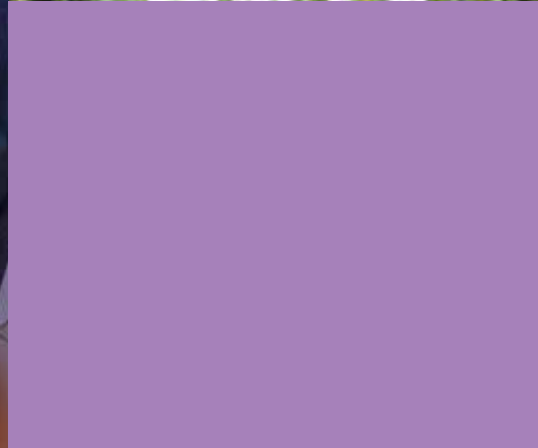


# THE ST IVES HAPPINESS REPORT

EDITION 4





# A message from the CEO

Welcome to the latest edition of the Happiness Report. We are now in our fourth edition, and we look forward to sharing what has been going on in 2021.

In this edition of the Happiness Report we welcome new faces, review the year that was, showcase the End of Year Resident Survey results, and talk about how we have responded to the COVID-19 roller coaster.

Again, I would like to say thank you to our residents for their support and care during the past year, especially tackling the COVID-19 crisis together.

The Crisis Management Team has continued to meet regularly and have acted promptly when needing to protect the safety and health of our residents, staff and visitors. The End of Year Resident Survey this year introduced new questions specifically around the crisis and we have shared these results on page 6 of the report.

As we head into summer, many of us start focusing on eating well and getting fit. As part of this lifestyle focus, we introduced Dr Joanna McMillan this year who is a PhD qualified Nutrition Scientist and Accredited Practising Dietitian. Dr Joanna McMillan is one of Australia's favourite and most trusted health and wellbeing experts. We have asked Jo to chat with us about good nutrition, how we can help support mobility and brain cognition, and to discuss the benefits of using food as a social interaction with others.

A regular on television, Jo most recently hosted Gut Revolution – a three-part series on ABC's Catalyst. Jo also appears regularly on Channel 9's Today Show, 7 and 9 News, and Studio 10. You'll also find her sharing her knowledge across a variety of radio networks, online and print publications. Welcome Jo!

Our St Ives team work tirelessly to provide exceptional service across our eight villages. I am especially proud of the way we have worked together over the past few challenging years. We enjoy sharing great work and collaboration to help recognise the great work within St Ives, we ask all residents to nominate staff members for our Excellence Awards. If there's someone you wish to acknowledge, please speak to your Village Manager or team to let us know!

Finally, in this edition, we also have more content from you – our residents! I hope you enjoy reading this edition of the Happiness Report.

Stay happy and healthy, and on behalf of the entire St Ives team, we wish you and your loved ones a wonderful new year.

Regards,  
John Ford



**CEO – John Ford**

# Our Happiness Strategy in action

Since February 2019, St Ives outlined six areas of strategic focus to help increase satisfaction and happiness within your Villages. Part of our ongoing commitment to this involves outlining our actions within each of these areas.

Continuing with this, it now gives us great pleasure to provide details of our actions from the past 12 months.



## A quality experience whenever you interact with us

- Undertook welfare checks, amended our services and offerings, and ensured ongoing socially distanced activities during COVID-19 lockdowns throughout 2021. Together, this provided support and connectivity for residents.
- Strong communications with you about COVID-19 to help you understand what we were asking of you and why.
- Continued to develop COVID-19 scenario planning involving externally assessed simulation. This helps ensure readiness for any situation of community transmission.



## Continual improvement and innovation

- New cloud-based Trust accounting system.
- Completed introductory course to an online sales negotiation platform.
- New photography and virtual tour package used on new listings to enhance the customer's experience.
- Enhanced technology that allows staff to maximise productivity and flexibility.



## The backing of a strong WA business for peace of mind

- Strong village and general real estate sales and settlements.
- Heightened marketing activities.
- Began the development of St Ives Carine Stage 2.



## Optimise financial performance

- Engaged proactively and closely with Resident Committees and Resident Finance Committees to optimise performance and work together to look for operational efficiencies and cost savings. This resulted in strong financial outcomes across all villages with village operational budget targets met in all villages.
- Presented village budgets, audited SPFR accounts and AGM meetings well within required timeframes.



## Continue building an engaged workforce and culture

- Launched our St Ives Values and Behaviours with our employees, which underpin how we do what we do.
- Ongoing training for staff to improve their talents, knowledge, and skills.
- Created a new platform for staff to share praise using the St Ives Values and Behaviours.
- Hired talented new staff who epitomise our values.
- Ability for residents to nominate staff for the St Ives Excellence Awards – if you have a brilliant experience with one of the team, please speak to your Village Manager to nominate them!



## A compliant and safe environment

- Continually expanding our cleaning and hygiene practices at all villages to reduce the risk of COVID-19.
- Implemented new IT processes to enhance cyber security and data protection.
- Conducted external safety audits across all Villages to ensure we provide a healthy and safe working environment.



## Your feedback is needed

Your continued feedback is so important to us and helps us ensure that we focus on the areas that matter to you. We thank you for sharing your thoughts and encourage you to continue to discuss any issues directly with your Village Manager.

# EOY Resident Survey Results

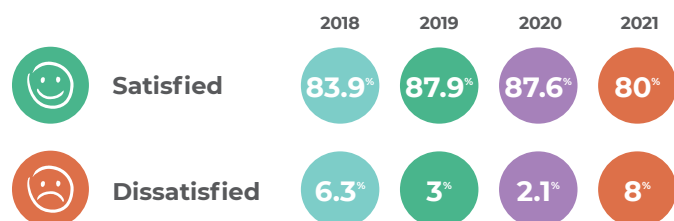


Thanks to everyone that participated in the End of Year Resident Survey for 2021. The results are reflecting the views of 597 residents, which is a significant increase from last year.

