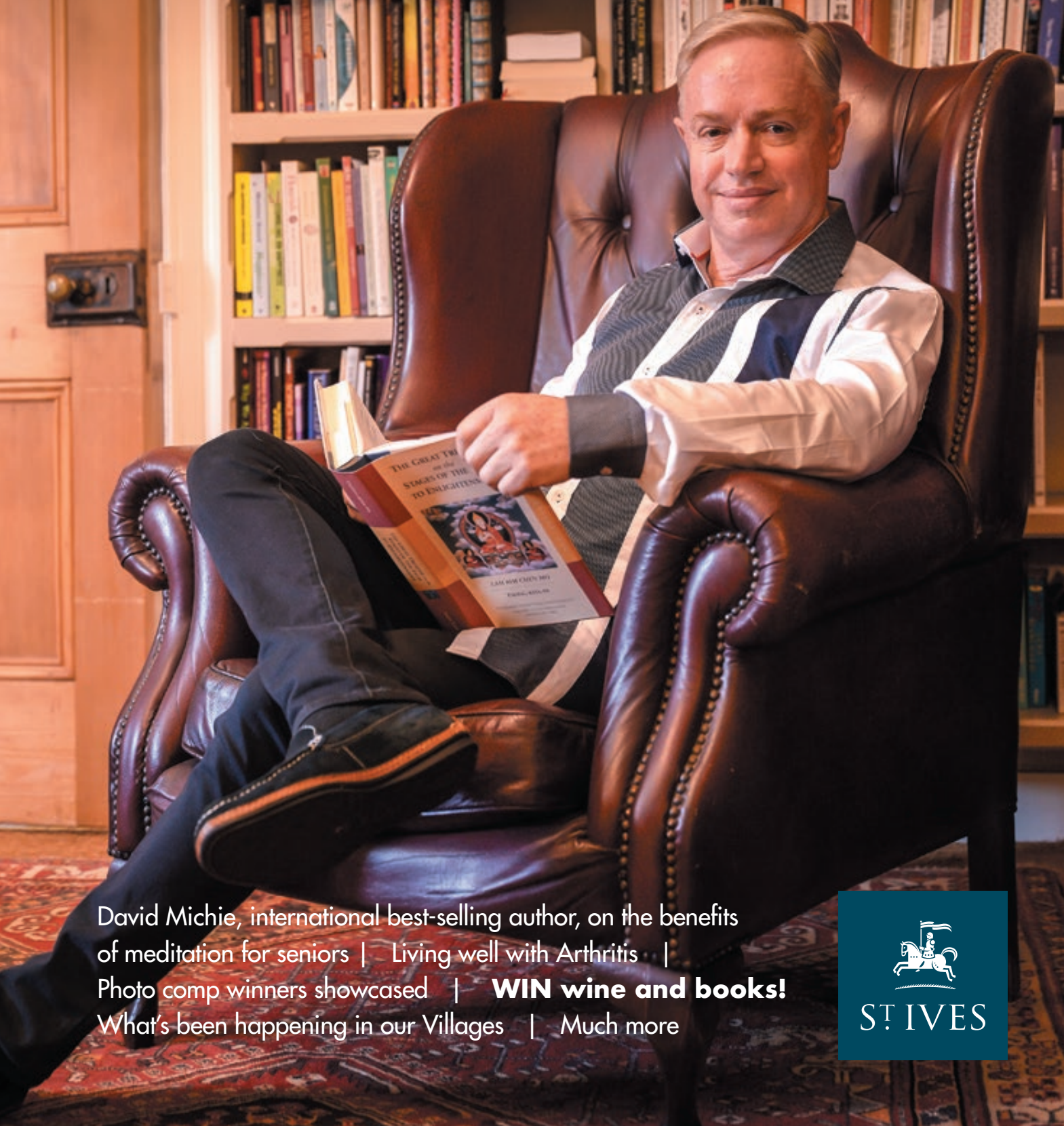


ISSUE 8 | SUMMER 2018

# THRIVE

THE MAGAZINE FOR ST IVES RESIDENTS



David Michie, international best-selling author, on the benefits  
of meditation for seniors | Living well with Arthritis |  
Photo comp winners showcased | **WIN wine and books!**  
What's been happening in our Villages | Much more



ST IVES





## A message from the CEO



Welcome to the summer edition of Thrive, the healthy living, lifestyle and retirement magazine for St Ives residents.

This edition you'll notice a few changes in the magazine. We have input from some prominent people and organisations across WA, we meet a few of the great people who call our villages home, uncover photography talents, and even have a few stories written by you. As always, if you have something you'd love to see featured in Thrive, please get in touch.

