

RESIDENT NEWSLETTER

SEPTEMBER 2026



ST LOUIS ESTATE
LIVE WELL



PINK RIBBON BRUNCH

Date: Friday 9th October 2026 **Time:** 9:45am for a 10:00am start **Where:** Kingsmill Lounge
Cost: \$55.00 with all profits donated directly to NBCF **RSVP:** 25th September 2026

After the overwhelming support and success over the past 6 years of Pink Ribbon Breakfasts, this October, St Louis Estate will again raise funds for the National Breast Cancer Foundation (NBCF), the event will support NBCF's goal to work towards zero deaths from breast cancer by 2030.

Breast cancer is the most commonly diagnosed cancer in Australia. A staggering 1 in 7 women will be diagnosed with breast cancer in their lifetime. This equates to 55 Australians facing a diagnosis each and every day. This year, more than 3,000 women and men will lose their lives to breast cancer. And without research, a further 27,000 more lives will be lost to breast cancer by 2030. In the 27 years since NBCF's inception, the five-year survival rate for breast cancer has increased from 76% to 91%.

Your support will save lives. Get your tickets today! Join us for a gourmet brunch & fun to be had, to help support this special cause, bring your friends and family along.

FATHER'S DAY SUNDAY ROAST

Date: Sunday 6th September 2026 **Time:** 12:30pm
Where: Dining Room **Cost:** \$36 **RSVP:** 3rd September 2026

As our way to celebrate Father's Day at St Louis, we invite you and your family to join us for a delicious gourmet roast lunch to honour and appreciate the amazing men in our lives. All of our gentlemen attending will receive a special gift on the day.

Bookings are essential via reception. St Louis Estate wishes you a Happy Father's Day!



KING'S BIRTHDAY PUBLIC HOLIDAY – OFFICE AND KITCHEN CLOSURE

Please note Reception, Kitchen & Kiora Cafe will be closed on Monday 28th September 2026 for the King's Birthday Public Holiday. There will be no casual dinner held on this Monday. Home Delivery meals are available for pre-order via reception.

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GUEST SPEAKERS

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

Alec O'Connell | 4th September

Hardship is Not a Dirty Word

Alec has worked across all levels of education, from Pre-Kindergarten to tertiary, and has been Headmaster of Scotch College since 2011. He previously served as Assistant Director at Catholic Education WA and currently holds several leadership roles, including Chairperson and Director of AISWA and Director of Independent Schools Australia.

Alec has received numerous professional honours, a Doctor of Business Administration, along with several education qualifications, and has completed executive management studies at Oxford University, the London School of Economics and the Centre for Creative Leadership.

Danielle Sartorelli | 11th September

Life in Installments: Finding Strength Through Life's Challenges

Join local author Danielle Sartorelli as she shares the heartfelt story behind her memoir, Life in Installments. Through personal experiences of family, resilience, addiction, loss and hope, Danielle explores how even life's most difficult chapters can shape us in unexpected ways. This honest presentation encourages reflection, compassion and the belief that, despite adversity, it is possible to find strength, healing and purpose.

Brian Sierakowski | 25th September

AFL Football Legend

On September 26, the 2026 AFL Grand Final will be played. The day before, John Rigg will host an informal interview with Cottesloe based AFL Legend, Brian Sierakowski. Brian is one of the few surviving members of the only St Kilda FC VFL/AFL premiership winning team in nearly 150 years, in 1966.

Brian is passionate about many things, but on September 25 he wants to focus mostly on the "Elephants in the room" for all football clubs today, multiple concussions, chronic traumatic encephalopathy, dementia, depression and suicide. What should the AFL be doing about these problems today?

Brian played 89 games for St Kilda between 1964 and 1968 and moved west to play 115 games with Subiaco from 1969 to 1974 and won a Subiaco premiership in the WAFL, in 1973. He coached UWA FC Amateurs from 1977 to 1979, winning a Premiership in 1978. He was made a Life Member of Subiaco in 1985, Honorary WAFL Arbitrator for 25 years from 1988, Chairman of community football from 2008 to 2015, and a Director of West Coast Eagles, 1993-1999.

Brian was made a Life Member of the WAFC in 2012 and the AFL in 2014 and was an important driver of The WAFC Catastrophic Claims Strategic plan from 2019 to 2025.

Outside of Football, Brian has been a major part of the WA Surf Life Saving Community for over 50 years and is a Life Member of the North Cottesloe SLSC, a club of over 2300 members, numerically in the top 3 or 4 clubs in Australia.

