson's wife Helen passed away two years ago. They had spent many years together, a lifetime of love, laughter and quiet understanding. When the time came to lay her to rest John didn't want a cold stone or distant cemetery, he wanted her close where life could still grow.

In the garden in front of their unit he planted a young Chinese Elm that Helen had nurtured from seed and gently placed her ashes beneath its roots. The family were present for this special ceremony and since then the young tree has prospered under John's care.

MAY THE FORCE BE WITH YOU

A very informative Friday talk was given by the Blue Force representative Nick Rossi.

He explained the workings of the emergency system available to all residents which can be activated via a wrist band, neck pendant or the control unit placed at the most convenient station in your home. It is available 24/7.

Nick was proud to inform the audience of the average response time is 21 seconds! It's a reassuring system to ensure we get help quickly when in trouble.

Pictured with Nick is resident Joan Fisher.



NEW PHYSIO FOR EXERCISES SESSIONS

Jayden Lapsley-Fowle is the newly appointed physio who will be our "trainer" at the Tuesday and Thursday exercise sessions held at Kiora. He also takes the Aqua aerobics on Wednesday morning.

That's him on the right (obviously!!) and here are some of the large class that enjoyed his first session in February.



RESIDENTS' ROVING REPORTER

APRIL 2025



Christine (right) is "all ears" on hearing Sue Campbell tell of one of her stories of the past.

THE GHOST TOWNS OF WA

In a state that is larger than many countries around the world, you could expect to find some extraordinary stories. Christine Harris is a researcher on a project to document all the Ghost Towns in WA as well all those who lived in them and she shared with us just some of those stories in her excellent talk.

So far the project has listed 700 Ghost towns in WA, including the popular gold rush towns but also short lived rural townships, railway sidings and temporary settlements connected to constructing railways, woodlines etc.

Sometimes the earth is all that is left to mark the passing of the communities that has made up the history of our State.

Christine was most interested in comments she received from residents with memories of life in a Ghost Town. Anyone with a story of their life in an early WA Ghost Town should put it in writing and submit it to Christine Harris at: ghostswa@fhwa.org.au or check website ghostswa.au

YOUR SOCIAL COMMITTEE FOR 2025

We are excited to present the new Social Committee for 2025, dedicated to organizing engaging and enjoyable events for Residents.

Our goal is to create a vibrant community with a variety of activities that bring people together, spark new interests and make memorable moments.

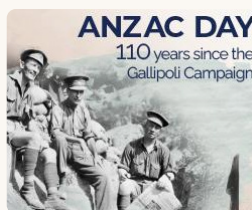


FUTURE SOCIAL CLUB EVENTS

Social Club events being planned are:



Morning Melodies' WAPA concert - SOLD OUT!



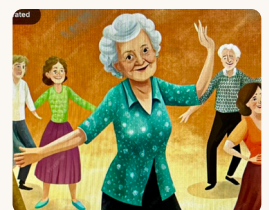
Anzac Day Ceremony on Homestead Lawn, April 25th.



Trivia Quiz Night: Date to be confirmed - So start studying!



Morning Melodies Opera Highlights: More info to come.



Special Celebration: St Louis Estate's 40th Birthday plus finish of refurbishment!