



EGG-CITING MORNING TEA, HAT PARADE & RAFFLE DRAW

Date: Thursday 2nd April 2026 | **Where:** Kingsmill Lounge
Time: 10:30am - Raffle draw from 10:45am

To celebrate Easter, we will be hosting a morning tea on Thursday 2nd April 2026, 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. Please bring **cash** for raffle tickets.

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.

AN EVENING WITH GILBERT & SULLIVAN

Date: Wednesday 1st April | **Time:** 7:00pm
Where: KL

The Order of Australia Association, wish to invite the residents of St Louis Estate to join them for an evening with Gilbert & Sullivan in the Kingsmill Lounge. Musical entertainment from 7:00pm followed by a light supper.

Bookings are Essential via Reception.

PLEASE NOTE: There will be no Wednesday night dine-in option on 1st April, delivery meals will still be offered.



ST LOUIS ANZAC DAY SERVICE

Date: Saturday 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 Peter Hunt or Debbie Frink.

PLEASE NOTE: The ANZAC Day Service will take place of the Social Club monthly event.



EASTER WEEKEND SHUTDOWN

St Louis Estate Administration and Kitchen will be closed over the Easter weekend. The Office will close **Thursday 2nd April at 4:00pm and re-open on Tuesday 7th April at 9:00am.** Home delivery meals will be available but must be ordered in advance by Thursday 26th March, for delivery on Wednesday 1st April. Kiara Café will be open on Saturday 4th April.



RESIDENT NEWSLETTER

APRIL 2026

MONTHLY 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.

NO MOVIE Thursday 2nd April



Lady Chatterley's Lover | Romance

Thursday 9th April

Cast: Emma Corrin, Jack O'Connell

Running time: 2hr 6min



Our Souls at Night | Romance/Drama

Thursday 16th April

Cast: Robert Redford, Jane Fonda, Matthias Schoenaerts

Running time: 1hr 43min



A Perfect Pairing | Romance/Comedy

Thursday 23rd April

Cast: Victoria Justice, Adam Demos, Luca Asta Sardelis

Running time: 1hr 41min



My Brilliant Career | Romance/Comedy

Thursday 30th April

Cast: Judy Davis, Sam Neill, Wendy Hughes

Running time: 1hr 40min

MOVIE OF THE WEEK

Please send in any suggestions or requests for the Thursday Movie of the week to reception.

SMOKE ALARM & AIR CONDITIONING ANNUAL MAINTENANCE

Our annual smoke alarm and air conditioning filter maintenance is due, please be advised that the maintenance team will be attending your units to install new batteries into your smoke alarms and clear your air conditioning filters.

If you do not consent to the staff entering the unit in your absence, please advise reception **prior to 5th of April.**



GUEST SPEAKERS



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

Allen Graham | 10th April

Ins and Outs of Fremantle

Allen is a lifelong resident of Fremantle, having been born and raised in Beaconsfield. He was Councillor with the City of Fremantle during the days of the America's Cup serving on the council between 1985 and 1990.

Allen has been researching and writing about Fremantle's history for over 40 years with a particular focus on Fremantle's hotels. He has won the City of Fremantle's unpublished history award on these three occasions and has had a number of essays on Fremantle's history published in Fremantle Studies, the journal of the Fremantle History Society. Allen has been a long standing member of the Fremantle History Society and has served as a committee person, Vice President and President of the Society. We look forward to hearing about the social history of Fremantle and its hotels.

Luke | 24th April

Ventur Atlas

Ventur Atlas is an Australian-owned luxury tour company specialising in small-group and private guided journeys through Western Australia's beautiful Kimberley region.

Our experiences are designed with comfort, safety, and support as top priorities.

For senior guests, our tours are particularly appropriate because:

- Travel is fully guided, with experienced professionals supporting guests every step of the way
- Groups are kept small, allowing for a relaxed pace and more personalised care
- All accommodation, meals, and transport are organised in advance, removing the stress of planning
- Activities can be adapted to suit different mobility levels, with no pressure to participate in everything
- Rest periods, comfort, and individual needs are carefully considered throughout each day

Many of our guests are retirees or older couples looking for a memorable travel experience that feels safe, well supported, and thoughtfully paced. We look forward to meeting with you.