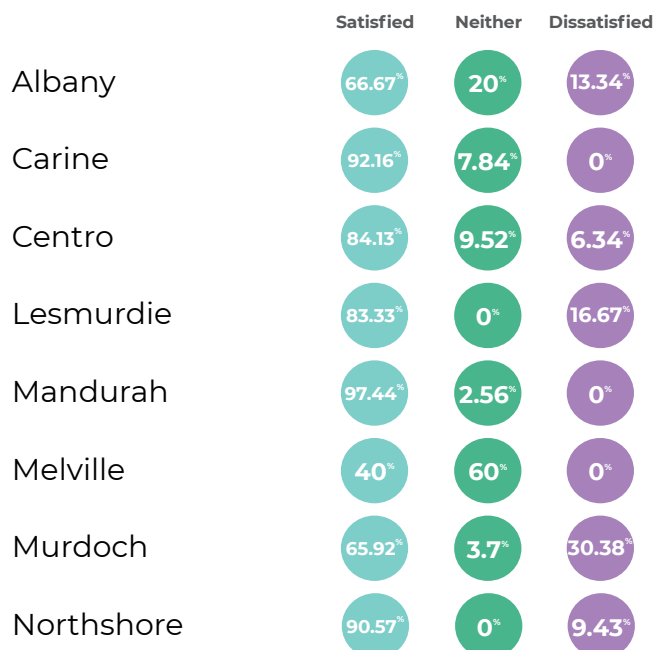
We would love to see this number grow, as the feedback provided helps us understand what we need to focus on and where we can improve.

## How satisfied are you with St Ives?

### All Villages

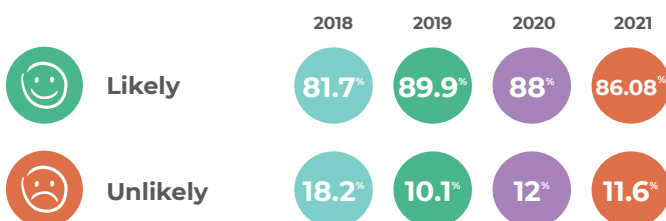


### What does your Village think?

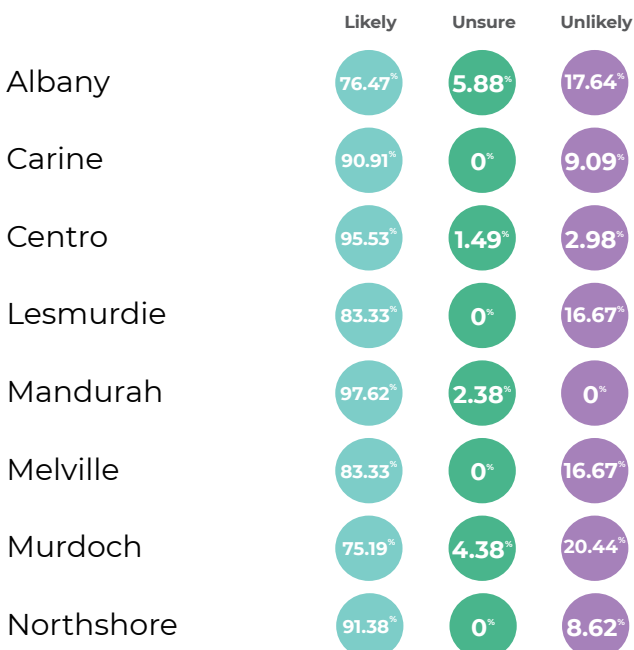


## How likely are you to refer family/friends to St Ives?

### All Villages



### What does your Village think?



# Our Happiness Score

Our Happiness Score is how we are tracking our progress in our six areas of strategic focus.

To determine the score, we average out the positive response scores across the six questions that relate to our Happiness influencers.

To see how we are tracking we have kept the questions the same since 2018.

## To what extent do you agree with the following statements?



**St Ives continue building an engaged workforce and culture**



Dec  
2018

87.7%

Nov  
2019

91.8%

Nov  
2020

94.9%

Nov  
2021

88.2%

**St Ives provides a brilliant experience whenever you interact with us**



70.5%

74.2%

85%

81%

**St Ives provides a safe and secure environment**



87.5%

90.1%

91.8%

91%

**St Ives is continually improving their service to me**



59.4%

69.6%

68.6%

59.9%

**My Village is great and will support me into the future**



75.8%

74.8%

75.5%

66.5%

Dec  
2018

74.3%

Nov  
2019

79.3%

Nov  
2020

81.3%

Nov  
2021

77.32%



*Happiness Score:*

# Crisis Management Team

Our Crisis Management Team continues to monitor the COVID-19 situation very closely. Your ongoing support to maintain physical distancing and hand hygiene is greatly appreciated.

If you have any concerns, questions or ideas, please reach out to your Village team or email [info@stivesretirementliving.com.au](mailto:info@stivesretirementliving.com.au)

This year we added additional questions into the resident survey to make sure we are meeting resident expectations/wants and needs when it comes to the pandemic.

## Are you vaccinated against COVID-19?

Yes 98.65%

No 0.81%

Prefer not to say 0.54%

## Do you support mandatory vaccination against COVID-19 for staff?

Yes 96.17%

No 3.83%

## Do you support mandatory vaccination against COVID-19 for contractors?

Yes 95.04%

No 4.96%

## Do you agree with the approach St Ives has to managing the COVID-19 pandemic and our procedures that we have in place?

Yes 87.23%

No 1.36%

Our Crisis Management Team continues to monitor the COVID-19 situation very closely. Your ongoing support to maintain physical distancing and hand hygiene is greatly appreciated.

