



CHRISTMAS IN JULY



Date: Friday 25th July 2025

Time: 12pm | **Price:** \$50.00 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 18th July

REMEDIAL MASSAGE IS RETURNING TO KIORA

From Thursday, 26th of June 2025, remedial massage will be offered again from the Kiora Wellness Centre. In partnership with Soul Bodywork, our new massage therapist will be Anna or Guitar. To book your 30 min, 45 min or 60 min massage, please phone Kristina at Reception on **(08) 9385 1420**. A hicap terminal is available to accommodate your private health cover.



WINTER WARMERS SOUP BUFFET



Date: Friday 1st August 2025 | **Time:** 12:00pm

Price: \$20.00 per person, & donation of winter items encouraged.

Location: Kingsmill Lounge

RSVP: Friday 25th July 2025

Join us to share in a delicious lunch, including a selection of gourmet soups, with all the trimmings and dessert. **We will be collecting donations of new and good-condition pre-loved clothing and blankets, on the day. Residents and families are encouraged to bring along any donations of warm blankets, sleeping bags, beanies, gloves, scarves, jumpers, rain jackets and tracksuits to the collection point at the Homestead.**

With winter every year there comes an increase in requests for support from vulnerable members of our community. As the temperatures drop many individuals and families need some extra assistance to keep themselves warm and fed. This year we would like to do something a little different to support those a little less fortunate, please join us at our soup buffet fundraising event.

All proceeds from this event will be donated directly to aiding the street-people and homeless of Perth. Your support will make the world of difference to a person or a family in need. You'll not only be keeping people warm but filling hungry bellies and connecting people with professional counselling and support.

If you are unable to attend the event, donations can be left at reception prior to the event.

Let's get together and help keep Perth a little warmer this winter.

REMINDER

Please note there will be no Casual Dining Curry Night on Friday 25th July or Friday 1st August due to daytime dining events (Winter Warmers Soup Buffet and Xmas in July).

RESIDENT NEWSLETTER

JULY 2025

JULY 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.



Driving Miss Daisy | Comedy/Drama

Thursday 3rd July

Cast: Morgan Freeman, Jessica Tandy, Dan Aykroyd

Running time: 1hr 39min



The Four Seasons | Comedy/Romance

Thursday 10th July

Cast: Alan Alda, Carol Burnett, Len Cariou

Running time: 1hr 47m



Fried Green Tomatoes | Comedy/Drama

Thursday 17th July

Cast: Kathy Bates, Jessica Tandy, Mary Stuart Masterson

Running time: 2hr 10min



Julie & Julia | Comedy/Romance

Thursday 24th July

Cast: Amy Adams, Meryl Streep, Chris Messina

Running time: 2hr 3min



The Aviator | Adventure/Drama

Thursday 31st July

Cast: Leonardo DiCaprio, Cate Blanchett, Kate Beckinsale

Running time: 2hr 49min

GUEST SPEAKERS



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

Scam Net | 4th July

How To Spot a Scam

Do you want to know how to spot a scam? Join the Consumer Education Team from The Department of Energy, Mines, Industry Regulation and Safety regularly run presentations to groups about tips on how to spot a scam and what to do if you or someone you know has been targeted by a scammer.

Managing Hearing Loss | 11th July

Ian Henderson

Birthday Morning Tea | 18th July

Christmas in July | 25th July

MONTHLY PUZZLE

WINTER

U O K S E K A L F U H Q E T T G G
O L M L H O P D G O V A E Q F S R
S F R O S T Y Q C I R E E Y V H E
L C K E U B R K M M L C O P Q S T
M A A G L R E B U S O O S P O N N
Q Y Y R S Y C F O C P F Y I H O I
U I R E F D F Z O O N R N N T W W
F M T A R S W A W S T O S A M U G
T S D R U S D H G N D S H Z A V G
O O O W A N H J L O A T W K P I N
F Y H L T E A D O W I B E H U Z I
L T O L B L H J V M G I Z X I C Z
A L E V O H S I E A L T M R O T E
N M Z T T Y W X S N O T T L R N E
N E H C N A L A V A O E D D Y I R
E Q B B L U S T E R Y N Y Z O C F
L M R A W K F V D E L S B O B G B