As these photos show, it's been a busy few months across the St Ives villages with the new restaurant opening at Carine, the boulevard refurbishment at Northshore underway and construction almost finished at Melville's brand new Clubhouse. We're looking forward to all these positive developments, with more to come, adding to the experience of living at one of our villages in 2018.

I'm also very pleased to share some of the results of the 2017 Resident Survey. The highlight for me is that almost 95% of St Ives residents are happier, or as happy, since moving in to one of our villages. That is what living with St Ives is about, so it's great to see that reflected in the results.

We'll be working our way through all your feedback, responding to as much as possible and doing everything we can to action some of the great ideas that were put forward. Thanks again to everyone who participated.

For now, I hope you enjoy this latest edition – having read what David Michie says, I think it's time I headed off for some meditation!

Happy reading.

**John Ford**

*Chief Executive Officer, St Ives Retirement Living*



*The St Ives Carine restaurant opened in November*



*The new Clubhouse at St Ives Melville will be open for relaxation in Feb*



*Phase 1 of Your New Northshore will be completed in Feb*



2017

# Resident Survey Snapshot

Globetrotters, green thumbs and movie buffs – the 2017 Resident Survey highlighted that we're all busy being full-time lifestylers. Here's a brief snapshot of the results – the full report will be available to all residents. Thanks again to everyone who participated.

## Who responded?

**458**

Survey responses



48%

Couples



52%

Singles

## How are you travelling?

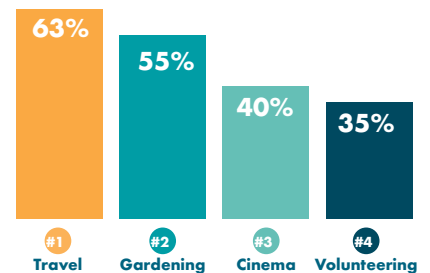


**83%** would refer St Ives to a friend

**86%** very satisfied, or satisfied, with village life

**89%** say village life exceeded, or met, expectations

## What is keeping you busy?



## How is retirement living at St Ives making you feel?



**95%**  
happier,  
or as, happy  
since moving in



**91%**  
more, or as,  
socially active



**80%**  
more, or as,  
physically active



**97%**  
feel safer,  
or as, safe



**91%**  
more, or as,  
connected to  
their community





# The 2018 WA Bucket List

*Hellfire Bay, Esperance*

So you've already sipped and sampled your way through Margaret River, clomped on the back of a camel across Cable Beach, had the obligatory snap with a quokka in Rotto and now you're looking for the next brilliant WA location to head off to. Well the beauty of our home is that the list is never-ending – head in any direction and you'll stumble across world-class beaches, amazing natural landscapes and characters you won't find anywhere else.

**Here are 7 places you should absolutely put on the Bucket List for 2018. Don't forget to send us a snap!**

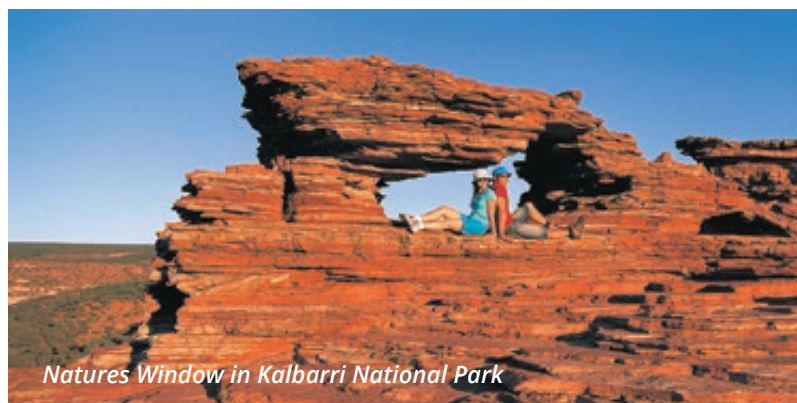


*William Bay National Park, Denmark*

## 1 – Denmark

45 mins drive from Albany, Denmark is WA's answer to Byron Bay. It's a beautiful laidback town, surrounded by giant Karri trees, incredible local food and wine and some of the most amazing coasts in WA.

**Don't miss visiting Elephant Rocks and Greens pool.**



*Natures Window in Kalbarri National Park*

## 2 – Kalbarri

6 ½ hours north of Perth, Kalbarri's the spot where the red outback meets the white beach. Bristling with marine life and boasting one of the world's most spectacular wildflower displays in Jul-Oct, it's a spot worth visiting any time of the year.