**If you have any concerns, questions or ideas, please reach out to your Village team or email [info@stivesretirementliving.com.au](mailto:info@stivesretirementliving.com.au).**





# Congratulations

## to the winners of the Eftpos Gift Cards!

All residents who submitted an End Of Year Resident Survey with their name included were entered into the draw to win one of two gift cards. These were the lucky winners!



Sandra Kumar, Administration Officer, with  
Mandurah resident Bronwyn Jones



Centro resident, Pam Gardiner, with  
Mark Hoebee, Village Manager

## The St Ives Values



### Teamwork

We combine our individual strengths, working together to improve our organisation.



### Communication

We openly share information and our views, and actively seek and listen to the ideas of others.



### Accountability

We accept responsibility for our actions and commit to making the right decisions for St Ives.



### Respect

We acknowledge and value the diversity of opinions, abilities and feelings of our colleagues and residents.

# Eating Well to Help You *Age Well*

**By Dr Joanna McMillan**  
Nutrition Scientist & Dietitian



Nutrition plays a key role in helping us to age well. It isn't a magic bullet of course, nothing is. It is one of the factors, however, that can make a big difference – and most importantly it is a factor under our control. While we can't change our genes, our age, our gender, or some parts of our environment, we do have choices over food and many aspects of our lifestyle.

Importantly, it's never too late to make changes. At almost any point there is benefit to be gained in paying attention to what, how and when you eat, as well as making a few key lifestyle adjustments.

These changes can help your heart and vascular system, which is not just about avoiding or managing cardiovascular diseases, but also about how you feel, your energy levels and how much you are able to do, especially in terms of movement.

Bone health relies on good nutrition and exercise. Even your skin and how well it ages and is protected from the sun is influenced by your nutrition. And of course, your food choices affect your gut health and your immune system, helping you to fight off infections and disease.

## Eating for brain health

Nutrition impacts brain health. Your memory, how sparky you feel and even your risk of cognitive decline and many forms of dementia, including Alzheimer's and Parkinson's diseases, are impacted by your food choices.

The MIND diet was designed by researchers in the US, specifically to address brain health with ageing. (MIND stands for Mediterranean-DASH intervention for Neurodegenerative Delay.) This diet has been shown to reduce the risk of Alzheimer's disease by more than 50%! That's pretty astounding given that in the past we thought this was a condition we had little control over. Nutrition



clearly plays a major role in brain function and health.

What do you eat on the MIND diet? It is essentially a modified Mediterranean diet, so the good news is that it is delicious! If you're thinking lots of salads, fish and extra virgin olive oil, washed down with a glass of red wine (but only one!), you're on the right track.

The modifications come from adding in some features of DASH, which is a diet designed to help reduce blood pressure, so this is also a diet that is good for heart health.

The key aspect is to reduce sodium (salt) intake and boost foods rich in potassium. The balance of these two minerals is key for blood pressure control. Blood pressure does tend to rise with age and it's important to address not just for brain health, but for your heart and vascular system, too.

High blood pressure is a major risk factor for stroke. Keep the salt off the table and avoid highly processed foods to get sodium down. To boost your potassium, eat plenty of fruits and vegetables.

## Here's how to eat to follow the MIND diet:

- Eat green leafy vegetables such as spinach or salad greens at least six times a week – in other words, aim to have them every day. Then add at least one other veggie every day and preferably more. You're on track by including veggies in two or more of your daily meals and the more different veggies the better.
- Enjoy a handful of nuts most days. If nuts are tricky to eat on account of dentures, try having nut butter spread on toast or added to a smoothie or soup.
- Snack on berries two or more times a week, every day if you like. Berries are rich in antioxidants and have been found to improve memory.
- Have fish a couple of times a week and make sure one of those meals is an oily fish such as salmon, trout, sardines or mackerel. These are rich in the long chain omega-3 fats your brain needs.
- Every other day include a legume such as chickpeas, canned beans or lentils. These are terrific in soups, salads or made into a dip like hummus.
- Choose wholegrain or wholemeal options for bread, wraps and breakfast cereals. Also include wholegrains such as brown rice, oats, barley, quinoa, buckwheat (soba) noodles or bulgur wheat.
- Use extra virgin olive oil every day for cooking, drizzling and dressings. You need about 3 tablespoons a day to optimally benefit. Buy Australian to ensure you have the freshest, best quality oil.
- Limit or avoid fried fast foods, pastries, sweets and margarine.



## Eating to fuel physical activity

Staying active is crucial for all aspects of health, including mental health, but it can be hard if you have aches and pains or find yourself lacking in energy. This is where food and drink can play a major role.

Food provides your body with energy from two key fuels – fat and carbohydrate in the form of glucose. The big difference between the two is that fat is a slow burner, while glucose burns quickly and is able to provide energy fast. Think of fat as fuelling the tortoise and glucose the hare. In the human body we are always burning a mixture of both, but that mix will change depending on what we are doing.

If you are sitting playing bridge, glucose is fuelling your brain, but fat is the main fuel keeping the rest of your body ticking along. If you then get up and go for a brisk walk, with a few stairs and hills along the route, your need for energy jumps. Your muscles ramp up their uptake of glucose to provide that energy fast. (As an aside, that's one of the reasons why it's a good idea to have a walk after a meal, particularly if you are managing diabetes, as it helps to get glucose out of the blood and into cells to be used for energy.)

Unless you are underweight and very thin, most people have plenty of fat stored and so it is rarely fat that is the limiting fuel. Carbohydrate on the other hand can only be stored in limited amounts in the body. You could burn through those carb stores in only a few hours, particularly if you're on the go and being active.

So, if you want to have the energy for your daily physical activities, you need to feed your body carbohydrates. But you want the most nutritious, whole food carbs and not the highly processed ones.


