



St Ives

# HAPPINESS REPORT

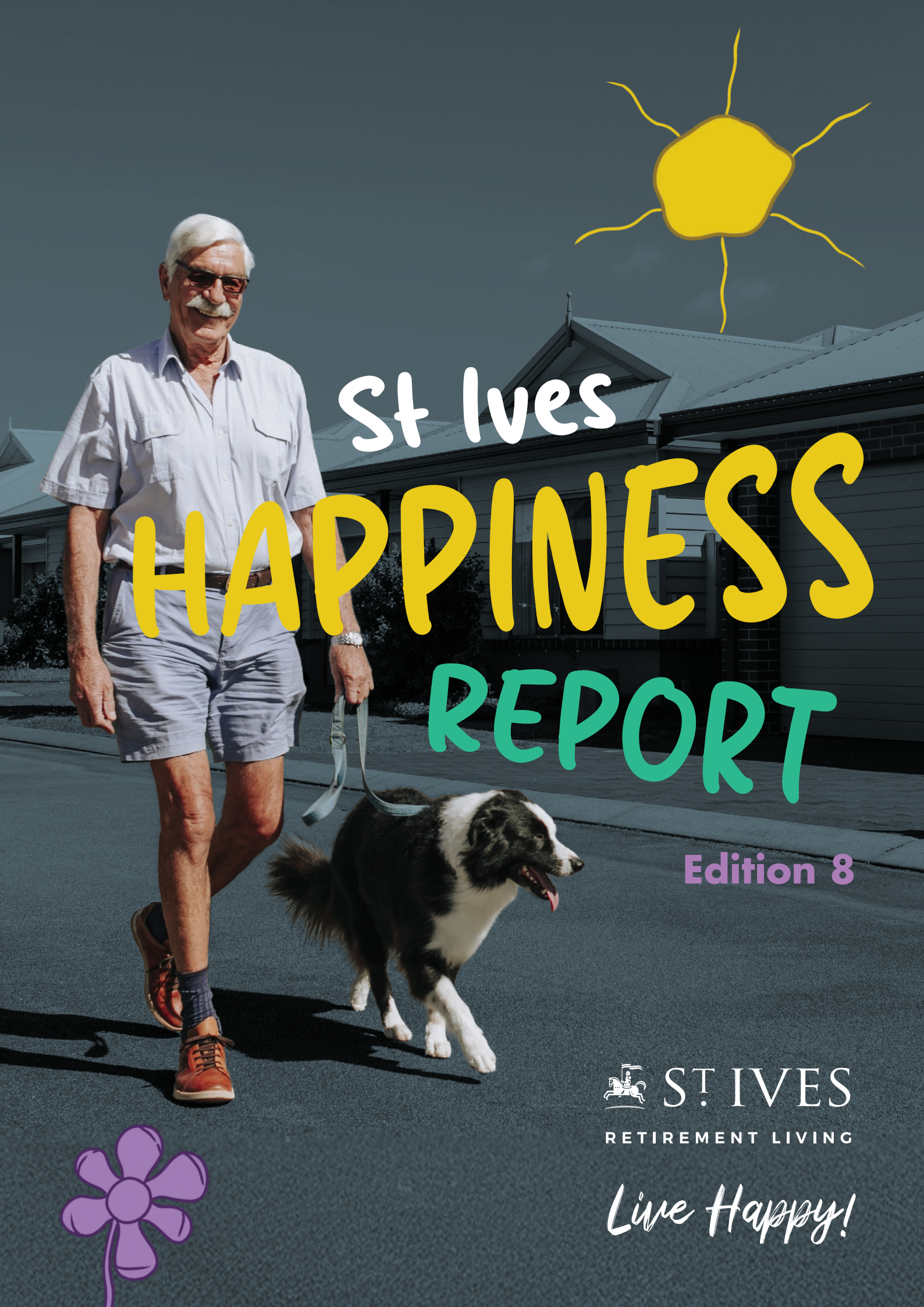
Edition 8



ST. IVES

RETIREMENT LIVING

*Live Happy!*





Because **LIFE**  
is what you  
make of it!



