RESIDENT NEWSLETTER

JUNE 2025



THE SOCIAL CLUB: TWILIGHT TRIVIA



When ?...TUESDAY 10TH JUNE 5PM-7.30 Questions start at 5.30

Where? Kingsmill Lounge Why? Cos its free and its fun!

You must book your spot at the office as a solo or in a table group you nominate BY ...Friday 6th June.....

BYO beverages and nibblies Sandwiches provided

St Louis Estate Social Club presents

TWILIGHT TRIVIA

FUN, PRIZES & BRAGGING RIGHTS

- · Love a good laugh and a bit of friendly competition? Then gather your team and join us for an unforgettable
- · Trivia Quiz Night
- Expect brain teasing questions, awesome prizes and a night of fun!
- Whether you're a history buff, a pop culture guru, or just in it for the laughs, there's something for everyone.
- · Get your team together
- (4-6)people per table)
- · or come solo-
- we'll find you a crew

Dr Google or Mr Siri not welcome!

Book early You must have a ticket to be in it!



"Sorry Mable, you know the rules, no mobile devices allowed on quiz nights.

DEVONSHIRE TEA AT KIORA



Date: Tuesday 17th June | **Time:** 10am **Where:** Kiora | **Cost:** \$15pp

Coming back as a 'one off' event in June 2025 we invite you to attend Devonshire Tea at Kiora on Tuesday 17th from 10am in the Resident Lounge at Kiora.

Join us for a tea or coffee of your choice and bottomless scones with jam & cream.

CHRISTMAS IN JULY

Date: Friday 25th July | Time: 12pm

Cost: \$50pp 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 18th July



WA DAY PUBLIC HOLIDAY

The Office and Kitchen will be closed on Monday 2nd June. Monday meals 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.

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JUNE 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.



Enola Homes | Mystery/Crime

Thursday 5th June

Cast: Millie Bobby Brown, Henry

Cavill, Sam Claflin
Running time: 2hr 3min



Operation Mincemeat | War/Drama

Thursday 12th June **Cast:** Colin Firth, Matthew

Macfadyen, Kelly Macdonald **Running time:** 2hr 8min



The Man from Snowy River Tragedy/Drama

Thursday 19th June

Cast: Kirk Douglas, Tom Burlinson,

Terence Donovan

Running time: 1hr 44min



Annie | Drama/Family

Thursday 26th June

Cast: Aileen Quinn, Albert Finney,

Carol Burnett

Running time: 2hr 6min

SOCIAL CLUB - PIZZA NIGHT

Date: Saturday 28th June | **Time:** 5:30pm **Where:** Kingsmill Lounge | **Cost:** \$15pp

Due to catering requirements by the social club, there will be no ticket sales after 2:00pm on Thursday 26th June and no tickets available at the door. Please get your tickets early.

GUEST SPEAKERS



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

The Dazzlers | 6th June

Music Performance

We welcome the Dazzlers back to St Louis for another entertaining performance. The Dazzlers are a dancing group of 7, offering uplifting, toe tapping, sparkling performance with all your favourite music. Quartet, duets and solos plus comedy skits and songs to put a smile on your face. A morning not to be missed.



Monty Kanungo & Injury Matter | 13th June

Medication Awareness and Falls Prevention Education Session

Come along 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.

Ric Evans | 27th June

International Cricket Umpiring Experience



Welcome to Christina Venables our Village Manager on a Wednesday / Thursday while Sarah is on Maternity Leave.



MONTHLY EVENTS



BRIDGE CLUB

Date: Tuesday 3rd and 17th June

Time: 1pm Where: KL

SOCIAL COMMITTEE MEETING

Date: Thursday 12th June Time: 10am Where: KL

RESIDENTS COMMITTEE **MEETING**

Date: Wednesday 25th June Time: 10am Where: KL

GARDEN COMMITTEE MEETING

Date: Wednesday 18th June Time: 10:30am Where: KL

SOCIAL CLUB PIZZA NIGHT

Date: Saturday 28th June Time: 5:30pm Where: KL

CELEBRATE ST LOUIS MORNING TEA

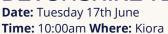
Date: Friday 20th June Time: 10:30am Where: KL

MAH JONG

Date: Tuesday 10th and 24th June

Time: 1:00pm Where: KL

DEVONSHIRE TEA





FRIENDLY REMINDER -**COMMUNAL BIN AREAS**

We request all Residents please be mindful of other residents sharing the communal bin area. We ask that residents ensure items are placed in the correct bin. Where possible, could you please wash and crush down bottles, cans and cardboard boxes prior to putting them into the recycling bins. Please also note that shredded paper must be put in the general waste bin not the recycling bin.

