



HOMESTEAD RENO COMPLETION

We're getting ready to welcome you back soon!

Our long awaited homestead renovations are due for completion in mid August and we look forward to welcoming back our all new space.



AGED CARE EMPLOYEE DAY

Date: Wednesday 7th August



In August, Australia celebrates 'Aged Care Employee Day'. It is a national day to acknowledge more than 450,000 dedicated people who care for and support around a million older Australians, across the community, retirement living, home care and residential care sectors. This year, we say a special thank you for their continuing devotion to assisting so many vulnerable people.

We can take this opportunity to celebrate the contributions of our dedicated and amazing workforce here at St Louis Estate. Residents are invited to send thank you wishes or write a card to show their appreciation for our friendly and professional team. These can be dropped into reception prior to the 7th of August for all staff to read and enjoy.

KIORA CAFÉ

Barista Coffee | Fresh Juices | Cakes | Croissants | Toasted Sandwiches

In addition to our weekday opening hours of 9:00am – 2:00pm, residents are reminded that Kiora Café is open every Saturday morning from 9:00am – 12:00pm for barista-made coffee, fresh cakes, croissants, toasted sandwiches, and most importantly, great company.

RESIDENT NEWSLETTER

AUGUST 2025

AUGUST 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.



The Children's Hour | Drama/Romance

Thursday 7th August

Cast: Audrey Hepburn, Shirley MacLaine, James Garner,

Running time: 1hr 47min

A schoolgirl ruins her two headmistresses with a scandalous lie.



Charade | Comedy/Mystery/Romance

Thursday 14th August

Cast: Cary Grant, Audrey Hepburn, Walter Matthau

Running time: 1hr 53min

Romance and intrigue ensue in Paris as a woman is pursued by several men who want to get their hands on a fortune her murdered husband had stolen.



Wicked Little Letters | Comedy/Crime/Drama

Thursday 21st August

Cast: Jessie Buckley, Olivia Colman, Timothy Spall

Running time: 1hr 40min

People begin receiving letters full of hilarious profanities, the rowdy, Irish migrant, Rose, is charged with the crime. Suspecting that something is amiss, the town's women investigate.



Grease | Comedy/Romance/Musical

Thursday 28th August

Cast: John Travolta, Olivia Newton-John, Stockard Channing

Running time: 1hr 50min

Good girl Sandy Olsson and greaser Danny Zuko fell in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance?

GUEST SPEAKERS



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

Sandy Baker | 8th August

Children's TV in the 70's and 80's in WA through the eyes of a funny cat, Fat Cat

In 1971 I began a journey as the companion for one, then two, non-verbal, outrageously outgoing, feathery and furry animals that continued for over 12 years. What a journey of fun, laughter, joy, hard work and preposterous situations that evolved during those years.

Join me as we explore some of those moments of television in the 1970's and hear a little of the history of Children's television in Western Australia. Bring your memories as well as we take a trip with a penguin and a furry, extra large feline and me!

Looking forward to meeting all at St Louis.

Elizabeth Owens | 22nd August

Teaching Horses to go Sideways

Elizabeth has been employed as an animal nutritionist throughout Australia for over 40 years and is currently a company nutritionist for Milne AgriGroup in Western Australia. Elizabeth worked as Consulting Nutritionist to Australia's Equestrian team for over 20 years and in 1998 completed a 2-year research project on behalf of the Australian Institute of Sport studying the feeding practices of some of Australia's elite equine athletes. In addition to her various commercial animal nutrition roles, Elizabeth expertise has been drawn upon by the University of QLD where she served as an Adjunct Lecturer in Equine Nutrition for 15 years.

Elizabeth is also an accomplished dressage rider having trained several horses to Grand Prix, won no less than 5 National dressage titles at FEI level, named as a member of the Olympic Athlete program from 1996 to 1999, and represented Australia in dressage at the highest level on 2 occasions. She is a national dressage judge and accredited dressage coach in Australia and the UK. Appointed as Athlete Director for Equestrian Australia from 2020 to 2024, Elizabeth has gained experience in international equine performance and was appointed Chef d'Equipe for the Australian Dressage Team at the World Games in Caen in 2014. Elizabeth has qualified as a coach in the UK, where she trained with Christopher Bartle, and in Australia where she is an accredited B level dressage judge.