# A message from the CEO



CEO – John Ford

I'm delighted to share the latest edition of the St Ives Happiness Report. In this issue, we reflect on some of the standout moments of 2025, reveal insights from our annual resident survey, and take a glimpse into what's ahead in 2026.

Our annual survey, conducted in November, once again gave us valuable feedback from residents across all seven villages. This feedback plays an essential role in helping us understand what makes our communities thrive – highlighting where we're doing well and where we can do even better. It was wonderful to see such positive responses about our caring staff, beautiful village locations, and the strong sense of safety and belonging residents feel. We were especially pleased to see our overall Happiness score continue to rise which reflects the joy and connection within our communities.

Looking to 2026, we're excited to continue to offer resident benefits, including exclusive offers from trusted local business such as Endota and 50Fit. We'll also continue our partnerships with long-time cultural favourites like WASO, who help bring enriching experiences to our residents throughout the year.

A highlight of this past year was the completion of St Ives Carine Stage 2, celebrated with a springtime BBQ that brought together residents from both stages. It was a wonderful afternoon filled with sunshine, laughter and great food. It was the perfect way to welcome new residents and celebrate this milestone together.

At St Ives, we're immensely proud of our team and the care they bring to every interaction. Their dedication and compassion make a real difference in the lives of our residents each day. We're also grateful to those residents who take the time to acknowledge our staff through the St Ives Excellence Awards. Your nominations mean so much and truly brighten our team's day.

As we look forward to another exciting year, I'd like to thank you all for your continued support and trust. From all of us at St Ives, we wish you a joyful and relaxing holiday season surrounded by friends, family and community.

**Regards,**  
John Ford

# Our Happiness Strategy in action

For more than five years, St Ives has been guided by six key focus areas aimed at enriching the lives of our residents and creating happy, thriving communities. Over the past year, we've continued to build on this foundation, introducing thoughtful initiatives and improvements across each area. Here's a look at what we've accomplished together.



## Continual improvement and innovation

- Rollout of the new IT hardware and upgrade to Microsoft 11
- Staff Cyber security education and awareness training including rollout of data breach response plan
- Formalising finance and IT policies
- Microsoft E5 upgrade and remediation of Trustwave audit findings to enhance security
- Implemented cyber security monitoring through Macquarie



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

- Strong sales and settlement results – including selling out Carine Stage 2 and setting sales price records in all other villages.
- New brand awareness marketing campaign
- Completion of development at St Ives Carine Stage 2.
- Construction has commenced on seven new villas at St Ives Albany.



## Optimise financial performance

- Worked collaboratively with resident committees to drive strong financial performance, resulting in all villages achieving or surpassing their operational budget targets.
- Presented village budgets, audited SPFR accounts and AGM meetings well within required timeframes.
- Efficiency project to streamline Village administration processes as part of VIBE survey.
- Considerable insurance savings across all villages.



## A compliant and safe environment

- Fortnightly safety audits carried out across all office spaces and villages to ensure we provide a healthy and safe working environment.
- Findings from a 2025 external safety audit noted that St Ives continues to demonstrate strong leadership in work health and safety, supported by a well-established management structure and consistent organisational oversight.
- Introduced multiple pieces of legislative changes into operational processes – including the introduction of Respect @ Work and the Right to Disconnect legislation.
- Partnered with Access Definitiv to build a new HR and payroll system, reducing admin burden and improving legislative compliance.



## Continue building an engaged workforce and culture

- 92% of our employees took part in the 2025 Engagement Survey – achieving a very positive 82% engagement score. Key strengths that our employees noted about working at St Ives included leadership, workplace flexibility, and employee recognition. Our employees rate St Ives very highly as a great place to work and are proud of the role they play in achieving our purpose of creating WA's happiest retirement community.