**Don't miss Nature's Window.**



*Lucky Bay, near Esperance*

## 3 – Esperance

If it's solitude and nature you're after then plot a course 7 ½ hours south east of Perth to Esperance. It has some of the whitest beaches in Australia (scientifically proven!), dozens of pristine, untouched islands off the coast, great 4WDing and even a full sized Stonehenge replica (! - if you make it, please send us a snap.)

**Don't miss the bright pink Lake Hillier.**

*Images Copyright © Tourism Western Australia*





*Dirk Hartog Island National Park*

#### **4 – Shark Bay**

8 hours north of Perth, this region is so amazing it's been titled a UNESCO World Heritage site. Fishing, snorkelling, 4WDing and camping abound, and the completely unique and unspoilt flora and fauna make it unforgettable.

**Don't miss the 3.5 million year old Stromatolites of Hamelin Pool.**



*Joffre Gorge, Karijini National Park*

#### **5 – Karijini National Park**

Take your time and definitely take your hiking boots when you visit Karijini National Park, 2 hours north-east of Newman. No matter your fitness level, you'll be able to visit crystal clear rock pools, spectacular gorges and waterfall galore, all while camping under a ridiculously beautiful sky.

**Don't miss Hancock Gorge.**



*Bibbulmun Track near Albany*

#### **6 – Bibbulmun Track**

Okay, so it's not a destination, but a world famous 1000km walking trail stretching from Kalamunda to Albany. Any section is worth visiting either for an afternoon hike or a few days camping, watching the landscape change around you and staying in the huts along the route.

**Don't miss the Cape to Cape section from Cape Naturaliste to Cape Leeuwin.**



*Swan Valley vineyards*

#### **7 – Swan Valley**

If it's been a while since you drove the half hour into the Perth Hills to the Swan Valley, it's time to revisit. The area is going nuts with restaurants, breweries, distilleries, gourmet food shops, crafts and heaps more. Spend an arvo or stay the week.

**Don't miss grabbing a bite at Mandoon Estate.**





# Just Shoot Me!

Announcing the winners of the photography competition



**WINNER**  
NATURE



**WINNER - NATURE CATEGORY**  
*Penguins in the Antarctic.*  
**Photographer: Mike Bream, St Ives Mandurah.**



In our inaugural photo comp, the call was put out to all photographers in our villages for their best entries into one of three categories: Nature, People and Village Life. And, boy, we weren't disappointed! In all over 100 great photos were entered into the comp, with Fitzgerald Photo judging the submissions on our behalf and choosing the winners – all who walked away with a \$200 voucher to use in their store. A big congratulations to our winners and thanks to everyone who participated. The winning photos are proudly hanging in the Mandurah and Centro Clubhouses.



**RUNNER-UP - NATURE CATEGORY**  
*A bandicoot takes pause.*  
**Photographer: Bill King, St Ives Mandurah.**

*Bill has taken many photos of the wildlife around Mandurah, and has a great article about the local bandicoots available to read on our blog at [stivesretirementliving.com.au](http://stivesretirementliving.com.au)*

**Sponsored by:**

**Fitzgerald**  
PHOTO

*This competition was proudly sponsored by Fitzgerald Photo. They do amazing printing, framing, editing and basically anything to do with photography.*

*Visit [www.fitzgeraldphoto.com.au](http://www.fitzgeraldphoto.com.au) for their full range of services.*

**Have a skill you'd love to showcase?**

**Great, get in touch at**  
**[thrive@stivesretirementliving.com.au](mailto:thrive@stivesretirementliving.com.au)**





**WINNER - PEOPLE CATEGORY**

*Catching up with the news – Jaisalmer, Rajasthan.  
Photographer: Judith Montgomery, St Ives Centro.  
Editor's note: 'Catching up with the moos?!'*



**WINNER**  
PEOPLE



**RUNNER-UP  
PEOPLE CATEGORY**

*Channel your inner Scotsman.  
Photographer:  
Rita Willsdon-Jones,  
St Ives Mandurah.*



**WINNER**  
VILLAGE  
LIFE



**RUNNER-UP  
VILLAGE LIFE CATEGORY**

*Men wear tutus too.  
Photographer: Mike Bream,  
St Ives Mandurah.*



**WINNER - VILLAGE LIFE CATEGORY**

*An afternoon of bowls.  
Photographer: Rita Willsdon-Jones,  
St Ives Mandurah.*



# Why seniors stand to benefit most of all from meditation

by **David Michie**, international best-selling author, coach and Mindful Safari Guide

## Is there any point in older people trying to meditate?

This is a question I'm sometimes asked at seminars, along with associated questions like, 'Don't our brains atrophy once we reach a certain age?' and 'Isn't meditation mainly a stress management tool?'

