



## Happy Mother's Day



### MOTHER'S DAY SUNDAY ROAST

**Date:** Sunday 10th May 2026 | **Where:** Dining Room **Time:** 12:30pm

#### Let's celebrate all Mums this Mother's Day!

Invite along your families, friends and all the lovely ladies in your life to celebrate Mother's Day with a beautiful roast beef lunch in the dining room. A special gift for all the ladies will be given on the day to honour all women in our community: mothers, grandmothers, stepmothers, those who have chosen not to have children, those who have longed to be mothers, and those who nurture and care for others in their own unique ways.

At St Louis, we believe Mother's Day is about more than a single role, but rather it's about connection, compassion, and the many ways women shape our lives and communities. Whether residents are celebrating with loved ones, sharing stories with friends, or simply enjoying the atmosphere of the day, it is always a wonderful opportunity to feel valued and included.

RSVP essential to reception by Tuesday 5th May 2026.



### ST LOUIS' AUSTRALIA'S BIGGEST MORNING TEA

**Date:** Friday 22nd May 2026 | **Where:** Kingsmill Lounge **Time:** 10:30am | **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 door 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. Invite your friends and family to support a wonderful cause.

**RSVP: Monday 18th May 2026 (Bookings are essential, contact reception).**

# RESIDENT NEWSLETTER

MAY 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.

### There will be no movie Thursday 21st May



#### **The Kings Speech | Period Drama**

Thursday 7th May

**Cast:** Colin Firth, Geoffrey Rush

**Running time:** 1hr 58min



#### **Mrs Harris Goes to Paris | Comedy/Drama**

Thursday 14th May

**Cast:** Lesley Manville, Isabelle Huppert

**Running time:** 1hr 55min



#### **The Best Exotic Marigold Hotel**

Thursday 28th May

**Cast:** Judi Dench, Bill Nighy, Maggie Smith

**Running time:** 2hr 4min

## 2026 / 2027 BUDGET MEETINGS

A formal notice of the budget meeting along with copies of budget documents will be provided to residents two weeks prior to the meeting.

#### **St Louis Estate Budget Meeting**

**Date:** Thursday 21st May 2026

**Where:** Kingsmill Lounge

**Time:** 10:30am

#### **Kiora Budget Meeting**

**Date:** Thursday 21st May 2026

**Where:** Kiora Wellness Studio

**Time:** 1:00pm

## GUEST SPEAKERS

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

#### **Mr. Daniel Lawrance (Laurie) Varendorff | 1st May** **Visit to the Rainbow Bridge**

On Friday the 1st of May you will be entertained by Laurie's memories of his visit to Bangkok, Thailand and the REAL Bridge over the River Kwai plus his arrival in Siem Reap, Cambodia and his visit to the Angkor Archaeological Park, an Elephant ride, plus a visit to the floating villages on the largest freshwater lake in Southeast Asia, Tonlé Sap or commonly translated as the Great Lake.

#### **Steve Houghton | 8th May**

##### **Loneliness**

Professor Stephen Houghton FBPsS, FASSA

Registered Psychologist #0001577986

Child and Adolescent Mental Health and Wellbeing Research Clinic

Fellow of The British Psychological Society

Fellow of the Academy of Social Sciences Australia

International Scientific Advisory Board Oxford University

Brainwaves Study

He will speak about 'Loneliness'

#### **Jill Nazar | 15th May**

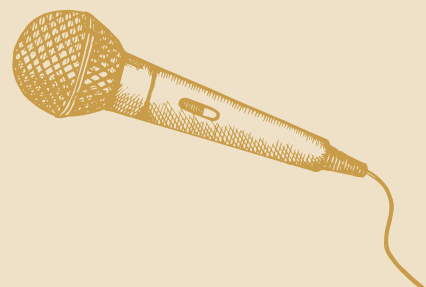
##### **Fashion**

Following Birthday Morning Tea, please join Jill Nazar in the Private Dining Room to see her beautiful showcase of clothing from 11.30am.

#### **Carolyn | 29th May**

##### **Fella Hamilton**

Please join us for a morning of modelling from some of our very own residents in Fella Hamilton's beautiful showcase of clothing.