**Your feedback is needed**

We deeply value your feedback, as it plays a vital role in shaping our efforts to meet your priorities. Thank you for sharing your insights, and we encourage you to continue engaging with your Village Manager to address any concerns.

# EOY Resident Survey Results



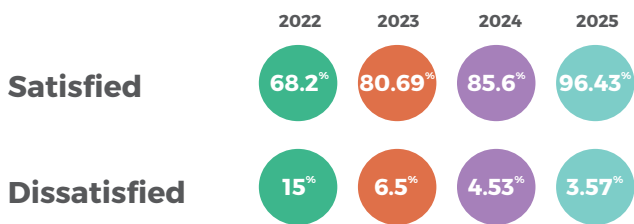
Thanks to everyone that participated in the End of Year Survey for 2025. The results are reflecting the views of 277 responses that represent 385 residents.

Although this number is significantly higher than the previous year, we would love to see this number grow in the future as the feedback provided helps us to understand what we need to focus on and where we can improve.

*Please note that due to a separate pilot survey, St Ives Centro feedback is not reflected in this data, and they will be receiving separate data.*

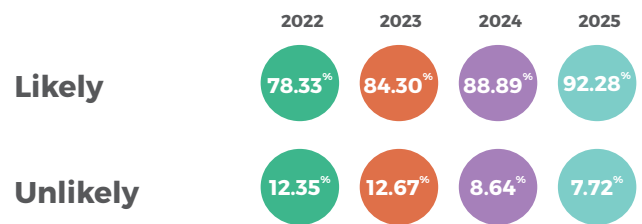
## How satisfied are you with St Ives?

### All Villages

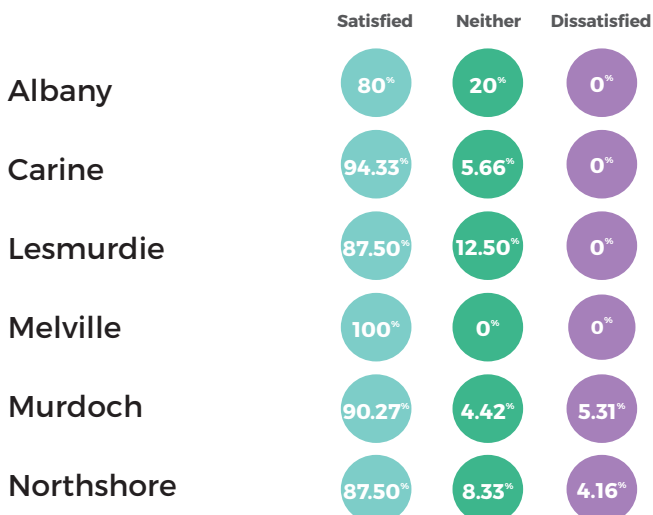


## How likely are you to refer family/friends to St Ives?

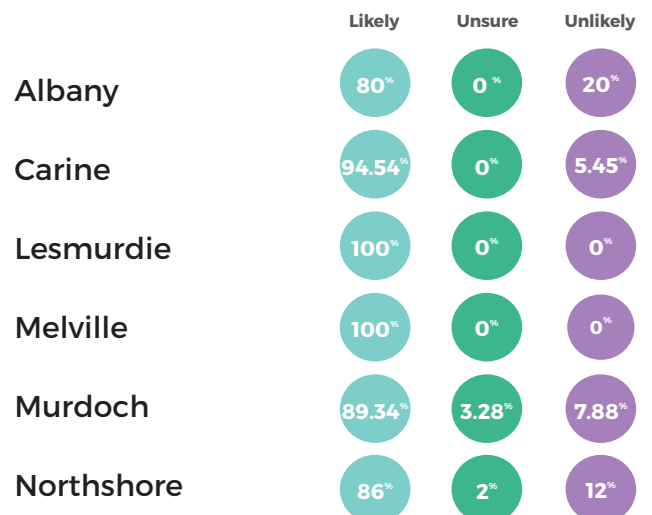
### All Villages



## What does your Village think?



## What does your Village think?





# Our Happiness Score

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

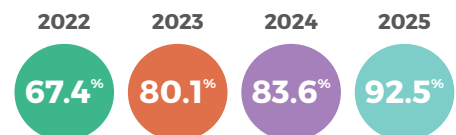
To determine the score, we average out the positive response scores across the six questions that relate to our Happiness influencers.