Well, in short order, stress management is only one reason to meditate – albeit one of the most well-researched reasons. No, our brains don't atrophy – neuroplasticity shows how they are constantly changing according to what we do with them.

And yes, there is every reason for older people to learn meditation. If anything, they stand to benefit more than most people – and here is why.

### **Meditation lowers high blood pressure and helps treat heart disease.**

Researchers Michael Murphy and Steven Donovan have summarised the findings of dozens of studies quite clearly demonstrating how meditation lowers blood pressure among people suffering from hypertension, and also slows down the impact of hardening of the arteries – atherosclerosis.

### **Meditation helps people suffering from chronic inflammatory conditions.**

A study by neuroscientists at the University of Wisconsin-Madison compared different therapies to deal with chronic inflammatory conditions such as rheumatoid arthritis, inflammatory bowel disease and asthma. Meditation was the most effective complementary treatment, and has been shown to play a highly positive role in both managing the impact of these conditions as well as helping prevent them getting worse.

### **Meditation reduces feelings of loneliness, depression and anxiety.**

Researchers at UCLA showed that meditation successfully reduced feelings of loneliness in a group of people aged 55 to 85. Neuroscientific studies have also shown how effective meditation is at helping manage both depression and anxiety. Meditation works at both a physiological level, changing our body chemistry, as well as a cognitive level, empowering us to better manage our thoughts and, thereby, our feelings.

### **Meditation slows ageing.**

A growing number of studies show that meditation helps protect the telomeres, which cap and protect our DNA from deterioration. These include work by Australian Nobel prize-winning researcher Elizabeth Blackburn showing that meditation may slow genetic ageing and enhance genetic repair. As long as 30 years ago, initial studies showed that people who had been meditating for 5 years or longer had the biological markers of people twelve years younger!





*These are just a few of the most relevant benefits of meditation to seniors. But there are many more, not least among them boosting immunity, promoting good sleep, enhancing mental clarity as well as emotional resilience.*

## So...how do you meditate?

1. Find a quiet place, free from distractions
2. Sit upright on a chair with your feet firmly on the ground - keep a straight back
3. As you breath in and out, focus on the sensation of your breath at the tip of your nostrils
4. When your mind wanders, bring it back to the object of meditation - the breath at the tip of your nose
5. Practise for 10 minutes every day and notice how you feel immediately after each session

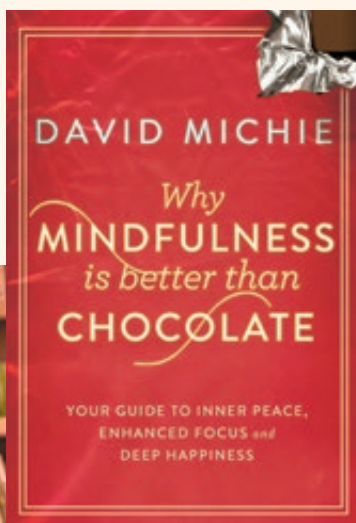
If you're interested in exploring meditation, you'll find much more detail in my book, *Why Mindfulness is better than Chocolate*, as well as a lot more information at [www.davidmichie.com](http://www.davidmichie.com).

You'll also find free guided meditation downloads on the home page if you click 'Free Downloads.'

**In addition to presenting mindfulness and meditation seminars, every year David leads groups on 6 day Mindful Safaris to Africa.**



**Find out more on his website:**  
[www.davidmichie.com](http://www.davidmichie.com)



**We have 5 copies of David's book, 'Why Mindfulness is better than Chocolate' to give away.**

To enter, email your name, address and best relaxation tip to [thrive@stivesretirementliving.com.au](mailto:thrive@stivesretirementliving.com.au) or provide it to your Village Manager.

**WIN!**  
**1 OF 5**  
**BOOKS**







# Village Life

ST IVES  
MURDOCH  
REVUE



ST IVES  
MANDURAH  
SPRING  
FETE



Whether it's  
an arvo on the green,  
a feast in the Clubhouse  
or a quiet game of cards,  
there's always something  
to get involved with.

Thanks for sending in your  
snaps of what you've  
been up to – and keep  
them coming!