FROSTBITTEN
BOBSLED
HOCKEY
FLAKES
IGLOO
MELT
MUG

AVALANCHE
FLANNEL
LAYERS
NIPPY
WHITE
COZY
HAT

EARMUFFS
HOT
SHOVEL
SLEET
SCARF
WARM

BLUSTERY
SNOWMAN
FROSTY
SLUSH
COCOA
COLD

FREEZING
WINTER
GLOVES
BOOTS
HEART
SNOW



MONTHLY EVENTS



BRIDGE CLUB

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

Time: 1pm **Where:** KL

SOCIAL COMMITTEE MEETING

Date: Thursday 10th July **Time:** 10am **Where:** Kiora

RESIDENT COMMITTEE MEETING

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

GARDEN COMMITTEE MEETING

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

NIGHT IN THE ORIENT

Social Club Chinese Takeaway

Date: Saturday 26th July **Time:** 5:30pm

Where: KL **Cost:** \$20 per person



CHRISTMAS IN JULY LUNCH

Date: Friday 25th July **Time:** 12:00pm **Where:** KL

MAH JONG

Date: Tuesday 8th and 22nd July

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



COLES HOME DELIVERY GROCERY SERVICE

Need groceries delivered? Prefer not to navigate the online ordering system yourself? St Louis Estate Resident Services are pleased to offer our ongoing home delivery grocery service. Residents can submit a shopping list by **8:00am each Tuesday** and have their groceries delivered each Wednesday morning. The cost of groceries will then be billed to your monthly account.

To ensure you receive exactly what you're looking for, we request that as much detail as possible about the products be included in your list. Eg. 2L Brownes Hi-Lo Milk or 1kg Pink Lady Apples.

Shopping lists can be submitted in person to reception or via email to services@stlouisestate.com.au

Grocery Service Fees as of 1st July 2025

5 items or less - \$6.00 per order | Over 5 items - \$12.00 per order

JULY BIRTHDAYS

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

JULY 2025

THINKING ABOUT HOME CARE SERVICES?

Hello, my name is Karena Sherriff, St Louis Care at Home Manager. I joined the Home Care team in early 2022, with over twenty years of experience in community aged care. I would be delighted to assist you or your loved one in navigating the home and community care service industry. I am available Monday to Thursday weekly to explore a broad range of personally tailored home care service options with you.

To enquire about booking a visit, please phone **(08) 9385 3406** or email **homecare@stlouiscareathome.com.au**

PHYSIOTHERAPY

Physiotherapy led exercise and aqua classes continue to be offered on a Tuesday, Wednesday, and Thursday, with Edward, Jack, and Ash, at St Louis Estate and Kiora.

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:

Light Exercise

Aqua Class

Light Exercise

Where:

Kiora Wellness Centre

St Louis Estate Pool

Kiora Wellness Centre

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.



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**.

ST LOUIS RESIDENT COMMITTEE ANNUAL BUDGET MEETING "Working Together"

St Louis Residents Chairmans Report

The great help received from the front desk, maintenance & gardening teams has made it a pleasure to work with a willing, growing & enthusiastic group of volunteers.

Gardening Team

From a modest but enthusiastic begining our growing group of happy workers has rolled up their sleeves & fought hard to overcome the adverse weather effects, we have experienced.

This includes upgrades of the reticulation system, repairs to the wells plus replacement of two pumps - I believe at a cost exceeding \$20,000.

Many garden beds/areas have received the positive touch. Because of this attention other upgrades are being planned.

Social Committee

Enthusiasm generated by this committee is reflected in the many & varied programs presented for our selection and enjoyment, ranging from BBQs, pizza nights, chicken & chips nights, quiz nights, Anzac Day, melody at the maj, river trips, bus tours & guest speakers - obviously a well rounded programe.