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

### November 2025 Happiness Score

	Agree	Indifferent	Disagree
 St Ives provides respectful and empathetic staff	92.22%	4.28%	3.50%
 St Ives provides a quality experience whenever I interact with them	87.84%	8.63%	3.53%
 St Ives provides a safe and secure environment	93.39%	4.28%	2.33%
 St Ives is continually improving their service to me	73.22%	18.51%	8.27%
 My village experience is great, and St Ives will support me into the future	76.86%	18.04%	5.20%
 St Ives provides timely information to residents	90.59%	6.66%	2.75%

## Happiness Score:



## How happy are you with the following aspects of Village life?

	Happy	Unsure	Unhappy
The security provided by your Village	97.97%	0.41%	1.63%
Your connection to the Village community	99.19%	0.40%	0.40%
The support your Village community provides	98.78%	0.41%	0.82%
Your relationship with your neighbours	99.20%	0.40%	0.40%
Ability to enhance social activity	98.43%	0.79%	0.79%
Ability to enhance physical activity	98.39%	0.40%	1.21%
The quality of amenities	96.48%	0.78%	2.73%

# 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.

# Carine Spring

## BBQ Event

In October, the community at St Ives Carine came together for a vibrant Spring BBQ event, welcoming more than 120 residents from both Stage 1 and Stage 2. The afternoon was a wonderful celebration of the completion of Stage 2, and the perfect opportunity for neighbours to connect, relax and enjoy the sunshine.

Held on the Carine Lawn and Alfresco area, the event featured a delicious buffet-style barbecue, lively entertainment from Mr Accordion Man, and plenty of friendly competition with classic lawn games. Laughter filled the air as residents shared stories, enjoyed good food, and soaked up the cheerful spring atmosphere.

With both Stage 1 and Stage 2 now fully completed and thriving with residents, attention is turning to the next exciting chapter, the commencement of works on Stage 3. The future at St Ives Carine is certainly looking bright!



# The 26<sup>th</sup> St Ives Cup



## A Day of Bowls, Fun and Fierce Competition 13-14 September 2025

The 26<sup>th</sup> annual St Ives Cup once again lived up to its reputation as one of the most exciting and well-loved bowls tournaments on the calendar. This year saw a full house of 42 teams from across both metro and country areas, proving once again that the Cup continues to draw a passionate and competitive crowd.

Of course, no bowls event would be complete without a little help from the “Bowls Weather Gods”... but unfortunately, they weren’t too kind to us this year! Despite the challenging conditions, players showed terrific patience and sportsmanship, ensuring the spirit of the day remained strong and the greens still buzzed with great competition.

The 2025 field was as strong and even as ever, with plenty of familiar faces returning and some exciting new teams making their mark. One of the standout features was the involvement of the State and Over 60s Women, who entered six teams between them. The state rink, skippered by Laura Butler, put in a fantastic showing and finished as runners-up. Adding to the excitement, the Mosman Park all-women’s team, led by Klaire Hughes, showed they could match it with the men, securing an impressive third place finish.

Because of the tricky weather, the event was trimmed back to four matches, but the competition remained fierce. In the end, only one team managed to win all four matches – a huge achievement given the conditions. Two teams came close with three wins and one draw, while no less than ten teams finished with three wins apiece.

Prizes were spread wide this year, with 38 teams sharing in the spoils. Each win carried a \$40 reward, keeping spirits high throughout the tournament. New for 2025 was the introduction of the “lucky loser” prize – another \$40 per round that kept everyone in with a chance of walking away with something, no matter the scoreboard. The top eight place getters, of course, took home the major prize money.