ST IVES  
ALBANY  
BOWLS







**ST IVES  
MANDURAH  
MELBOURNE  
CUP**



**ST IVES  
CARINE  
BRIDGE  
CLUB**



**ST IVES  
NORTHSHORE  
CHRISTMAS  
PARTY**







# St Ives Characters



*David and Elisabeth Smith*

## The Smiths - St Ives Carine

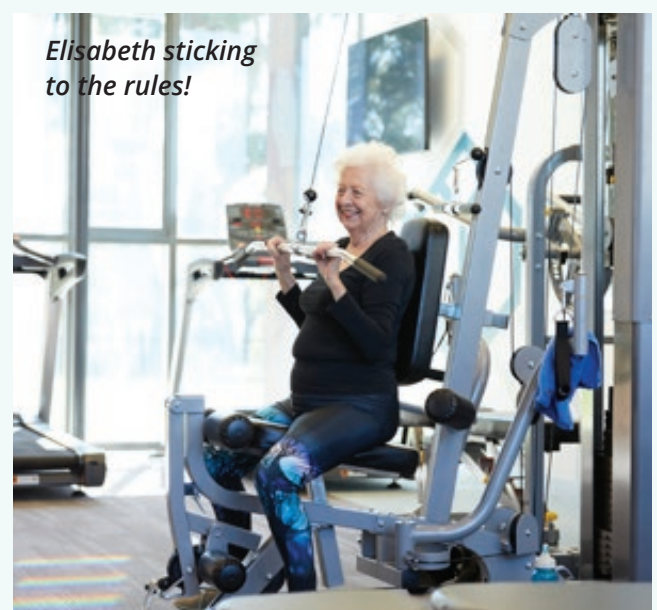
After a lifetime spent living across the world, working as translators, setting up international businesses and assisting the police, David and Elisabeth retired to not-so-sunny London in 1993.

It was here they developed, and stuck to, their morning ritual of going to the gym – no easy feat in a city known for rain, wind, slush and traffic.

But, each morning they made the journey to their new gym, opposite Parliament House, and often found themselves brushing shoulders with some prominent figures on the treadmills and in the pool. These politicians were busy people no doubt, but that didn't excuse them from adherence to the universal gym rules in Elisabeth's eyes.

"It was a person you would definitely recognise. He was very important at the time, but I didn't know who he was. All I saw was a sweaty man try to get in the pool without having a shower, so I called out and told him to go have one before he joined us! He walked away quite sheepishly and everyone's mouths just dropped and they were all saying 'do you know who he is?' Well, I didn't so I said 'No I don't, but he can't swim without showering first'. It turns out he was the leader of one of the top political parties!"

There's no word on if he ever ventured back to the gym after Elisabeth's telling off, but the Smiths have kept up their ritual right up until they moved in to St Ives Carine. If it's early morning and you're ever wondering where they are, there's a ninety-nine percent chance they'll be keeping fit in the gym. Pop in and Elisabeth may even tell you who it was who dared break the rules that day!



*Elisabeth sticking to the rules!*



## The Breams - St Ives Mandurah

Mike and Barbara well and truly have the travel bug – and you'd have to if you did what they did in 2016 and jumped on a boat to Antarctica.

"We set sail from Ushuaia and headed along the Beagle Channel past Cape Horn and onto Drakes Passage. Warnings of waves as high as eight to nine metres echoed across the ship, and we were prepared to experience what the Captain called the 'Drake Break' – that's where the ship slightly rolled – which would then turn into the 'Drake Shake' during the night. The seas were extremely rough and although the vessel was fitted with stabilisers, it tossed and rolled throughout the night and most of the following day. Once we made our way through Drakes Passage, the seas calmed and everything became tranquil.

When you think of Antarctica, you think of white icebergs, snow and freezing cold weather. I never knew icebergs could be so magnificent with their varying degrees of blues interacting with the natural white that we associate with ice.

The weather was the biggest surprise as it was nowhere near as cold as anticipated. It was so eerily quiet and tranquil that even talking in a loud whisper seemed as though you were shouting. We visited the most Southerly Post Office in the world at Port Lockroy and even had a glass of champagne while standing on an iceberg!

It was amazing to see the whales, seals and penguins all in their natural surroundings and living as nature intended. We were able to walk among the penguins and they carried on as though we were not even there. Now that's something not many get to experience."



*Mike and Barbara Bream*







# From the Resident's Quill

A call was issued to all villages for submissions from residents and you answered! Thank you to all who took the time to share their writing with us. We received a lot of submissions but unfortunately can't publish them all. Never fear, there is always next edition so please keep the submissions coming!