ST LOUIS ESTATE
LIVE WELL

MONTHLY EVENTS

HAPPY HOUR

Date: Friday 1st, August

Time: 5pm **Where:** KL



CELEBRATE ST LOUIS MORNING TEA

Date: Friday 15th August

Time: 10:30am **Where:** KL

BRIDGE CLUB

Date: Tuesday 5th and 19th August

Time: 1pm **Where:** KL

SOCIAL COMMITTEE MEETING

Date: Thursday 14th August

Time: 10am **Where:** KL

GARDEN COMMITTEE MEETING

Date: Wednesday 20th August

Time: 10:30am **Where:** KL

RESIDENT COMMITTEE MEETING

Date: Wednesday 27th August

Time: 10am **Where:** KL

SOCIAL CLUB DINNER

Date: Saturday 30th August

Time: 5.30pm **Where:** KL

MAH JONG

Date: Tuesday 12th and 26th August

Time: 1pm **Where:** KL



RESIDENT NOTICES, UPDATES AND REMINDERS

Terrible Flu Season

Please do not come into reception if you are sick. To protect our staff, wear a mask if you are unwell.



Christchurch Grammar School Concert Performance

Date: Tuesday 12th August,

Time: 11:30am - 12:30pm

Where: KL

REMEDIAL MASSAGE IS RETURNING TO KIORA

Remedial massage is once again available at 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.



AUGUST BIRTHDAYS

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

AUGUST 2025

THINKING ABOUT HOME CARE SERVICES?

All About Support at Home Care

Date: Friday, 29th of August

Time: 10:30am

Where: Kingsmill Lounge

Join Karena Sherriff, Home Care Manager, for an information session on how to access government-subsidised home care services as part of the new Support at Home program, commencing from November 2025. Friends and family are welcome.

PHYSIOTHERAPY

Physiotherapy led exercise and aqua classes continue to be offered on a Tuesday, Wednesday, and Thursday, with Edward 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 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 2:30pm, 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**.

CVCA TOUCH OF 1904 BROUGHT BACK TO LIFE

There's something quietly awe inspiring about watching a building return to its original glory especially when it was built in 1904 thanks to the dedication and exceptional skill of a group of talented tradesmen.

Behind this remarkable transformation stands a team of highly skilled tradesmen whose dedication to traditional craftsmanship's has brought the past back to life.

At the centre of this achievement is the artistry of the tuck pointer a rare and specialised trade that was essential to recreating the buildings original brickwork. With authenticity and beauty tuck pointing is far more than simply filling gaps between bricks it is a heritage craft requiring a steady hand deep knowledge of historical methods and painstaking attention to detail. This subtle but significant detail is what gives heritage brickwork its elegant "tucked" appearance.



Step 1: Remove cement render coating



Step 2: Drill out decayed mortar between bricks



Step 3: Apply new mortar between bricks



Step 4: Clean up, ready for final process



Step 5: The final result a Tuckpointers skill on show!

RESIDENTS' ROVING REPORTER

AUGUST 2025

BUON VIAGGIO ELENA

Arrivederci to our much loved Kiora Barista

Elena Ridenti is heading home to Italy for a couple of months, back to her beautiful hometown of Milan. After five years in Australia, she is looking forward to some well-earned time with her family, soaking up the sights, sounds and flavours of home.

While Elena enjoys her Italian getaway her devoted partner (a talented chef) will be holding the Fort and caring for their very pampered cat.

We'll miss Elena's cheerful smile, warm chats and perfect coffee - we wish her a wonderful holiday and joyful reunion with her loved ones.

Buon viaggio Elena! Enjoy every moment and we look forward to welcoming you back with open arms and empty coffee cups.



THE CHERRY BLOSSOMS OF ST LOUIS

At our village are two remarkable ladies who have quietly become part of the heart and soul of our Community. Their names are Yumiko Billinness (Yumi) and Ryoko Harmon (Yoko).

Yumi came to Australia 23 years ago and to St Louis 6 years ago and works in Home Care. Yoko arrived 10 years ago and very quickly started to work at the Village soon after. She works in Food and catering at the Village.

You don't see many Japanese migrants in our State, which makes their presence even more special. In a world that moves too fast Yumi and Yoko bring grace, charm and friendliness.

They are our "Cherry Blossoms"



BEWARE OF SCAMMERS!