Despite the wild weather, the 26th St Ives Cup was a resounding success. With a great mix of players, plenty of friendly rivalry, and a few laughs along the way, it’s easy to see why this event continues to be a highlight of the bowls community. Here’s to next year – may the weather gods finally be on our side!



Rank	Team Name	W	L	D	P
1	James Collins	4	0	0	0
2	David Callinan	3	1	0	0
3	David Callinan	3	1	0	0
4	David Callinan	3	1	0	0
5	James Collins	3	1	0	0
6	James Collins	3	1	0	0
7	James Collins	3	1	0	0
8	James Collins	3	1	0	0
9	James Collins	3	1	0	0
10	James Collins	3	1	0	0
11	James Collins	3	1	0	0
12	James Collins	3	1	0	0
13	James Collins	3	1	0	0
14	James Collins	3	1	0	0
15	James Collins	3	1	0	0
16	James Collins	3	1	0	0
17	James Collins	3	1	0	0
18	James Collins	3	1	0	0
19	James Collins	3	1	0	0
20	James Collins	3	1	0	0
21	James Collins	3	1	0	0
22	James Collins	3	1	0	0
23	James Collins	3	1	0	0
24	James Collins	3	1	0	0
25	James Collins	3	1	0	0
26	James Collins	3	1	0	0
27	James Collins	3	1	0	0
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36	James Collins	3	1	0	0
37	James Collins	3	1	0	0
38	James Collins	3	1	0	0
39	James Collins	3	1	0	0
40	James Collins	3	1	0	0
41	James Collins	3	1	0	0
42	James Collins	3	1	0	0



West Australian  
Symphony Orchestra

# 2026 Season

Tickets on sale now  
[waso.com.au](http://waso.com.au)

  
Wesfarmers Arts  
Principal Partner



# Congratulations

## to the winners of the Gift Cards!



All residents who submitted an End of Year Resident Survey with their names included were entered into the draw to win one of two gift cards.

Congratulations to our winners David and Jackie Frayling from St Ives Melville and Samantha from St Ives Northshore.



David and Jackie Frayling from St Ives Melville

# 5 Habits for a

# Happy Retirement

Retirement marks a major life milestone, one that many look forward to with excitement. But beyond the financial planning and lifestyle changes, true success lies in finding lasting fulfilment and joy. If you're wondering how to make the most of your next chapter, it all starts with small, consistent habits that help you retire happy.

Whether you dream of travel, time with family or simply more space for the things you love, these five habits can help unlock the kind of happiness retirement was always meant to bring.

## 1. Stay connected to people who matter

Human connection plays a huge role in wellbeing, particularly in retirement. Without the built-in routines of working life, it's easy to let social ties loosen over time. But maintaining strong relationships is one of the most powerful ways to boost mood, reduce stress and increase your sense of belonging.

Make a conscious effort to keep in touch with friends and family. Set regular catch-ups, join local community groups or get involved in your retirement village's social calendar. Whether it's sharing a meal, walking together or joining a card game, these connections enrich daily life and help you feel part of something bigger.

If you're planning to retire happy, community isn't optional, it's essential.

## 2. Prioritise physical activity every day

One of the best ways to protect your physical and mental health in retirement is to move your body. Regular activity not only keeps you stronger and more mobile, but it also improves mood, sharpens focus and supports deeper sleep.

You don't need to be running marathons to feel the benefits. Find something that suits your lifestyle and preferences: walking, swimming, yoga, bowls or gardening. The key is consistency. Even a short daily walk can have a positive impact on energy levels and emotional well-being.

Retirees who maintain an active lifestyle often report feeling younger, more capable and more optimistic about the years ahead. Staying active is a key ingredient in happiness in retirement.





### 3. Embrace new interests and keep learning

Learning doesn't stop when you retire. In fact, the freedom retirement brings creates the perfect opportunity to explore fresh interests, hobbies or even skills you never had time for before.

You might join a book club, take a painting class, learn an instrument, volunteer locally or even study something new online, all of which many of our residents do. The goal isn't perfection, it's stimulation. Keeping your mind active supports cognitive health, gives your days purpose and helps create a sense of achievement.