## MONTHLY EVENTS



### HAPPY HOUR

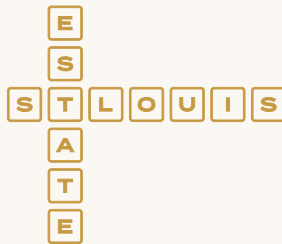
**Date:** Friday 1st May  
**Time:** 5pm **Where:** KL

### BRIDGE CLUB

**Date:** Tuesday 5th and 19th May  
**Time:** 1pm **Where:** KL

### SCRABBLE CLUB

**Date:** Thursday 7th and 21st May  
**Time:** 1pm **Where:** PDR



### SOCIAL COMMITTEE MEETING

**Date:** Thursday 7th May  
**Time:** 10am **Where:** Kiora

### RESIDENT COMMITTEE MEETING

**Date:** Wednesday 27th May  
**Time:** 10am **Where:** KL

### GARDEN COMMITTEE MEETING

**Date:** Wednesday 20th May  
**Time:** 10:30am **Where:** KL

### SOCIAL CLUB EVENT

**Date:** Saturday 30th May  
**Time:** 6:00pm **Where:** KL

### CELEBRATE ST LOUIS MORNING TEA

**Date:** Friday 15th May  
**Time:** 10:30am **Where:** KL

### MAH JONG

**Date:** Tuesday 12th and 26th May  
**Time:** 1pm **Where:** KL



## MAY BIRTHDAYS



## WELCOME TO OUR NEW RESIDENTS!

St Louis Estate would like to extend a very warm welcome to our new residents!



## DOGS IN THE VILLAGE

Residents are reminded that it is a requirement that dogs must be always on leash when walking in the communal areas of the Estate.

We also ask all dog owners to ensure they are able to keep dog's barking to a minimum to ensure the comfort of neighbours and other Residents living in close proximity. Most importantly please remember to pick up after your pet on every occasion, collection bags are provided in various locations around common lawn areas of the Estate.

## URGENTLY SEEKING GUEST SPEAKER NOMINATIONS

We are desperately seeking guest speakers to fill up our calendar for the second half of 2026. If you would like to give a guest talk or know a great speaker who may be interested in presenting here at St Louis, please provide all details to the resident committee or Annie at Resident Services.

# ST LOUIS CARE AT HOME UPDATE

MAY 2026

## 5 STEPS TO ACCESSING SUPPORT AT HOME CARE:

Join Karena Sherriff, CEO, St Louis Care at Home, on Wednesday, 16th June 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](mailto:homecare@stlouiscareathome.com.au)

## MY FUTURE CARE – ADVANCE CARE PLANNING WORKSHOP: OPEN TO THE PUBLIC IN NEDLANDS

**Date:** May 11th **Time:** 10:00am - 12:30pm **Where:** History West Centre

This workshop, hosted by Jonathan Huston MLA for Nedlands, will cover information on what is involved in Advance Care Planning, how to get started, and how to talk with your loved ones about your end-of-life wishes. It is a practical and interactive workshop where you will have the chance to get your questions answered.

This face-to-face workshop is suitable for any community members regardless of age, health or background. You don't need any prior knowledge of Advance Care Planning to take part. To book your place please contact Patrick Kenny, Community Relations Officer on **9386 3064** or email [jonathan.huston@mp.wa.gov.au](mailto:jonathan.huston@mp.wa.gov.au)

## 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.



## ST LOUIS CARE AT HOME FOR VETERANS

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@stlouiscareathome.com.au](mailto:homecare@stlouiscareathome.com.au)

We look forward to hearing from you.

## NOW ON SOCIALS



St Louis Care At Home is now on Facebook and Instagram. Please join and follow our pages to share with friends, family and neighbours seeking a local quality home care provider.

To find us on either Facebook and Instagram, search St Louis Care at Home and click follow. We look forward to your joining our friendship circle.

## PUBLIC HOLIDAY

The St Louis Home Care At Home Office will be closed on the **Monday, 1st of June 2026**, Western Australia Day.