He might also have a view on AFL GF 2026; Can the Dockers win their first ever premiership the next day?



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.**



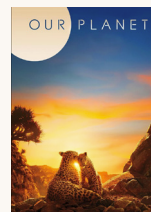
The Woman in the Window 3rd September

An agoraphobic woman living alone in New York begins spying on her new neighbors, only to witness a disturbing act of violence.



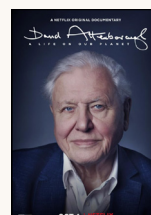
Secret Lives of Orangutans 10th September

Follow a multi-generational orangutan family through their treetop triumphs and travails in this immersive documentary narrated by David Attenborough.



Our Planet | 17th September

Explores and unravels the mystery of how and why animals migrate, showing some of the most dramatic and compelling stories in the natural world through spectacular and innovative cinematography.



A Life on Our Planet 24th September

In this documentary David Attenborough, the celebrated naturalist, reflects upon both the defining moments of his lifetime and the devastating changes he has seen. The film provides a snapshot of global nature loss in a single lifetime.



MONTHLY EVENTS



COMMITTEE MEETINGS

Social Club	Thursday 3rd September	10:00am	Kiora
Garden Committee	Wednesday 16th September	10:30am	PDR
Resident Committee	Wednesday 23rd September	10:00am	PDR

VILLAGE CLUBS

Bridge	Tuesdays 1st, 15th & 29th	1:00pm	Computer Room
Mah-Jong	Tuesdays 8th & 22nd	1:00pm	Computer Room
Scrabble	Thursdays 3rd, 10th, 17th & 24th	1:00pm	Computer Room



SOCIAL EVENTS

Social Club Sundowner	Saturday 12th September	5:00pm	KL
St Louis Birthday Morning Tea	Friday 18th September	10:30am	KL
Social Club AFL Grand Final Event	Saturday 26th September	11:45am	KL

NEW DIRECT DEBIT PAYMENT FACILITY

Following requests from residents over a number of years, St Louis Estate is pleased to introduce a new direct debit service for resident accounts and monthly levies.

Direct debit provides residents with a simple and convenient way to manage their monthly accounts. Benefits include:

- Payments are made automatically and on time, from your nominated account.
- No need to visit Reception or arrange a manual bank transfer each month.
- Reduced risk of accidentally missing or forgetting a payment.



The service will **commence for accounts issued in October 2026**. Residents who wish to register are asked to complete and return their Direct Debit Authority Form as soon as possible.

To be included for October accounts, completed forms must be **returned by 25 September 2026**. Please refer to the Direct Debit Information Sheet and Authority Form for full details. Participation is entirely optional, and residents may continue using their existing payment method if preferred.

CAFE AND MEAL PRICE CHANGES

From **1 September 2026**, there will be a small increase to selected café items and meal prices.

We remain committed to keeping our food prices as affordable as possible. However, due to continued increases in food, staffing and operating costs, these adjustments are necessary. The new meal prices will be:

- Monday and Friday Casual Dinners – **\$23.00**
- Wednesday Night Dinner – **\$40.00**
- Sunday Roast – **\$36.00**



Prices for some café food items will also be adjusted from this date. Thank you for your understanding and continued support of St Louis Café, Kiora Café and our dining services.

ST LOUIS CARE AT HOME UPDATE

SEPTEMBER 2026

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. End of Life Care
7. Private Care including overnight or 24/7 care
8. Housekeeping and Transport
9. Remedial Massage

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** or email homecare@stlouisestate.com.au

PUBLIC HOLIDAY

The St Louis Home Care Office will be closed on the Monday, 28th of September 2026, the King's Birthday.

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 | 11:15am Light Exercise - KIORA Wellness Centre

Wednesday | 9:00am Aqua Class - St Louis Estate Pool

Thursday | 11:15am Light Exercise - KIORA Wellness Centre

VETERAN SPECIALST SERVICES

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

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 **new service fee is \$20.00** per person from September 2026. No bookings are required.

RESIDENTS' ROVING REPORTER

SEPTEMBER 2026

EDITOR: MR JAMES NATT



Some of the Home Care team: Michel, Karena, Sonan and Richen

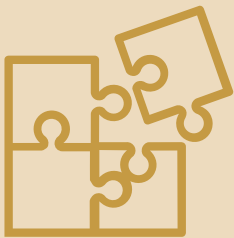
AGED CARE EMPLOYEE DAY

Aged Care Employee Day is a wonderful opportunity for the administration and residents of St Louis to recognise and thank all of our dedicated staff for the tremendous work they do throughout the village. From caring for residents, to keeping our surroundings clean, welcoming and well maintained, their commitment and hard work make a real difference to village life.