There is a big difference between a slice of wholegrain bread and a doughnut! For good carbs that will fuel your brain and your physical activity, think whole plant foods such as wholegrains, legumes, fruit and starchy vegetables in their skins (so potatoes with the skin rather than fries). You can also enjoy a little honey when you feel like something sweet.

Spread these good carb sources out over the day without having too much all at one sitting. This will keep your energy levels topped up, without causing spikes in blood glucose that come from having too much at once.

It's also key for your energy levels and ability to exercise to stay well hydrated. Even very minor dehydration can zap your energy and leave you feeling tired and lethargic. Often people limit their intake of fluids in the evening as they don't want to be getting up to the loo in the night, but that does mean you likely start the day dehydrated.

To counteract this, have a glass of water the minute you get out of bed in the morning. Then drink it regularly throughout the day, aiming for about a glass every hour and more if you are





exercising or doing something active like gardening or playing golf. Other drinks contribute to your hydration status, even coffee and tea, as well as water-containing foods such as salad veggies, fruit and soup. But don't rely on these alone and be sure to make water your main drink for hydration.

## Eating for mental health

What you eat does influence your mental health and we now have good studies to show that eating as I have described above can reduce your risk of depression and anxiety. However, eating is not just about delivering nutrients to your body.

The preparing and sharing of food with others play a key role in human connections and social behaviour. Food is quite simply more than the nutrients it contains, and it should be a pleasurable aspect of life. Don't underestimate the impact that sitting down to enjoy a meal with others can have on your happiness and overall mental health.

When we look at the healthiest, longest living people in the world, they have this in common. They give priority to mealtimes and rather than eating on the run or skipping a proper meal for toast and a cup of tea in front of telly, they sit down at the table to eat a delicious meal with others.

Think of the Mediterranean region where a meal is often spread out over a leisurely couple of hours. Or in Japan where meals usually involve several courses of small, beautifully presented morsels.

That doesn't mean you have to make every meal an elaborate affair, taking hours to prepare! Rather simply give mealtimes respect and prioritise them in your day. Always sit at the table to eat and where possible share the meal with others. Conversation and human interaction are just as important for your health as the actual food on the plate.

## Summing up

Good nutrition does not need to be complicated (all you really need to do is choose whole foods, including plenty of plant foods, and limit the rubbish), but it does matter for your physical and mental health.

Eating well gives your body the nutrients it needs along with the antioxidants and anti-inflammatory compounds it needs to protect body cells as we age.

By eating well and staying active, you dramatically reduce your risk of the chronic diseases that ail us in our later years, while also helping you to live a fulfilling, happy, social life. Good food makes you feel better, have more energy, look brighter and think more clearly. Give mealtimes the priority they deserve in your life.



# Celebrating ST IVES *in 2021*

**Murdoch 21<sup>st</sup> anniversary**



## Northshore 30<sup>th</sup> anniversary





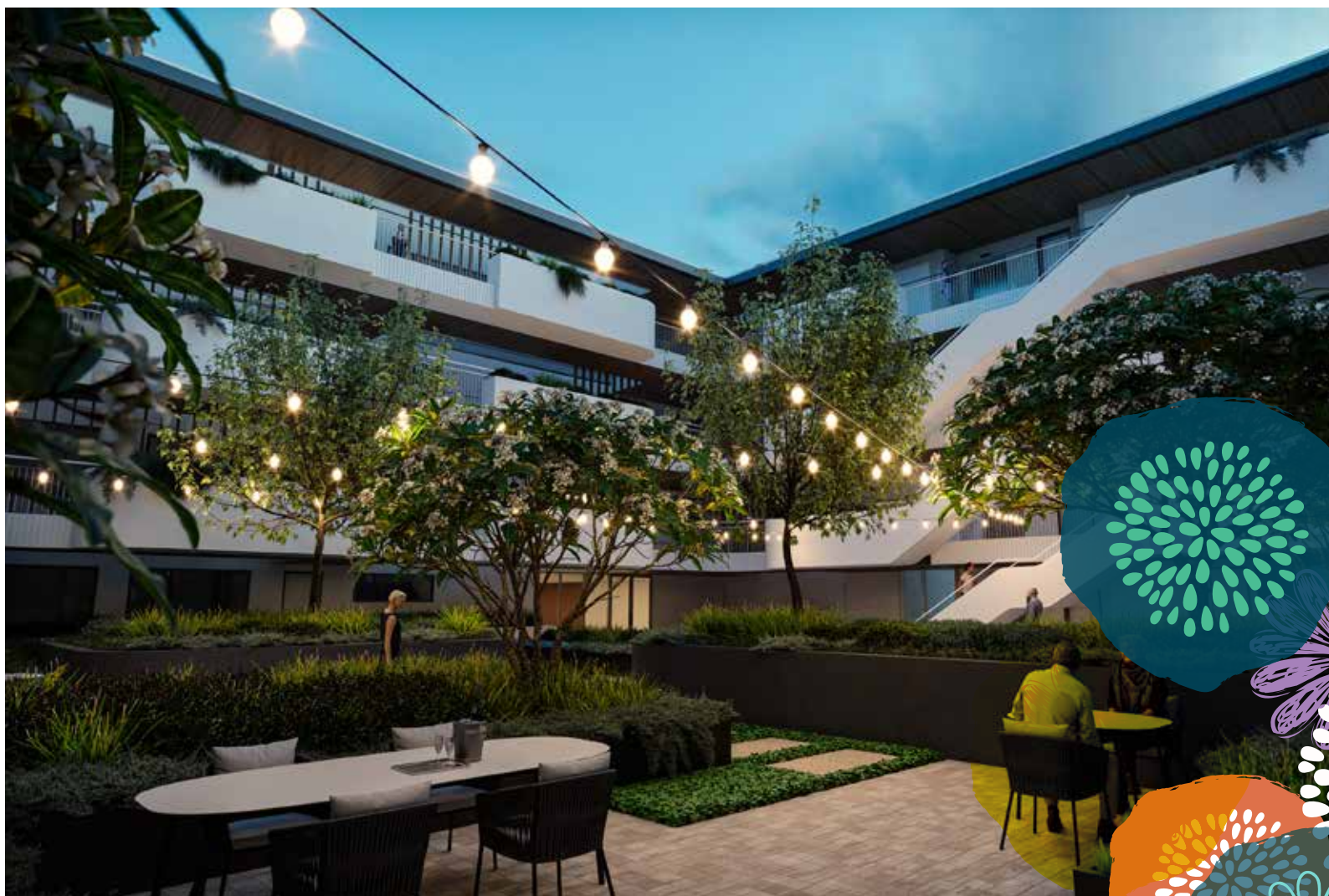
In November, St Ives launched Stage 2 at St Ives Carine.

