

RESIDENT NEWSLETTER

JANUARY 2026



ST LOUIS ESTATE
LIVE WELL

2026
HAPPY
NEW
YEAR

WISHING YOU A HAPPY NEW YEAR
FROM ST LOUIS ESTATE!

NEW YEAR'S DAY CELEBRATION

Date: Thursday 1st January 2026
Time: 11:00am | Where: Kingsmill Lounge



Join fellow residents at the social club New Year's get together, bring in 2026 with friendly faces and a casual celebration. All welcome!
BYO: Wine, cheese, crackers



AUSTRALIA DAY SOCIAL CLUB SUNDOWNER

Date: Monday 26th January 2026 | Time: 5:30pm
Where: Kiora Rooftop
RSVP: Essential by Wednesday 21st January 2026

Join your fellow residents & friends to celebrate Aussie day with a Sundowner & stay to watch the fireworks with a great view. Please ensure you arrive prior to 6pm to ensure you're able to gain access to the rooftop. This event is being run by the Social Club, if you would like to volunteer to assist, please advise Debbie Frink ASAP. Many hands make light work.

Please BYO alcohol and nibbles.

PUBLIC HOLIDAYS

Please note the Office & Kitchen will be closed on the following public holidays.
New Year's Day - Thursday 1st January
Australia Day - Monday 26th January



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JANUARY 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.



Jersey Boys | Drama/Music
Thursday 8th January
Cast: John Lloyd Young, Erich Bergen, Michael Lomenda
Running time: 2hrs 14min



Luckiest Girl Alive | Drama/Mystery
Thursday 15th January
Cast: Mila Kunis, Chiara Aurelia, Finn Wittrock
Running time: 1hr 53min



Forrest Gump | Drama/Romance
Thursday 22nd January
Cast: Tom Hanks, Robin Wright, Gary Sinise
Running time: 2hr 22min



As Good as it Gets | Drama/Comedy
Thursday 29th January
Cast: Jack Nicholson, Helen Hunt, Greg Kinnear
Running time: 2hrs 19min

MONTHLY EVENTS



HAPPY HOUR

Date: Friday 9th January
Time: 5pm **Where:** KL



BRIDGE CLUB

Date: Tuesday 6th, 20th January
Time: 1pm **Where:** KL

SOCIAL COMMITTEE MEETING

Date: Thursday 8th January
Time: 10am **Where:** Kiora

MAH JONG CLUB

Date: Tuesday 13th and 27th January
Time: 1pm **Where:** KL



CELEBRATE ST LOUIS MORNING TEA

Date: Friday 16th January
Time: 10:30am **Where:** KL

GARDEN COMMITTEE MEETING

Date: Wednesday 21st January
Time: 10:30am **Where:** KL

RESIDENT COMMITTEE MEETING

Date: Wednesday 28th January
Time: 10:30am **Where:** KL

SOCIAL CLUB EVENT

Date: Monday 26th January
Time: 5.30pm **Where:** Kiora Rooftop
RSVP: By the 21st January

GUEST SPEAKERS

There will be **no guest speakers this month**, but we look forward to bringing you plenty of exciting guests from February 2026!



RESIDENT NOTICES

Please do not remove newspapers from the Homestead and Kiora café.





BLUEFORCE EMERGENCY CONTACT FORMS

As we enter a new year, we would like to take this opportunity to remind all Residents to check that all details contained on their Blueforce Emergency Contact form are up to date and that a copy of the form is located under the cutlery tray in your kitchen. As part of our emergency response system, it is important for emergency services to have up to date contact information for your three preferred contacts in the event that you activate your Blueforce alarm.

If you're unsure if your details are up to date, please check your form or if you need an additional copy of your form please contact reception to arrange one. If you have any changes, please request a new form to be completed from reception or provide a copy of the new information which we can update on your behalf.



RESIDENTS ROVING REPORTER

A special thank you to Jim Natt for his continued dedication to producing a high-quality publication for our SLE community every month. This month Jim is taking a well-deserved break and will return in February 2026 with an all-new edition of the Residents Roving Reporter.



JANUARY BIRTHDAYS

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



PUZZLES

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

Can you guess the following animals by unscrambling the letters?

- NEKOYM _____
- EHAWL _____
- FEARFIG _____
- GEAEL _____
- ONLI _____
- SOHRE _____
- LBUL _____
- KNESA _____

ST LOUIS CARE AT HOME UPDATE

JANUARY 2026

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

HOME CARE UPDATE

On behalf of the St Louis Care at Home team we wish everyone a safe and joyful festive season. In the lead-up to Christmas and the New Year, we wish to remind you of the upcoming **Public Holidays**. The St Louis Home Care Office will be closed on the following days:

- **Christmas Day, 25th December 2025**
- **Boxing Day, 26th December 2025**
- **New Year's Day, 1st January 2026**
- **Australia Day, 26th January 2026**

GENTLE EXERCISE AND AQUA AEROBIC CLASSES

Gentle Exercise and Aqua Aerobic classes will close over the holiday period. No classes will take place between 23rd December 2025 and 1st of January 2026. Classes will resume from 6th of January 2026.

SHOPPING BUS SERVICE

The shopper bus will operate on the regular Thursday, leaving the Homestead, St Louis Estate, at 1pm over December and January, excluding Public Holidays. The shopper bus will operate on the following dates, in place of the Christmas Day and New Year's Day:

Wednesday, 24th December 2025 (1pm – 3pm)
Wednesday, 31st December 2025 (1pm – 3pm)

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



ALL ABOUT SUPPORT AT HOME CARE

You can find **St Louis Care at Home** at Unit 57, 10 Albert Street, St Louis Estate, or at our Cottesloe Office, Level 1, 525 Stirling Hwy, Cottesloe.

Our friendly and helpful team is available Monday to Friday, 8am to 3pm, on (08) 9385 3406 to answer any home care enquiries you might have for yourself, a family member, friend, or neighbour at St Louis Estate or from across Perth's Western Suburbs.

Our Home Care programs include:

1. Home Care Packages Levels 1-4
2. Support at Home Levels 1-8
3. Department of Veteran Affairs – Personal and Nursing Care
4. Restorative Care
5. Assistive Technology and Home Modifications
6. Fee for Service

To find out more about registering with My Aged Care for an assessment for home care services, please contact, Karena Sherriff on **(08) 9385 3406**.