Not only have they been enjoyable but successful too, helping to grow our bank balance. Acknowledgment must go to committee chairman, Peter Hunt, secretary Debbie Frink and fellow organiser, James Natt for a job well done.

St Louis Residents Committee

To ensure the smooth running of the various committees, a sub committee was formed under "The Deeds" rules which improved the efficiency of the minutes distribution. In addition, extra committee positions (3) were created to call on in case of an emergency.

During the time, it was considered worth reflecting on the role of the Trustee (Mr Peter Mansell) under the St Louis Estate Trust Deed and his obligation towards the residents as their representative, under the trust deed.

Under the act, the purpose of the committee is classed as informal, **designed to create a harmonious community.**

A residents committee **is not required under the act** or by The Trust Deed.

Residents can set one up if they wish to.

It is not a **decision-making committee.**

Many and varied projects have been taken on over the past 12 months and successfully completed for the benefit of all concerned, including enhancing our units value. This could not have been achieved without the willing help of our St Louis team.

Thank you all for your great efforts,

Colin Jameson.

JACQUIE THE QUEEN OF HAPPY FEET

For the past 19 years, Jacquie Costigan has been tending to the toes, heels and arches of our residents with a blend of expert care, good cheer and a knack for spotting a corn at 20 paces.

Whether it's a troublesome toenail or an arch that's lost its spring, Jackie has worked her magic time and again leaving behind a trail of grateful soles (and souls).

You see, for those of us with a few more birthdays under our belt, happy feet aren't just a luxury- they are a lifeline. So it's no surprise that her popularity has soared. Demand for her services has grown so much that what was once a modest visit every other Wednesday, has now become a weekly fixture every Thursday.

Yes you'll now find Jacquie in the Village every Thursday, clipper in hand, ready to wage war on calluses and restore dignity to our weary feet.

Here's to many more Thursdays of toe tickling triumphs!



RESIDENTS' ROVING REPORTER

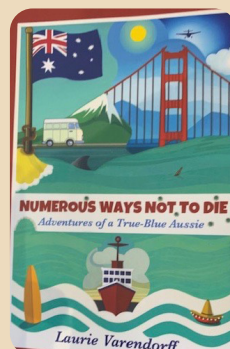
JULY 2025

LAURIE VARENDORF AND "NUMEROUS WAYS NOT TO DIE"

Born a 'banana bender' and now a proud West Australian (or 'sandgroper'?) Laurie has led an adventurous life travelling the world and has experienced his fair share of near death occasions.



A colourful character Laurie (seen here in one of his trademark outfits) was a talented sportsman in his younger days and he still has several trophies, including this one for Snow Skiing Downhill Giant Slalom on Mt. Kosciusko.



He recounted some of his escapes in his talk on Friday and has also written an autobiography which is available from Laurie for a mere \$20.

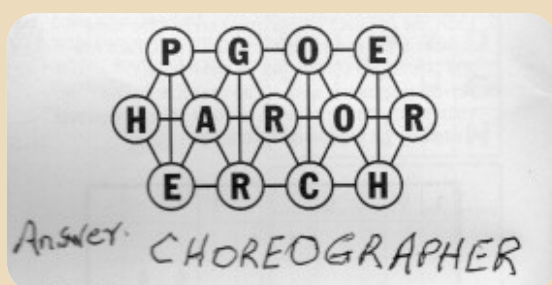
MAKING OUR GARDENS BEAUTIFUL

In the May addition of the newsletter we suggested that residents may wish to adopt a communal garden bed. There has been some interest shown and we have reached out to them.

One of whom (pictured) is Sue Campbell, who has adopted a communal bed along the garden path outside her property. Well done Sue!



LAST WEEK'S PUZZLE ANSWER



RECENT BIRTHDAYS

On the third Friday of the month, Management give residents a Birthday party celebrating those Birthdays that happen during the month.

Its always well attended and we enjoy cupcakes or scones, and the birthday Girls and Boys take home some chocolate goodies!