The second stage of this much-anticipated St Ives development is set to meet market demand for luxury, resort-style retirement living in Perth.

Architecturally-designed, Stage 2 includes spacious apartments as well as amazing penthouse and sub-penthouse designs. The centre-piece is a stunning central atrium that will provide a vibrant garden oasis for new residents.

If you have friends or family who would love to see their lifestyle blossom at St Ives Carine, feel free to put them in touch with Jo McPhillimey for more information. Jo is contactable on 0447 613 158.







# ST IVES MANDURAH

## Resident Johan Dreyer

### St Ives Sponsorship

Perth is set to host The Australian Masters Games, a biennial sporting event that is regarded as one of the premier and largest participation sporting events on the Australian sporting landscape.

In 2021, the event was postponed to April 2022 due to COVID-19. For St Ives resident, Johan Dreyer, another disappointing announcement was made. The paddling events were all cancelled as it clashed with important races in April organised by W.A.Paddle.



“It was a bit disappointing to me because in the Masters I can compete against paddlers around my age. In the State Sprint Championships (29 to 30 January) and the National Sprint Championships (29 March to 3 April), I will be competing against younger paddlers. Both events will happen at the Champion Lakes Regatta course near Armadale.”

Johan is currently the State champion in the 500m and 1000m sprints and is keen to win medals in these distances in the Nationals next year.

## Paddling Fun Fact

Marathon racing for the masters is around 15-17 kilometres in about 3-4 km loops and we do not have to portage on each loop. That's where you jump out and run in front of the spectators to a spot where you jump in again. Races are usually won or lost at this section. On the water you 'wash ride' each other, something like bike racing, changing leads. Tactics are part of winning or losing.

Sprint racing is over 5000m, 1000m, 500m and 200m distances where you race in lanes, at top speeds.



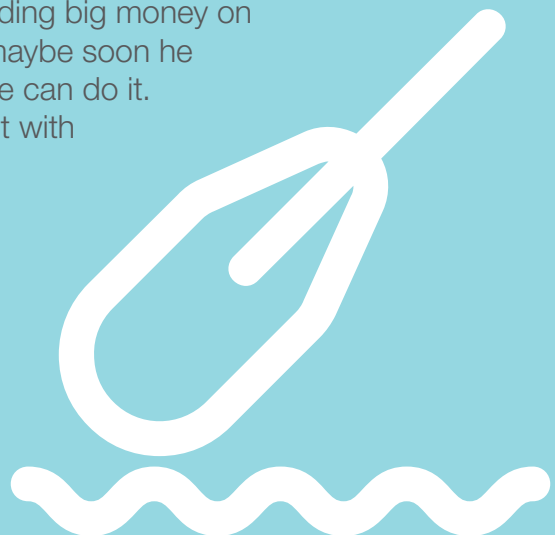
To Johan's testament he doesn't have a coach. Instead, he depends on videos of his training to improve and keep building on his technique. This involves tracking his speed, heart rate, stroke rate, stroke distance and averages over a training run. He then follows up on the computer to sync the video with the run so that he can see why his speed may pick up or drop off at certain points.

As Johan felt he was missing out on time on the water during daylight and wanted to further his training, he felt he needed a paddle ergometer. This is a paddling machine you set up indoors, which allows you to paddle at any time of the day and isn't restricted by time or weather. It gives you the ability to monitor your speed, your stroke rate and importantly your power applied to the paddle. It also shows other pertinent information.

This allows you to watch your technique in a mirror and when you adjust, you can see in real time what is happening. World champions use these ergometers and the KayakFirst model. Johan likes the story of Bálint Kopasz at the Tokyo Olympics where he won gold in the 1000m thanks to the time he spent on these machines. Lots of top paddlers are snowed in and those who cannot go and train in warmer climates use ergometers.

"Someone told me once that he does not mind spending big money on training equipment because he is getting older and maybe soon he will not be able to paddle, so he is enjoying it when he can do it. I thought the cost of an ergometer was too much, but with all the rain and cold weather we had this winter I decided to follow my friend's advice.

St Ives was kind enough to sponsor me for \$500 toward the ergometer which I have since bought and have already seen my speed increasing."



# Winter Escape.



On the 1st of June 2021, Linda and I hitched up the caravan and headed north for a few months to escape the Mandurah winter weather. Our initial intention was to travel to Broome as we had done in previous years. This time, however, we decided to head to Onslow, minimising the journey distance whilst still being able to enjoy some warmer weather. That decision turned out to be an interesting and enjoyable experience.



We had a number of short stops en route to Onslow, including three days at Bullara Station on the Exmouth Gulf. Bullara is a working cattle station adapted for tourists and caravaners. There is an atmosphere of the true outback with original stockyards, sheds and equipment, which capture a snapshot of yesteryear. This, coupled with meal nights, damper cooking and tasting demonstrations make Bullara well worth a stop-over.

One word of caution, Maggie the “friendly” kangaroo, who wanders freely around the area, can be a little “unfriendly” at times!!