Thanks very much for your understanding and cooperation

Recycling Bin - Collected fortnightly



- Your Recycling Bin is for:
- ✓ Clean paper & cardboard
- ✓ Glass bottles & jars
- ✓ Plastic bottles & containers
- ✓ Steel & aluminium cans

Your **Recycling Bin** is NOT for:

- X Recycling in bags
- x Soft plastics
- x Aerosols
- X Batteries or E-Waste
- Meat trays
- X Nappies
- × Textiles



Please ensure all recycling is rinsed, empty, with all lids removed and placed loose in the bin, not in bags.

General Waste Bin - Collected weekly



Your **General** Waste Bin is for:

- ✓ Dog poo & kitty litter
- ✓ Food waste
- General rubbish items
- Hygiene products
- ✓ Nappies
- ✓ Polystyrene
- ✓ Plastic bags
- Soft plastics

Your General Waste Bin is NOT for:

- X Clean recyclables × Hazardous waste

Household Hazardous Waste and E-waste CAN NOT go in any household bins. Drop these waste items off to the West Metro Recycling Centre free of charge, or visit wmrc.wa.gov.au/ recycling-disposal/west-metro-recycling-centre/accepteditems-free-for-a-fee/ for more information.

JUNE BIRTHDAYS

We would like to wish a Happy Birthday to all the June 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

JUNE 2025

MEDICATION AWARENESS AND FALLS PREVENTION INFORMATION SESSION

Date: Friday 13th June 2025 | **Time:** 10:30am – 12:00pm | **Where:** Kingsmill Lounge

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.

ALL ABOUT HOME CARE

Date: Thursday 19th June 2025 | **Time:** 11:00am **Where:** Kingsmill Lounge

Join Karena Sherriff, Home Care Manager, for a free information session on how to access government-subsidised home care services designed to enable you to live at home for longer. Friends and family are welcome.

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

NURSING OR PERSONAL CARE

Do you know a Veteran who might benefit from Nursing or Personal Care? St Louis Care at Home is an approved Department of Veteran Affairs provider offering 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 ST LOUIS CARE AT HOME WEBSITE

Please visit and share your feedback on our new website – **stlouiscareathome.com.au** Please share your feedback with Karena Sherriff on **(08) 9385 3406**.

SHOPPING BUS SERVICE

St Louis Home Care offers a Thursday's shopper bus service to all residents of St Louis Estate. The service leaves the Homestead at 1:00pm, each Thursday, and returns to St Louis Estate at 2.30 pm, with Nicola Cross.

The Shopper bus service fee is \$15.00 per person. No bookings are required.





WA DAY PUBLIC HOLIDAY

The St Louis Home Care Office will be closed on the Monday 2nd of June 2025 due to WA Day.

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A CLASSIC 1904 BUILDING IS REVEALED

A long time ago in 1904 someone built a cosy house with beautiful brick walls and fancy limestone decorations. But over the years those pretty walls got covered up and hidden. Now after many years the refurbishment team have carefully peeled all that covering away and made the walls look just like they did when they were first built. It's like giving the house a big hug & saying "We remember you and you're special!"



Pic 3: Even the chimneys received a professional restoration. Perfect tuckpointing bringing back the original features.



Pic 4: The combined features of limestone and brick give these ancient walls a special look.



Pic 1: A worker carefully chips away on cement rendered walls that have for decades covered the beautiful original ones built over 120 years ago.



Pic 2: Colin Jameson admires the skills of the bricklayers of the past.



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MEETJOY SINCLAIR

Meet Joy Sinclair - turning yesterday's news into today's hope.

If you've ever wondered what difference an old newspaper can make ask Joy Sinclair a tireless champion for the homeless and one of our most dedicated residents.

Joy runs the Lions Clubs newspaper recycling project in the Village with unwavering commitment and extraordinary results. Every week she gathers newspapers from around the Village and stores them neatly in her side lane where the Lions pickup team collects an impressive 1 1/2 tonnes of paper every visit. The funds raised go directly into Joy's hands and straight into the lives of those in need. Whether it's soap, warm bedding or even a bundle of men's underwear delivered to a shelter, Joy ensures every dollar counts.