As we all know scammers are becoming increasingly clever and unfortunately older Australians are often targeted, not because we're not smart but because we're trusting, polite and sometimes just too kind for our own good.

We were very fortunate to have last month as a guest speaker Mirinda an expert in scam awareness and prevention. She works closely with communities to help people recognise the warning signs of scams whether they come through a phone call an email a text message or even a knock at the door.

A packed Kingsmill Lounge welcomed the important information from the Government source **"ScamWatch"**



HOWZAT??

Test cricket is full of traditions. Playing in white, tea breaks and terms such as maidens, slips, and other classic fielding positions.

But behind all the ceremony is a calm cool umpire who knows exactly when to send someone walking. Our recent guest speaker Ric Evans gave us an enthralling address about his career as a test umpire. Ric is not just a fan of the game but someone who has seen it all from 22 yards away. The pressure, the drama, the sledging and that's just the coin toss! He held a big audience engrossed, even though many were not cricket enthusiasts, he made his talk sound so interesting.



Charlie Townsend gave an enlightening vote of thanks to Ric

"Cricket - the only game where you can play for five days and still not get a result! But thankfully, our guest today always makes a decision" said Charlie

NURSERY VISIT PRODUCTIVE

Ten residents took a car convoy up to the Benara Nursery recently. It was an amazing sight to see 10 acres of plants very neatly displayed at the Nursery.

Many plants were purchased by the Resident group as well as Estate management.



Unloading their bounty of plants back home are keen gardeners Hilaire Natt, Jan Harley and Cloe Dale

RESIDENTS' ROVING REPORTER

EDITOR: MR JAMES NATT

TIPS FOR MANAGING 'PRESBYCUSIS' AND HAVING BETTER CONVERSATIONS.

Audiologist Ian Henderson is a man on a mission – to help us 'oldies' cope with the loss of hearing acuity (or 'presbycusis' i.e. 'elder hearing'), which will affect 70% of us as we age.

Ian has a lively interest and expertise on all things to do with hearing and ears and has travelled and lectured widely on the subject. The result was a fascinating and helpful talk with something for everyone.

Tips for coping with hearing loss (on the excellent handout) included the 'secret of improvement' or a change of habits. Hearing aids can help, but we also need to adopt strategies such as holding conversations away from background noise, (including cooking sounds), booking in to cafes for an early lunch or dinner before the crowd arrives and ensuring good lighting, etc.

He included suggestions for maximising value from hearing aids and the importance of considering individual requirements. There followed a lively question time, and we all came away wiser for Ian's expertise.



John Henderson proudly introduced his son Ian to residents

EXCITING MUSICAL EVENTS COMING!

The Social club is offering Residents a variety of Musical programs in the second half of the year.

Coming up this month Tuesday August 12th

Six of Christchurch Grammar Schools top music students will be presenting a classical concert on Piano, Trumpet, Clarinet, Classical guitar & voice, works from Chopin, Poulenc, Baermann and many others.

This is a ticketed but free concert so book early!

The logo of Christ Church Grammar School, Perth, Western Australia, is at the top. Below it, there are illustrations of various musical instruments: a piano, a trumpet, a violin, a clarinet, a guitar, and a saxophone, arranged around a large treble clef.	<p>You are invited to a</p> <h3>Classical Concert</h3> <p>You are cordially invited to a free classical concert showcasing the exceptional talents of music students from Christchurch Grammar School</p> <p>Date: Tuesday 12th August 11.30am-12.30 Kingsmill Lounge</p> <p>Performers: Talented students playing piano, cello, classical guitar, violin, trumpet voice and more</p> <p>Program: Works by Chopin, Poulenc, Baermann & many others</p> <p>This is a wonderful opportunity to enjoy performances by some of the finest young musicians.</p> <p>The concert is free but with ticket entry only!</p> <p>SECURE YOUR SEAT BY BOOKING AT OFFICE FROM AUGUST 1ST</p>
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COMING ATTRACTIONS

Bookings open 1st September



Relive the excitement of The Beatles in the 60's.

Bus, Show and Lunch

Date & Time: Wednesday November 5th, 10am - 1pm



A much loved Gilbert and Sullivan's operetta.

Bus, and Show

Date & Time: Saturday November 8th, 12:30pm - 4pm