To submit a piece for Thrive, please email [thrive@stivesretirementliving.com.au](mailto:thrive@stivesretirementliving.com.au)

## Birds With Amazing Grace

*By Bill Withers, Murdoch village*

There are times when any reader will wonder if a story-teller has coloured the story and fudged the truth. This is such a story which amazed the credible witnesses. When this beautiful event occurred, it was on Thursday afternoon, 27th November 2014 at the Alzheimer's Australia, Mary Chester Centre in Shenton Park. The meeting room was adjoined, outside, by a large aviary of Budgerigars, commonly known as 'lovebirds', who became the star performers in this story.

The Friends in Harmony Choir had assembled with their Conductor, Dorothy Ebel, who had led the choir through the first number. The choir started to sing the second number, 'Amazing Grace', when the singers were joined by a chorus of lovebirds from the aviary.

At first there were exchanges of smiles, between the choristers, but the volume of sound from the aviary was intense. The birds sang as if their little hearts would burst. The birds stopped singing when the choristers stopped.

The birds didn't seem to be interested in other songs but they re-joined the choir, again, during the rendition of three love-songs.

On the following Sunday, 1st December, the author drove into his garage, thinking about the love-bird's performance. He started to whistle 'Amazing Grace', without conscious thought, until he was joined by a nesting Black Honeyeater in the rear courtyard. Black Honeyeaters are from arid regions so the breeding pair were "foreign" visitors to the courtyard in Como.

Similar to the Shenton Park lovebird's performance, the little Black Honeyeater stopped singing when the whistling stopped. The author rushed inside to get his wife, Judy, who was experiencing Dementia/Alzheimer's. He wanted Judy to hear the second 'Amazing Grace' performance.

Whilst walking into the garage, he thought, "I'm going to look a proper dill if our little Honeyeater doesn't perform". He started whistling and, joy of joys, she did perform. Judy said, "That's amazing", but the author couldn't reply because there was an emotional blocking of the vocal chords..... well, that's his excuse.





## Transient Flies

*By Judith Montgomerie, Centro village*

When you have a picnic or travel long distances in a car, do you ever wonder what happens to the flies that hitch a ride when you leave to drive home?

Travelling between Perth and Adelaide recently, this subject often entered my thoughts. There they are, Mr and Mrs Fly and all their little flies, enjoying our company at a lunch stop between Cocklebidy and Balladonia. Then suddenly we humans decide to leave, taking with us half the fly neighbourhood. They hide in our hair, in our eyes, up our noses, but mostly they like to ride on our backs, so when we jump back into the car and slam the doors, they are trapped. I usually wave the map around the car and line them all up on my side window, then I open it wide and send them on their way.

Now, by this time we are ten kilometres down the road. If they are strong enough to survive the map and being sucked out of the window at 110 kilometres an hour, they are now tumbling in space not knowing which way is up, and not knowing where the hell they are. Nothing is familiar and they know no-one. Do they have a built-in homing device like cats or birds that fly home to Siberia, or do they set up home in a new neighbourhood and live happily ever after? How far can they fly, anyway? Maybe they follow the road in the direction from which we have just come, and look for the familiar blue "P" on the side of the road and just hang around the picnic table until another car pulls in and they repeat the performance in reverse. But what if these people don't realise they are on board and don't let them out at their place and take them too far?

If they do fall down behind the dashboard or somewhere and end up in Perth or Adelaide, how are they, a country-bumpkin fly, going to integrate with city-slicker flies? They may not even speak the same dialect, and have to attend fly language classes in the evenings. Imagine a Balladonian fly being off-loaded at Cottesloe Beach. He'd be completely out of his comfort zone; the sea breeze would knock him for a six to start with and the air would have an unfamiliar salty taste. Even if he did have access to a fly internet cafe or mobile phone, his family don't get reception out the back of Balladonia, so they'd be worried sick, not knowing whether he was dead or alive.

But then, maybe flies don't have homes at all. Maybe they don't have families who care, are fancy free, super adaptable and enjoy the transient life without a care in the world. I think it's a topic for a PhD student to tackle.







FROM THE RESIDENT'S QUILL CONTINUED

## I Had a Dream

By Marilyn Hamilton, Carine village

Mum was very frugal and passionately anti-gambling; she had a sticker on the fridge 'Gambling, the sure way to get nothing for something'. She caught my sister and I playing 21 for money, and was furious, "Gambling is the root of all evil" she said. I corrected her, "The love of money is the root of all evil". "Don't you get smart with me young lady".

At 25 I left cold, grey Melbourne and settled in sunny Perth. There my love of horse racing blossomed; I gambled a little without any great wins or damage and was always dreaming of owning a race horse. But not to be, commitments always put it out of reach, and in my early 40's money was getting scarce, and I took on some of Mum's frugality.

