



## NEW MAH-JONG CLUB

**Date:** Tuesday 13th & 27th August **Where:** PDR **Time:** 1pm

Always wanted to play Mah-jong? Come along and play with fellow residents at our newest St Louis club. Residents are invited to attend the Private Dining Room on the 2nd & 4th Tuesdays of the month. Tea & coffee provided.

Beginners welcome or watch to learn.  
Instructions for beginners.



## MEXICAN MONDAYS CASUAL DINNER

**Date:** Monday 12th August **Where:** KL **Time:** 6pm **Cost:** \$20

Join us on Monday 12th August for our first edition of 'Mexican Monday'. In August, we will trial a Mexican themed dish on the second Monday of the month at casual dinner in lieu of the regular pasta night. Residents are encouraged to join us for a selection of soft & hard beef tacos, with a spread of fillings & sauces. We hope to see you there!

## DEVONSHIRE TEA @ KIORA

**Date:** Tuesday 6th & 20th August **Where:** Kiora **Time:** 10am **Cost:** \$15

After our successful trial of Devonshire Tea at Kiora in July, we are pleased to announce the permanent inclusion of this event on the calendar.

On Tuesday the 6th and 20th of August 2024, we will host a morning Devonshire Tea in the Resident Lounge at Kiora. Join us for a tea or coffee of your choice and bottomless scones with jam & cream.



## 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 2024

## AUGUST MOVIES

If you have a special request for a movie your fellow residents may enjoy, please advise us via reception. Every second Tuesday and every Thursday at 1:30pm in the Kingsmill Lounge.



**Hidden Figures | Drama/History**  
Thursday 1st August  
**Cast:** Taraji P. Henson, Janelle Monae, Octavia Spencer, Kirsten Dunst, Jim Parsons  
**Running time:** 2hr 07min



**Amazing Grace | Drama/History**  
Tuesday 20th August  
**Cast:** Ioan Grufford, Michael Gambon, Benedict Cumberbatch  
**Running time:** 1hr 58min



**The Lost King | Drama**  
Tuesday 6th August  
**Cast:** Sally Hawkins, Helen Katamba, Jenny Douglas  
**Running time:** 1hr 48min



**The King and I | Drama / Musical**  
Thursday 22nd August  
**Cast:** Yul Brynner, Deborah Kerr, Rita Moreno, Martin Benson  
**Running time:** 2hr 13min



**Talented Mr. Ripley | Crime/Drama**  
Thursday 8th August  
**Cast:** Matt Damon, Gwyneth Paltrow, Jude Law  
**Running time:** 2hr 19min



**A Beautiful Life | Drama**  
Thursday 29th August  
**Cast:** Sebastian Jessen, Jonathan Harboe, Inga Ibsdotter Lilleaas  
**Running time:** 1hr 38min



**Luckiest Girl Alive | Thriller**  
Thursday 15th August  
**Cast:** Mila Kunis, Chiara Aurelia, Finn Wittrock, Connie Britton  
**Running time:** 1hr 53min



## WELCOME TO OUR NEW RESIDENTS!

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

## AUGUST BIRTHDAYS

We wish all our St Louis residents and staff that celebrate their birthdays in August and very Happy Birthday!