When we arrived in Onslow on June 13, the first thing we noticed was that the town of 850 people hadn’t changed much since our previous visit some years previously. In fact, the main street looked exactly the same. There were some improvements evident elsewhere in the town with a new hospital, swimming pool and other recreational facilities.

The Onslow Salt Mine seems to have expanded and an offshore liquefied natural gas (LNG) plant has been developed. These operations are located out of town and apart from seeing the occasional cargo ship laden with salt or an LPG tanker sailing through Beadon Bay, heading off into the Indian Ocean, neither of these two enterprises had any impact on our holiday.



We stayed at the Ocean View Caravan Park, which is situated close to the beach and has been recently upgraded with all sites now having an artificial grassed area for awnings and annexes.

The beach area gave us plenty of opportunity to gather some lovely shells and Linda had fun creating decorative lighting ornaments with them. Running approximately one kilometre through the beach dunes is a commemorative boardwalk and dotted throughout the walk we were able to spot some beautiful wildflowers in bloom. The one we found most intriguing was one we like to call the “humming bird” flower.

The original Onslow is situated some 20km south-west of the current Onslow but was relocated for a number of reasons. This includes the cyclone damage to its present location from back in 1925.

We visited the Old Onslow Townsite, which still has the remains standing of a number of the old buildings namely the goal, the courthouse and the police station. The Onslow Goods Shed Museum located in the middle of town has many historical artefacts from Old Onslow and is well worth a visit.

The Onslow Anzac War Memorial, located close to the Caravan Park, is a striking sculpture geographically positioned so that the rays of the rising sun shine directly through the archway at dawn on every Anzac Day.

For Linda and I, our four-month stay in Onslow was relaxing and enjoyable. The Onslow Beach Resort, located a short ten minute stroll from our caravan, was convenient for occasional sundowners and meals, without the risk of an RBT. If, however, you are looking for a more “adventurous” getaway then Onslow might not be suitable as the town only boasts one grocery store, one post office / newsagent, one resort and one pub. So, sorry ladies, no dress shops and boys, no Bunnings or Harvey Normans.

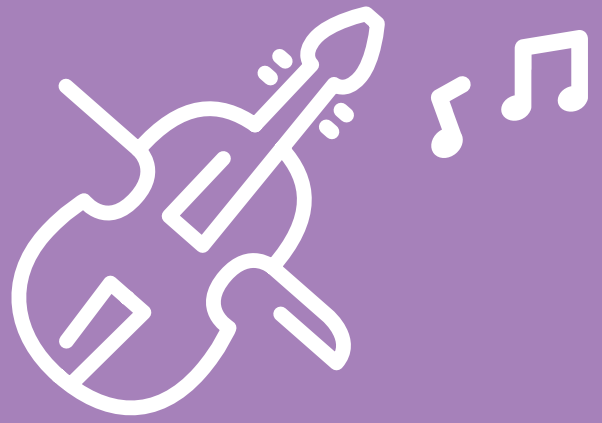
**Happy travels.**

*Jim and Linda Thomson.*

**St Ives Mandurah.**



# WASO visits *St. Ives*



Music For The Ages is a program designed to bring the beauty and emotion of live classical music to older adults in the comfort of their own place of residence.

It provides engaging chamber ensemble performances, and encourages a lifelong journey with music and musicians through performances of well-known and popular repertoire. Studies have shown that live music provides numerous benefits to older adults (in particular those living with conditions such as dementia), improving mood and boosting cognition.



# Calneggia Family Vineyards

Calneggia Family Vineyards has owned vineyards in the Margaret River region for over thirty years and produces several wine brands under the watchful eye of Chief Winemaker Severine Logan.

In recent years, the family has expanded their portfolio to include a range of wines from Italy in conjunction with their Italian producer partners.

The Calneggia family's philosophy is to produce fruit driven, elegant wines that are a true reflection of the vineyards they come from, with an uncompromised commitment to quality.



## RESIDENT BENEFITS CLUB OFFER

### 20% off wine and free shipping

Buy 12 or more bottles of wine using the code **STIVES** via the Calneggia Family Vineyards website [cfvwine.com.au](http://cfvwine.com.au)



CALNEGGIA  
FAMILY  
VINEYARDS

## The Secret Recipes of St. Ives



## TRADITIONAL SCOTTISH SHORTBREAD

Margaret Colquhoun's family recipe for shortbread. A Christmas favourite.

### Ingredients:

- 250g butter at room temperature
- 420g plain flour
- ½ cup caster sugar
- 80g rice flour

### Method:

1. Preheat oven to 170C. Grease two 22cm round cake tins and line with baking paper.
2. Cream the butter and sugar until light and fluffy.
3. Gradually add the flour until it comes together in a stiff dough.
4. Divide the mixture between the two cake tins and with the heel of the hand push the dough out until the mixture is even then smooth the surface with a palette knife.
5. Crimp the edges by pinching with finger and thumb. Lightly prick the surface all over with a fork to release the moisture while cooking.
6. Bake 15 min at 170C in the middle of the oven then 30min at 150C until golden brown and firm to the touch.
7. Remove from the oven and slice into triangles while still warm. Lightly sprinkle with caster sugar.
8. When cool transfer to a cooling rack and when cold store in an airtight container.



# What's on at



**Sat 8 Jan – Sun 23 Jan, 2022**  
**The Regal Theatre, Subiaco**

The Queen has found a new home after a sold-out season in May 2021!

Pack up your wigs, heels and all the glitter you can, because this iconic, award-winning musical is pulling into the Regal Theatre in Subiaco in 2022.

Starring Peter Rowsthorn, Cougar Morrison and Nick Mayer, you'll witness the glitz and glamour up close in this new, intimate venue as you enjoy outrageous costumes, full-scale live production numbers and non-stop hits. You'll be dancing along to all of the crowd favourites, including It's Raining Men, Don't Leave Me This Way, I Will Survive, I Love The Nightlife and many more.