This month, we celebrated these residents:



Rod Dale



Jocelyn Quirke



Joan Grist



Bill & Diana Heseltine celebrate Diana's birthday at home after Bill had time in hospital. We wish him well!

TWILIGHT TRIVIA QUIZ NIGHT

Well what a night! The Twilight Trivia quiz night absolutely sparkled from start to finish.

A full House of 10 buzzing tables, brains switched on, snacks within reach, and plenty of friendly rivalry in the air. The Quiz itself was a triumph, cleverly crafted and bursting with variety. We had everything from faces of the 60's, to brain tickling Australiana, edge of your seat sports trivia, and the fabulous "Matters 40" round honouring 40 grand years of Saint Louis. Something for everyone.

The grand finale? A thrilling tie between The Brainy Bunch and The Trivia Tritons. In a nail biting sudden death playoff, it was the Brainy Bunch who walked away with bragging rights and probably a well earned lie down.

Add in delicious snacks and nonstop laughs, and you've got one unforgettable evening! Bravo to all involved - can't wait for the next one!



Quiztopher Columbus



The Quizzards of Oz



Quizze Rascals - 2nd place tie-breakers



The Trivia Tritons



The Brainy Bunch - Our Quiz Champagne Champions!



Quizmaster - Jill House



Quizmaster - Ray House



Quizmaster - Peter Hunt



Quizmaster - Jim Natt

RESIDENTS' ROVING REPORTER

JOHN BROWN & KERRIE ROBERTS TRIP TO ZIMBABWE

A few observations of our short trip to Johannesburg then to Bulawayo and Zimbabwe for my youngest sons Gordon's wedding to Dee. Kerrie and myself travelled to Africa landing in Johannesburg then flew north to Bulawayo, Zimbabwe.

Bulawayo was originally well set up by the British, however not as well maintained. Lifts, elevators and coffee machines and traffic lights just don't work anymore. Some city streets are 60% potholes. Lots of modern cars with many people standing on the side of the road wanting some kind of lift with a taxi or bus. Most taxis are totally illegal but they are cheap. Reliable buses called "chicken buses" but imagine not with the comfort as we expect as they are full with anything going to and from the markets, like live chickens!

Many nice houses surrounded by high walls, barbed wire, and dogs let out at night. There is no welfare, no medical, lots of unemployed, so many are poor.

The population is very religious of varied religions. On a Sunday, the women all dressed beautifully with high heels walking down these poorly kept streets go to Church.

The wedding of my youngest son, Gordon and his wife Dee, was splendid, especially on the 1st formal day which included the official ceremony. Many fancy outfits and a sit down meal. The second day was slightly more family oriented but the dress code was still beautiful and the noise of the drums and dancing. I had to remove my hearing aids.



Gordon and Dee with their daughter



Kerrie and John in traditional dress on day 2 of the wedding ceremony.

THE MACEDON MYSTERY SOLVED

Over 120 years ago (1900) there were two matching buildings constructed on the site of our village. The Homestead and Macedon House, both buildings still there in 1985 and both declared as Heritage and not to be demolished.

So Clough Engineering purchased the School property in 1985 and planned a retirement village. The Homestead would be included in the Estate planning as an administrative office, however, the fate of the other building Macedon House was a problem taking up vital space planned for village accommodation. Remember both buildings must remain by law intact and original.

Enter 2 saviours, brothers Richard and John Adams, who offered to remove Macedon and establish it on another property (then undisclosed). How this was done and where did it end up is a mystery. We appealed in the May newsletter for help in solving this mystery. Well, no resident came forward, however I (editor) have researched, and through Mr Google, I found it. The house has been beautifully refurbished and its classical lines are retained on a beach suburban block in Golden Bay (near Mandurah).

So isn't it exciting that within a couple of months the 2 Heritage buildings from the estate will have been brought back to their classical and beautiful states. If you want to see more on Macedon go to Google Maps and search **19 Marlin way, Golden Bay.**



Macedon House St Louis School 1985



Macedon House, Golden Bay 2025