## MONTHLY EVENTS



### MEN'S CLUB

**Date:** Thursday 8th August **Time:** 5pm **Where:** PDR

### LADIES NIGHT

**Date:** Thursday 8th August **Time:** 5pm **Where:** KL

### HAPPY HOUR

**Date:** Friday 2nd August **Time:** 5pm **Where:** KL



### BRIDGE CLUB

**Date:** Tuesday 6th and 20th August **Time:** 1pm **Where:** PDR

### MAH-JONG CLUB

**Date:** Tuesday 13th & 27th August **Where:** PDR **Time:** 1pm

### SOCIAL COMMITTEE MEETING

**Date:** Thursday 1st August **Time:** 10am **Where:** PDR

### GARDEN COMMITTEE MEETING

**Date:** Wednesday 21st August **Time:** 10:30am **Where:** PDR

### SOCIAL CLUB EVENT - CHICKEN & CHIPS

**Date:** Saturday 31st August **Time:** 5:30pm **Where:** KL  
**Cost:** \$15

### RESIDENTS COMMITTEE MEETING

**Date:** Wednesday 28th August **Time:** 10am **Where:** PDR

### CELEBRATE ST LOUIS MORNING TEA

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



## GUEST SPEAKERS

### Paul Bloomfield

**Making Melody. Music for the Soul**  
**Friday 9th August | 10:30am (KL)**



Join Paul for an interesting presentation with an accompanying musical illustration on the piano. The talk will cover how music can trigger good thoughts and memories, examples of musical artists and their contribution to our lives, how playing musical instruments, singing, and listening to music is beneficial to our mental, physical and spiritual health, and a short interactive quiz involving tunes on the piano.

### Edgar Evans

**Escape from the Rising Sun**  
**Friday 23rd August | 10:30am (KL)**

Edgar, a resident of St Louis Estate, shares a remarkable story from 1942. Constance Metherell and her two young sons, Allen and Alex, fled Singapore for Darwin just before the Japanese arrived. They then boarded a MacRobertson Miller Aviation Lockheed for Perth, where Constance's daughter was in school. The flight's crew included Captains Branch\* and Bagwell, and among the passengers were Mrs. Margaret Willgress, Miss Jenny McLean, Constance, and her sons. En route to Derby, one of the aircraft's engines failed, forcing a crash landing in the bush. Despite the violent landing, no one was injured, although the aircraft sustained significant damage.

During wartime, it was crucial to repair the aircraft due to the limited fleet availability. Under the direction of Managing Director Horrie Miller, Chief Engineer Frank Colquhoun led the effort to restore the plane, including installing a new engine. After 34 days, on 17th February, the aircraft was successfully repaired and the passengers were rescued.

Constance and her sons eventually settled in Sydney, where both boys attended Cranbrook School. Allen, who later authored a book about these events, went on to an illustrious academic career, including positions at Cambridge University and Adelphi University, before retiring as a visiting professor at the University of Central Florida in 1997.

\*Sadly, Branch died on the 24th of June when a de Havilland DH84 he was piloting crashed on landing at Geraldton.

### Richard Offen

**Making Life Comfortable**  
**Friday 30th August | 10:30am (KL)**

The very entertaining and knowledgeable Richard joins us again to share an insightful talk on "Making Life Comfortable". Richard will share with us the history of the many utilities we now take for granted in modern life.

# RESIDENT NEWSLETTER

AUGUST 2024



## Aged Care Employee Day

*Thanks for caring*

### AGE CARE EMPLOYEE DAY

**Date:** Wednesday 7th August

In August, Australia celebrates 'Aged Care Employee Day'. It is a national day to acknowledge more than 360,000 dedicated people who care for and support around 1.3 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.

## St Louis Home Care Update



### NEW NURSE WELCOME

Please join us in welcoming Misty Carey, our new Registered Nurse, to the St Louis Estate community. Misty has vast clinical care experience having worked in acute, regional, community, primary health, and educational nursing roles over her twenty-five year career.

Misty will be available for clinical care visits Monday to Friday, 8.30 am - 12.30 pm at St Louis Home Care. (08) 9385 3406 or Unit 57-58 St Louis Estate.



### SHOPPING BUS SERVICE

St Louis Home Care has extended its shopping bus service to local shopping locations on the first Wednesday of the month, leaving the Homestead at 1.00 pm and returning at 4.00 pm. Our next shopping bus service will be visiting the following local shopping centre. Bookings are required for shopper bus services, please phone St Louis Home Care at (08) 9385 3406 to reserve your seat.

**Floreat Forum - 7th of August 2024**

Service Fee \$25 return trip

### FREE HOME CARE PACKAGE INFORMATION SESSION

Please join Karena Sherriff, St Louis Home Care Manager, on Wednesday, 14th August at 11:00am at St Louis Estate, Kingsmill Lounge, for a free information session on Home Care Services. Karena will be presenting the 5 steps to accessing a government-subsidised home care package and what to consider when choosing your home care package provider. To enquire about accessing a Home Care Package with St Louis Home Care or to register to attend this free information session, please phone 9385 3406 or email [homecare@stlouisestate.com.au](mailto:homecare@stlouisestate.com.au)