MONTHLY EVENTS

HAPPY HOUR

Date: Friday 10th April
Time: 5pm **Where:** KL

BRIDGE CLUB

Date: Tuesday 7th and 21st April
Time: 1pm **Where:** KL

SCRABBLE CLUB

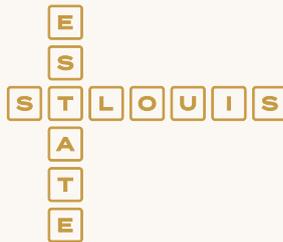
Date: Thursday 9th and 23rd April
Time: 1pm **Where:** PDR

SOCIAL COMMITTEE MEETING

Date: Thursday 9th April
Time: 10am **Where:** Kiora

RESIDENT COMMITTEE MEETING

Date: Wednesday 22nd April
Time: 10am **Where:** PDR



GARDEN COMMITTEE MEETING

Date: Wednesday 15th April
Time: 10:30am **Where:** PDR

SOCIAL CLUB EVENT

Date: ANZAC Day Service, Saturday 25th April
Time: 11:00am **Where:** Lawn

CELEBRATE ST LOUIS MORNING TEA

Date: Friday 17th April
Time: 10:30am **Where:** KL

MAH JONG

Date: Tuesday 14th and 28th April
Time: 1pm **Where:** KL



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!



FLU VACCINE CLINIC

Date: Wednesday 6th May - Bookings Essential | **Time:** Bookings available from 11:00am | **Location:** Kiora Wellness Suite

Please phone Reception on (08) 93851420 to book your flu vaccination appointment. Ensure you've booked your appointment by Friday 1st May.

You will be required to provide your Medicare details and prefill a consent form for your appointment, these will need to be returned to reception by Monday 4th May. The vaccine will be Bulk billed with not out of pocket costs.

AUSTRALIA'S BIGGEST MORNING TEA - CANCER COUNCIL

Date: Friday 22nd May | **Time:** 10:30am | **Where:** Kingsmill Lounge | **Cost:** \$35pp

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: 17th May 2025 (Bookings are essential).



ST LOUIS CARE AT HOME UPDATE

APRIL 2026

5 STEPS TO ACCESSING SUPPORT AT HOME CARE:

Join Karena Sherriff, CEO, St Louis Care at Home, on Wednesday, 15th April 2026, at 11.00 am at St Louis Estate, Kingsmill Lounge for a free Support at Home Care information session. Karena will be presenting 5 steps to accessing the government-subsidised Support at Home program. To book your place today, phone Freya on **9385 3406** or email homecare@stlouiscareathome.com.au

PUBLIC HOLIDAYS:

The St Louis Home Care Office will be closed on the following Public Holidays. We wish all residents a safe and enjoyable Easter long weekend.

Friday, 3rd April 2026

Monday, 6th April 2026

Monday, 27th April 2026

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, 8 am to 3 pm, 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 PACKAGE INCLUDES:

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. End of Life Care
7. Private Care. including 24/7 home care

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.

PHYSIOTHERAPY:

Jack Gangemi, Physiotherapist, takes our exercise and aqua classes on a Tuesday, Wednesday, and Thursday. All classes cost \$20.00 per person, per class. New members welcome.

Tuesday, 11.15 am	Light Exercise – KIORA Wellness Centre
Wednesday, 9.00 am	Aqua Class – St Louis Estate Pool
Thursday, 11.15 am	Light Exercise – 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.

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



FEBRUARY BABIES

Graham Hull and Cloe Dale (right) celebrated their birthdays in February. Graham's wife Beverley placed herself between them to get a double issue of chocolate!!



MUSICAL DUO CHARMS RESIDENTS

David Taylor at the piano and Kaylene on vocals enchanted a full Friday morning crowd in the Kingsmill Lounge with a song list perfectly pitched to our vintage ears. They carried us through a parade of beloved classics, each number beautifully performed and warmly received. A delightful morning of music, memory and melody.



AI TO REPLACE MUSIC COMPOSERS?

Artificial intelligence is beginning to enter the music world with computer programmes now able to compose melodies write lyrics and produced complete songs in minutes by studying thousands of existing songs. AI learns the patterns that make music appealing and can create surprisingly convincing results.