Then after my first decent win at the golf club, I bought a ticket in the Legacy raffle, first prize being a trip to London for two. I told my friends I had dreamt of winning and I did. Four weeks later I entered a competition, a coupon from the local newspaper, you were to place it in the barrel at Ascot races, first prize a share in a racehorse. I told my friends I had dreamt of winning, and I did.

It was one of 12 shares in a horse called Western Pago; the sensible thing to do was to sell that share

and clear all my debts, but no, to my Mother's great disappointment I decided to pay the fees (getting further in debt) take the punt and let it all ride.

The horse was very successful, breaking the track record at Belmont of 1400m, winning nine races from 22 starts for \$234,655 in prize money. Being friendly with a couple of professional gamblers I became a canny punter on "my" horse.

The trainer, Wally Mitchell, was taking Western Pago to Melbourne for a campaign; I couldn't make it, but had left a large amount of cash with Mum who had been given strict instructions that when I rang she was to go to the TAB on the corner, as in those days the Melbourne price would be much better than that in Perth. "What if it loses"? she said, "It won't, I've dreamt it", I replied.

Western Pago won at the healthy Melbourne price of 10-1 and I imagined Mum stuffing the money into her shopping bag whilst the old timers nudged each other. Western Pago won its next race the Marlboro Cup at Caulfield, and I was there this time to cheer him on and collect the money. Mum dies recently and we found a biscuit tin packed out with notes – and the sticker was missing from the fridge!

## Turn your friends into neighbours!

### Do you have friends who'd love Village life?

Refer them to St Ives and, if they move in within 12 months, we'll say thanks by:

- **Sending you packing with a \$2,000 travel voucher**
- **Making their move easy by professionally packing and unpacking their home, free of charge.**

*The hardest part is deciding where you'll go...*



**Chat to your village sales team member for all the details.**





## Health Corner

# Steps to living well with arthritis

**Arthritis affects one in five Australians of all ages and from all walks of life and can particularly show up as we age. We asked Arthritis WA to give us some tips on how to better manage arthritis.**

### Learn about your condition.

Many people with arthritis say learning about the type of arthritis affecting them, and what they can do about it, gives them back a feeling of control over their lives and health. Talk to your Doctor of health care professional for more information.

### Stay active.

Research has found that regular exercise is one of the most effective treatments for arthritis. Exercise also strengthens the muscles that support the joints and gives you greater mobility and flexibility. But not all forms of exercise are safe for every type of arthritis so check with your Doctor or health professional first.

### Generally speaking, you will need to do a mix of three types of activities:

- » **Mobility exercises** such as yoga, swimming or warm water classes (hydrotherapy)
- » **Strengthening exercises** such as dumbbells, weights or resistance bands
- » **Fitness exercises** such as brisk walking, swimming or cycling

### Learn ways to manage pain.

Pain may limit some of the things you do, but it doesn't have to control your life. There are many techniques you can use to help you cope with pain.

- A warm bath or a heat pack placed over a painful joint for 15 minutes can provide effective pain relief
- An ice pack may reduce swelling and relieve pain in the same way
- Learn some relaxation techniques such as meditation or deep breathing because when you are stressed your muscles become tense, making the pain more severe
- Find some distraction techniques that you enjoy such as listening to music, reading or seeing a movie

### Manage tiredness.

Plan and organise your activities so you can make the most of your energy. Try to plan your day so you alternate periods of activity with periods of rest. When you have a large task to do, break it down into smaller tasks and do the hardest jobs when you are feeling your best.

### Keep to a healthy weight.

There is no diet that can cure arthritis but a well-balanced diet is best for your general health and wellbeing. Studies show that eating foods rich in omega-3 fats can help reduce inflammation in some forms of arthritis such as rheumatoid, psoriatic and ankylosing spondylitis. Foods rich in omega-3 include sardines, salmon, flaxseed and walnuts.

### Look after and protect your joints.

There are plenty of aids available in stores such as 'Daily Living Products' that can make tasks such as cooking, showering and gardening easier. Considering having your groceries delivered to your home so you are not lifting heavy bags; do the ironing sitting down to ease the pressure off your joints; buy pre-cut vegetables to make cooking easier.

### Acknowledge your feelings and seek support.

As there is currently no cure for arthritis it is natural to feel scared, frustrated, sad and sometimes angry. Be aware of these feelings and get help if they start affecting your daily life. Joining a support group where you can talk with other people in a similar condition can be very helpful.