Residents you can help. Pass your newspapers (but no glossy magazines please) to Joy and support her remarkable mission.





Pic 1: Joy with fellow Lion and helper Molly Gill

Pic 2: Joy proudly displays a pack of 30 underpants, soon to be distributed to homeless men in Perth as part of a generous outreach effort.

MOTHER'S DAY ROAST

Kingsmill was a buzz with joy as residents and their families came together to celebrate Mother's Day a delicious two course roast was served adding to the warmth and happiness shared by all the family groups .



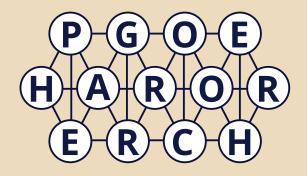
Pic 1: The Rees Family



Pic 2: The Pearman family and friends

PUZZLE - CHAINLETTERS

Can you find the 13-letter word hiding in the chain? You must use all 13 letters once only and can move from circle to circle only where they are connected by lines.



Solution in July RRR

JUNE 2025



Pic 1: The Last Post beautifully played by Scotch College student Ed



Pic 2: Speakers Peter Hunt and Rod Dale with flag bearer Michael King

ANZAC DAY

The Kingsmill lounge was filled to capacity for our Anzac Day ceremony.

Our speakers shared powerful stories, honoring those who fell at Gallipoli and in all wars since. We remember them.

IT'S A BOY!

Sarah and Mathew are thrilled to announce the safe arrival of Michael Williamson born at 6:51PM, 1/5/25 3140G (6lb9oz) 51cm.

From Sarah, "Mathew, Lucy and myself are all delighted to welcome a son and brother into our family. We look forward to Michael meeting everyone at St Louis soon"

Well done Sarah and we all will be delighted to meet your beautiful son.



Michael and Lucy



Michael



ADVOCARE AN IMPORTANT SERVICE FOR THE ELDERLY

Advocare is a Government funded organisation focused on Aged care serrvices and advocacy assistance.

David Thompson from Advocare gave us an enlightening talk on its function. Information on elder abuse, staying safe and the advocacy programmes offered to the elderly.

Pic: David is pictured post talk being "grilled" by Robin Tunnicliffe

BON VOYAGE

Jim and Pam Larkins are currently enjoying a grand Australian adventure.

This fun loving duo are trading shuffleboards for sea breezes as they sail on a spectacular cruise around Australia starting in Fremantle, their adventure will chart a course up and over the Top End before landing in Sydney.

And the excitement doesn't stop there. They will board the legendary Indian Pacific train for the epic ride back across the continent to Perth completing a full circumnavigation of Australia.



It's the kind of adventure that proves life after retirement can be just as exciting as ever!

JUNE 2025



LUNCH POST CONCERT

Three lovely ladies enjoyed a delightful outing beginning with the 60s morning melodies concert at His Majesty's Theatre. Afterwards they shared a light lunch together at Kingsmill lounge making for a great day of music laughter and good company.

Pictured from left: Pauline Evans, Helen Jameson and Jan Harley

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HUMAN TRAFFICKING

Human trafficking is a thriving evil business

Approximately 20000 Nepali women and children are trafficked every year. Once they cross the border, very few are heard of again. Darren Reynolds is with "Every Daughter matters" an organisation at the forefront of the fight against modern slavery and human trafficking. A very moving and excellent presentation that sadly drew a small audience. Those who did attend were moved enough to contribute a generous total near \$500 for the Charity.

Pic: Darren with June Craig



LET'S TALK ABOUT AGED CARE

A representative of the Department of Health and Aged Care spoke to a large audience of residents about Commonwealth funded age care services.

What they are and how to access them? The team talked participants through the range of age care services, the assessment process and finding services that meet their needs.

The recent reforms in age care including the new Age Care Act which will take effect on July 1st 2025 was discussed in detail.



MAHJONG - MORE THAN A GAME!

In the quiet heart of Kingsmill lounge, time seems to linger like the scent of Jasmine on the evening breeze. The ladies gather round the Mahjong tables, their fingers move with practice grace, clicking the ivory tiles. It's more than a game, it's a ritual, a communion of memory and wit with strategy. A gentle competition steeped in tradition is the ancient game of MahJong.