Priscilla has been seen by over six million fans worldwide and continues to dazzle audiences across the globe.

Brought to you by Platinum Entertainment, the creative team bringing world-class entertainment to Perth and beyond.

## RESIDENT BENEFITS CLUB OFFER

### 15% off ticket price for St Ives Residents

Use the code **STIVES** when you purchase tickets from Ticketek at:

<https://premier.ticketek.com.au/shows/show.aspx?sh=PRISCILL21>

# the theatre?



2022 CONCERT SERIES

## Morning Melodies



**Ngaank Yirra Warrangka  
(Sun Rise Singing)**

Wed 20 April, 11am



**Christmas In Concert**

Wed 14 December, 11am



**West Australian Opera  
in Concert**

Wed 6 July, 11am



**Dale Burridge - Back  
on the Boards**

Wed 24 August, 11am



**The Women of the 60s**

Wed 2 November, 11am

PRESENTED BY



**HIS  
MAJESTY'S  
THEATRE**

## How to Book Tickets

You can book tickets online at [ptt.wa.gov.au](http://ptt.wa.gov.au),  
in person at the box offices at His Majesty's Theatre,  
State Theatre Centre of WA or Subiaco Arts Centre  
or by calling our 6212 9292.

### Venue box offices:

His Majesty's Theatre: 9am to 5:30pm Mon-Fri, 10am to 5:30pm Sat. 825 Hay St, Perth WA

State Theatre Centre: 10am to 5:30pm Mon-Fri. 174-176 William St, Perth WA

Subiaco Arts Centre: 9am to 5pm Mon-Fri. 180 Hamersley Rd, Subiaco WA

# Are you taking advantage of these *offers?*



## 10% off travel insurance

Call 1300 655 179 or visit your nearest RAC Travel Centre to book.



## 10% discount on storage and packing supplies

Located in O'Connor, Koala Storage has 13 different storage space options as well as car, boat, caravan and RV storage. Call 9314 7700 to have a chat with a storage specialist.



## 10% off plants, trees, pottery and giftware

For those in Albany, get 10% off plants, trees, pottery and giftware at Lush Garden Gallery.



## 15% dynamic discount off the best available rate at the Vibe Hotel Subiaco

Contemporary accommodation just 100m from the famous Regal Theatre and close to Kings Park. Great offer for all of our residents and their visiting family and friends! Call (08) 6282 9000 and mention St Ives Retirement Living to receive the offer or book online now.



## 10% off select items

Get all your arts and craft supplies at Jacksons and get 10% off selected items.



## Receive a \$10 voucher for every instore spend of \$110

Be rewarded for reading at Paperbark Merchants: 240 York Street, Albany.



## 2 bedroom villa for only \$650 per week

Holiday Resort located in Erskine, Mandurah, situated on the Estuary of Peel Inlet. Call Krista on (08) 9582 8300 to receive this offer.



## 10% discount on all new full priced dentures

To book this new offer, make an appointment by calling Total Denture Care today on 9317 7777.



## Free lessons with the professionals from Wembley Golf Course

As a card holder you can receive FREE golf lessons from the team of professionals at the Wembley Golf Course Swing Driving Range. The team can help the dedicated golfer improve their swing, or brand new player pick up the basics of this great game and start having fun.



## 1/2 price coffee, with any purchase at Hillarys Boardwalk

Perfect offer for a day out with the grandchildren! New coffee machine with fair trade coffee. Valid anytime during the day. Located on the Hillarys Boardwalk. Present your St Ives Resident Benefit Club Card to redeem.

**Do you have a suggestion for a new provider?**

Please email us at [benefits@stivesretirementliving.com.au](mailto:benefits@stivesretirementliving.com.au)

For all T&Cs visit [stivesgroup.com.au/benefits/](http://stivesgroup.com.au/benefits/)

# The perfect treatment, designed just for you

Everyone's different. We all have our own needs and preferences in life – and in massages. Some people like a gentle calming massage, while others prefer to focus on specific muscles with firmer pressure. We have created a treatment designed just for you – for when your body needs a little extra attention plus some added relaxation.

## A massage that's just right

Our endota Signature massage treatments have a set flow and pressure to offer deep relaxation. But if you have specific needs or concerns, such as tension in your shoulders or a sore lower back, a Customised Massage could be the best remedy. We have an hour or half hour treatment option, designed to bring relief to both body and mind.

When you arrive for your treatment, you'll unwind in our lounge area with a cup of herbal tea. Your therapist will take you through to your treatment room, this is when your therapist will ask you what areas of your body need special attention and will tailor your massage to address them.

Through a range of different movements and pressures your therapist will release stress and tension, calm your mind and deeply relax your body. You'll emerge feeling lighter and re-energised.

After your massage your therapist will also recommend a suitable treatment plan to continue at home with specific products. So you can continue to feel great long after your treatment.



## Creating the ultimate experience

It's important to share any allergies, injuries or recent surgeries or medical treatments, as your therapist will tailor your treatment accordingly – avoiding certain products or areas, or adjusting movements or pressure. You should also mention if you bruise easily or experience chronic pain.

If you're unwell or have a bad headache, we recommend waiting for this to ease before having a massage.

It's important to note that a massage helps release toxins out of your muscles, which can cause headaches, nausea or fatigue. To avoid these potential side effects, you need to flush the toxins out of your system. You can do this simply by drinking plenty of water before and after your massage.