### Seek the right advice.

If you would like more information on how you can live a healthy and active life, please contact Arthritis & Osteoporosis WA. We can provide you with free information booklets that contain practical advice on diet, pain management, exercise, medications and complementary therapies on your specific condition. We also provide services in self-management programs, hydrotherapy, exercise classes and support groups.

**Contact us on (08) 9388 2199 or visit our website at [www.arthritiswa.org.au](http://www.arthritiswa.org.au)**





# VILLAGE SPOTLIGHT

## St Ives Northshore

177 Dampier Avenue, Kallaroo

Located on Perth's northern beaches, St Ives Northshore offers a relaxed, down-to-earth lifestyle, made convenient with Whitford City Shopping Centre, beautiful beaches and many local community facilities nearby.



### Quick stats

📍 800m to the beach

📍 1km to shops

📍 200m to park

👥 185 residents

- |               |           |             |
|---------------|-----------|-------------|
| ✓ Lawn bowls  | ✓ Library | ✓ Mini-golf |
| ✓ Restaurant  | ✓ Pool    | ✓ Gym       |
| ✓ Hairdresser |           |             |



### Meet the Village Manager



*Northshore Village is a bit like Narnia. Once you go through the Dampier Avenue entrance it's a different world! There is as much or as little to do as suits you. Our community is quiet, yet vibrant, fun but respectful, inclusive but not overbearing. I'm privileged to have such a wonderful group of people as our residents"*

**Richard Swift** Village Manager.

### Meet the Resident's Committee



*"The great thing about St Ives Northshore is that you can do as much or as little as you like. We encourage everyone to come along, but it's your choice – if you'd like some company we'd love to see you, but if you need some alone time that's okay too! What makes you happy is your choice."*

(L) **Florence Hubbard** Past President and  
(R) **Marion Millin** President.

# What's on in WA?

## Escape from Pompeii - the Untold Roman Rescue

**ON  
NOW**

**Open until 4th February 2018, 9am to 3pm.  
WA Maritime Museum.**

Please visit [museum.wa.gov.au/museums/maritime/pompeii](http://museum.wa.gov.au/museums/maritime/pompeii)

## Western Australian Art: Guided Tour

**EVERY  
WED & SAT  
JAN**

**Every Wednesday and Saturday in January,  
11am to 2pm. Art Gallery of WA.**

More information [www.artgallery.wa.gov.au/  
events\\_programs](http://www.artgallery.wa.gov.au/events_programs)

## World Travel Expo

**3-4  
FEB**

**3-4 February  
Perth Convention and Exhibition Centre**

Visit [www.travelexpo.net.au/travel-expo/perth](http://www.travelexpo.net.au/travel-expo/perth)  
for everything you need to know.

## Perth Festival

**9 FEB -  
4 MAR**

**9 February to 4 March  
Venues around Perth**

For the full schedule, please visit  
[www.perthfestival.com.au](http://www.perthfestival.com.au)

## Lotterywest Film Festival

**ON  
NOW**

**On until 15th April.  
UWA Somerville and ECU Joondalup Pines**

You can find the long list of movies and their  
showing times here: [www.perthfestival.com.au/  
experience/lotterywest-films](http://www.perthfestival.com.au/experience/lotterywest-films)

## Perth Caravan & Camping Show

**21-25  
MAR**

**21-25 March  
Claremont Showground**

For more information and  
to get your tickets, please visit:  
[caravanandcampingshow.com.au](http://caravanandcampingshow.com.au)

## Jazz at the Maj

**EVERY  
FRI & SAT  
MAR-  
NOV**

**First Friday and Saturday of the month,  
March to November. His Majesty's Theatre**

For more information and tickets visit:  
[www.ptt.wa.gov.au/venues/his-majestys-theatre/  
whats-on/jazz-the-maj-2018](http://www.ptt.wa.gov.au/venues/his-majestys-theatre/whats-on/jazz-the-maj-2018)

## Garden Festival

**12-15  
APR**

**12-15 April  
McCallum Park**

Get your tickets early:  
[www.perthgardenfestival.com](http://www.perthgardenfestival.com)



Be sure to view the St Ives Facebook page for more events and updates.  
[www.facebook.com/StIvesRetirementLiving](https://www.facebook.com/StIvesRetirementLiving)



**ST IVES**





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Email [info@stivesretirementliving.com.au](mailto:info@stivesretirementliving.com.au)

**[www.stivesretirementliving.com.au](http://www.stivesretirementliving.com.au)**

ST IVES ALBANY | ST IVES CARINE | ST IVES CENTRO | ST IVES LESMURDIE  
ST IVES MANDURAH | ST IVES MELVILLE | ST IVES MURDOCH | ST IVES NORTHSHORE