We sincerely appreciate everything they do and thank them for being such an important part of our St Louis community.

JIGSAWS - PIECE BY PIECE

Jigsaws are the newest activity on the Estate, giving residents a little, friendly puzzling activity. It's a relaxing way to exercise the brain, and of course celebrate when that elusive final piece finally drops into place.



Here we have Alison Bevan on the job of solving a "1000 piecer"

The Jigsaws are in the Computer Room and the Long Room at Kiara.

St Louis Estate Social Club invites you to...

THE SOCIAL CLUB EVENTS

Supporting Social life, Building Community.

HAPPY HOUR

Dates: Saturday 12th September & Saturday 10th October
Sundowner (BYO)

AFL GRAND FINAL

Date: Saturday 26th September
View on big screen at Kingsmill (BYO)



TWILIGHT TRIVIA

Date: Saturday 31st October (BYO)

FREEZE FRAME OPERA

Date: Friday 13th November
Sundown | Homestead lawn



BBQ

Date: Saturday 28th November



RESIDENTS' ROVING REPORTER

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CHRISTMAS IN JULY

The spirit of Christmas arrived early at St Louis, as residents gathered for our annual Christmas in July luncheon. The room was filled with festive cheer, happy conversation and plenty of laughter, as friends came together to enjoy a delicious meal and great company. The event was a wonderful reminder that Christmas is as much about friendship and community as it is about the season itself. Judging by the smiling faces and warm atmosphere everyone had a thoroughly enjoyed afternoon making it another memorable social occasion.



J Ann Meecham, Michael and Wendy Murdoch, and Gary Cotterell



June Craig, Leonie Kirke, and Richard Webster



Michelle Watts and Pam Bennett



John Brown Kerrie Roberts, Michael Provis and Margaret Graham all looking at the camera



Margaret Flecker and Laurie Varendorff in "matching mauve ensembles!"



Betty Moore with her Guest

ARTISTS IN “RESIDENTS”

Our village is home to an impressive collection of talented art. 15 residents proudly displayed their work at the recent art exhibition in the Kingsmill Lounge, showcasing everything from beautiful paintings, to intricate sculptures. The standard of the artwork was outstanding and drew plenty of admiration from fellow residents. It's remarkable that such a high percentage of our community possesses such a wonderful artistic talent. Congratulations to all of our artists for sharing their creativity with us.



Audrey Stokes



Joan Fisher



Margaret Bongers



Jim Larkins



Peter Hunt



Rose Lloyd



Rod Dale



Cecile Leach

BURGERS AND BINGO NIGHT

Burgers and bingo night served up juicy burgers, plenty of laughs and just enough concentration to keep everyone on their toes. With eager cries of Bingo, residents enjoyed a wonderfully social evening filled with friendly rivalry, good humour, and great company. Some were lucky enough to win a prize, while others declared the burgers were the real winners of the night. Either way, everyone went home with full tummies and happy memories.



Margaret Cole, Pauline Evans with daughter Amy Loader visiting from Tasmania, Ric Evans, Jill and Ray House make up the "Lucky table"

The Table with a Secret

50 residents enjoyed a terrific evening of Burgers and Bingo, but one table certainly had lady luck smiling on them. Although they made up about only 10% of the crowd, this fortunate group walked away with an incredible 60% of the prizes, claiming three of the five bingo games.

As everyone knows, Bingo is purely a game of chance but on this night there was no doubt which table had all the luck.

Congratulations to our very own lucky table we'll all be waiting to sit with you next time.



Kaye Anderson was first to call 'Bingo!'

COFFEE WITH MUM

A coffee at Kiora is always better when shared with family.

Two residents recently enjoyed a lovely get together with their loving daughters, proving that mothers and daughters never run out of things to talk about. Over coffee and conversation, and plenty of laughter it was a delightful reminder the time spent together is one of life's simplest and sweetest pleasures.

Pictured left is Hilaire Natt and daughter Catie and right Jenny Fisher and Daughter Jen



OUR VERY OWN MARCO POLO

Some people collect stamps, others collect fridge magnets. Laurie Varendorff collects countries. Our resident Marco Polo has spent so much time travelling the globe that immigration probably greets him by his first name. He's explored more places than most of us can pronounce and thankfully he's taken enough photographs to prove he wasn't just sending postcards from the airport.

Residents enjoyed his travel talk without having to worry about passports, security queues, and lost luggage. A most enjoyable talk.