## RESIDENT BENEFITS CLUB OFFER

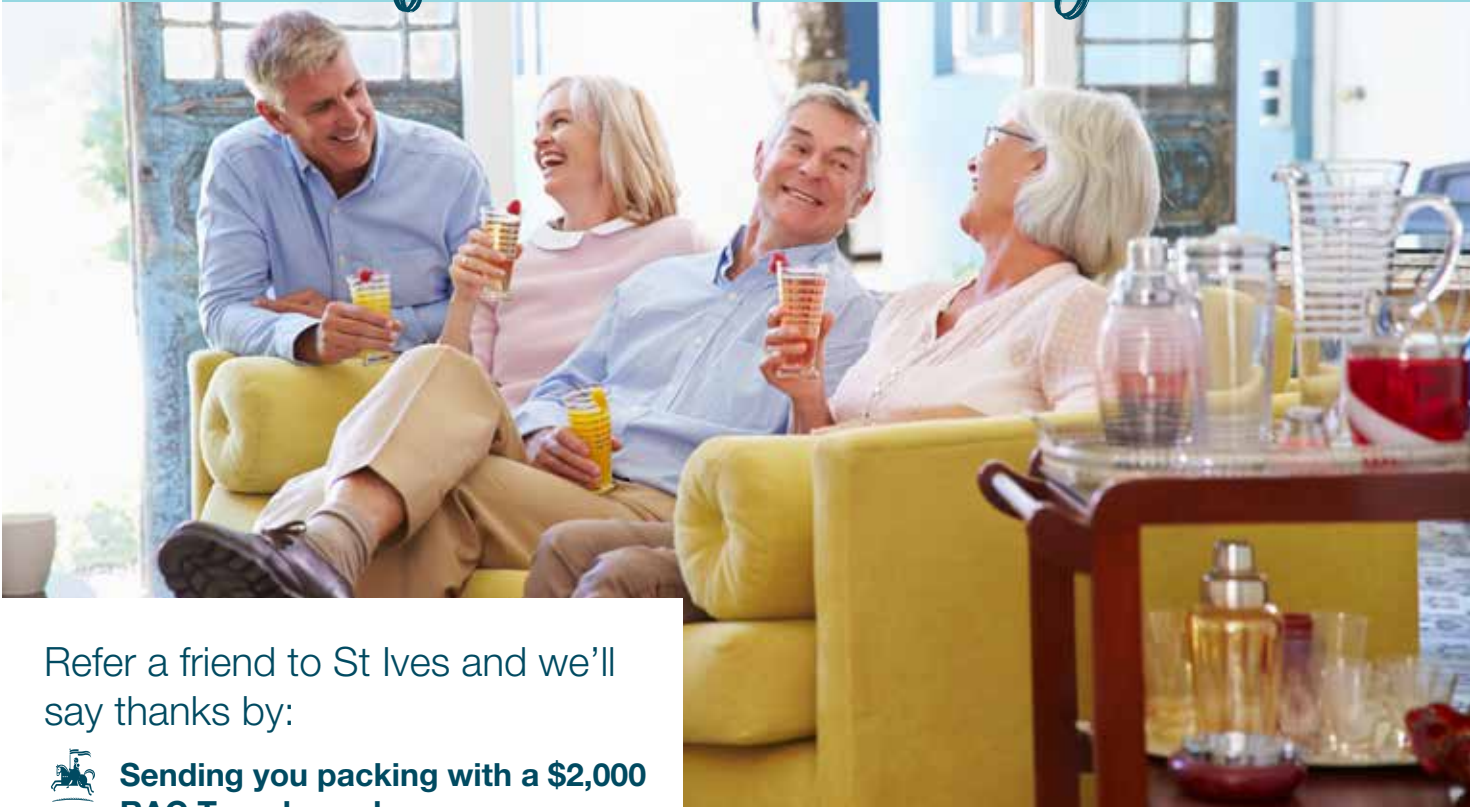
**15% off endota Spa treatments and \$20 off first-time Remedial Massage.**

Valid Monday to Friday on presentation of your Resident Benefits Club card. Visit [endotaspa.com.au](http://endotaspa.com.au) to find a spa near you.



**endota  
spa**

Turn your *friends* into *neighbours!*



Refer a friend to St Ives and we'll say thanks by:



**Sending you packing with a \$2,000 RAC Travel voucher**



**Putting \$1,000 towards your friend's moving costs**

**Chat to your Village sales team member for details**

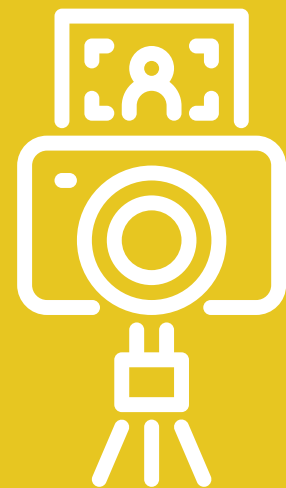
**ST IVES REALTY**

**Real estate agents you know, right on your doorstep.**

If you, or someone you know, has a property to sell, speak to your Village Sales Rep about having a free appraisal to see where you stand.



Life doesn't get  
*any better than this!*



**Breakfast at St Ives Lesmurdie**

#### **Lesmurdie Wildlife**

Thank you to Dane and Feithleen Hall for sharing these amazing images captured at St Ives Lesmurdie, what a magical part of the world.

# *"That's how we roll at St Ives Northshore"*

Over 50 residents got together at St Ives Northshore to mark the opening of the newly resurfaced bowling green.

Cutting the ribbon and bowling a ceremonial inaugural bowl were Lord Mayor of Joondalup Hon. Albert Jacob and MLA Member for Hillarys Caitlin Collins.

With everyone enjoying a sausage sizzle and a drink to celebrate, residents then took part in an exhibition match as well as 'closest to the jack' competition.

St Ives Northshore Village Manager Richard Swift said, "It's fantastic to have the new bowling green surface in place as part of ongoing upgrades at the village. We are looking forward to more residents taking up the sport and enjoying the socialising that goes with it!"





Web  
[stivesgroup.com.au](http://stivesgroup.com.au)

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

Phone  
**1300 20 20 01**



**ST IVES**  
RETIREMENT LIVING

*Live Happy!*