While it will never replace human feeling and experience, AI is likely to become another creative tool in the making of music.



David Taylor gave us an enlightening look at the future of music.

VARIETY OF ACTIVITIES ARE OFFERED ON THE ESTATE

One of the great things about life at Saint Louis village is the wide variety of activities on offer, ensuring there is always something to enjoy and very little chance of being bored. There is no compulsion to join in, of course, but for many residents these activities are an important and enjoyable part of life on the Estate. The following pages highlight some of the activities currently available. (Apologies to the Bridge and Mah Jong clubs, we will feature them in the next issue).

RESIDENTS' ROVING REPORTER

APRIL 2026

CRAFTERNOONS

Crafternoons is not just a polite greeting but the title of a brand new monthly creative gathering in the village. Crafternoons is our fresh arts and craft session where hidden talents are uncovered and new skills proudly acquired. The inaugural workshop was led by our Manager Sarah who demonstrated the fine art of cake decorating.

Spread across the table were all the tools of the trade piping bags, nozzles, and an impressive array of sugary embellishments, while a keen team of ladies leaned forward ready to turn sponge into crafted masterpieces. Concentration was high, icing flowed freely, and a sweet new tradition was officially launched.



EXERCISE

No this is not a spirited prayer meeting with residents raising their hands and calling down fire from the heavens, this is our weekly exercise class. Proof that fitness in the Village is very much alive and well under the watchful eye of Physiotherapist Jack Gangemi.

Arms are stretched skyward, shoulders are rotated with determination and faces display that special blend of concentration and suspicion reserved for anyone who says "just five more". Hallelujahs have been replaced with gentle sighs and the only miracle required is getting out of the chair without using the hands.

Praise be to strong knees and Jacks patience.



YOGA & SOUND HEALING

Yoga originated in ancient India over 5,000 years ago and is built on principles that are wonderfully suited to later life. Balance, controlled movement, mindfulness, and using technique rather than brute strength.

It is often associated with a gentle, adaptable approach, which is exactly how we intend to keep it. Most importantly, the spirit of yoga encourages patience with oneself and kindness towards others. No previous experience is required, though a sense of humour will certainly help.



Alan Frinks is a keen participant



POOL

Each week the pool transforms into a stage for our aquatic champions armed with brightly coloured noodles and unwavering determinations.

Knees rejoice in the kindness of water, arms move with enthusiastic interpretation of instructor Jack's commands and the splashing is totally professional. Laughter rises above the ripples and everyone leaves feeling fitter, lighter and quietly convinced they deserve an Olympic medal or at least morning tea.



THE SCRABBLE CLUB

A newly formed activity is the Scrabble club.

It's a great game that appeals to everyone combining friendly competition with a little mental exercise as players test their vocabulary and enjoy good company around the table.



THE ARTISTS

Among our residents are a number of talented and creative artists working in a variety of fields. The artist group meets fortnightly to practice their skills and enjoy each other's company while creating a range of works from sculpture painting. It is always a lively and inspiring gathering where imagination and creativity are very much on display.



Pictured are Rachel Letts, Jim Larkins and Peter Hunt, joint collaborators in creating the giant turtle sculpture.

POPULAR BBQ AT KIORA

Even a cool evening couldn't keep the warmth away as 42 village residents gathered at Kiora for a BBQ that well and truly christened the brand new grills.

Jackets were zipped, scarves were adjusted but spirits were positively toasty. The sausages sizzled with enthusiasm and the tables looked magnificent, due to the spread of salads generously supplied by the ever reliable ladies of the social committee and a supportive management team. Laughter drifted across the area more effectively than any outdoor heater and by the end of the night it was agreed that temperature may have dipped but the atmosphere most certainly did not.

A thoroughly happy evening for all.



The Salad Summit

"We're not supervising we're conducting a quality assurance inspection, AAA rating is the score!"



A full house for the first social club BBQ at Kiora



Ray House: "I'm not burning it, I'm adding that authentic House vintage oak-smoked flavour"

Judy O'Connor: "Do I have a choice?"



John Pearman: "If its slightly charred, that's a mistake."

Diana Hesiltine: "The men cook once a month and expect applause. We do this daily"



Margaret Macpherson offered the audience some well chosen prose.