People who explore new passions report feeling more fulfilled, optimistic and inspired. Being **happy to retire** doesn't mean slowing down, it means choosing what truly excites you.

### 4. Create a routine that works for you

While retirement offers flexibility, many people find that having some structure to the day helps create balance and purpose. A loose daily or weekly routine can give you something to look forward to, keep you active and ensure you're making time for the things that matter.

Think about the kind of rhythm that feels good to you. It might include morning walks, weekly market visits, scheduled calls with family or regular village activities. A blend of movement, connection, quiet time and personal projects creates variety and keeps life feeling rich and rewarding.

Learning how to retire wild happy and free doesn't mean abandoning structure. It means building the kind of routine that brings you joy, without unnecessary pressure.

### 5. Focus on gratitude and mindfulness

Perhaps one of the most underrated habits for a truly joyful retirement is cultivating a mindset of gratitude. Taking a moment each day to reflect on what you're thankful for, big or small, can shift your perspective, calm the mind and help you savour the life you've built.

You might keep a journal, jot down a few things each morning, or simply reflect over a cup of tea in the garden. Mindfulness can also come through walks in nature, deep breathing, quiet hobbies or moments of stillness in the day.

Retirement is the perfect time to slow down and be present. Those who embrace gratitude and mindfulness often describe feeling more grounded, content and emotionally resilient. And when it comes to retire happy living, that inner calm can be one of the most valuable things of all.

### But, the list goes on

Retirement isn't just the end of one stage. It's the beginning of something new. By embracing these five simple habits, you can shape a retirement that's full of meaning, freedom and lasting happiness. Whether you're already enjoying village life or just starting to explore your options, your journey to a more joyful future starts now.

# 5 ways to *stay active* in retirement

Retirement offers a unique opportunity to focus on your health, happiness and overall wellbeing. With more time in your day, fewer work-related demands and the chance to reset your routine, it's the perfect season of life to embrace movement and stay active. Whether you're already retired or planning ahead, keeping physically active is one of the best things you can do to support your independence and enjoy everything this next chapter has to offer.

Here are **five** simple and enjoyable ways to stay active in retirement, without needing to step foot in a gym (unless you want to).

## 1. Make movement part of your everyday routine

Staying active doesn't always mean structured workouts or long sessions of exercise. Walking to the shops instead of driving, taking the stairs when possible, or doing some light gardening can all help keep your body moving. Retirement villages like St Ives are designed to make this easy, with amenities close by and beautifully maintained paths that encourage walking and enjoying the outdoors. These small, consistent choices can improve cardiovascular health, support mobility and enhance mental wellbeing.

## 2. Explore group fitness classes or social sports

Many retirees find group activities more enjoyable than solo exercise. Whether it's a low-impact aerobics class, aqua fitness or tai chi in the park, group-based movement combines the benefits of physical activity with the joy of social connection. Classes designed for over 50s are tailored to support joint health, improve strength and build confidence. You don't need to be experienced, just willing to give it a go.





### 3. Try strength-based movement

As we age, our muscle mass naturally decreases, which can impact balance and everyday mobility. Light strength training, using body weight, resistance bands or small dumbbells, helps to preserve muscle tone and protect bone health. You don't need a home gym, just a regular routine and some simple movements that fit into your week. Starting slow and building gradually is key, and speaking to your GP or a personal trainer can help you find the right approach.

### 4. Stretch and strengthen with yoga or pilates

Gentle, low-impact movement like yoga or Pilates helps to improve flexibility, strengthen your core and support balance. These activities are essential for reducing the risk of falls as we age. They also encourage mindful breathing and relaxation, which can be just as important for mental health as they are for physical strength. Many retirement communities offer classes on-site, or you can follow along at home with online videos.

### 5. Keep doing what you love and move more while you do it

Retirement is a time to enjoy your favourite hobbies and pastimes, and there are often easy ways to make them more active. If you love golf, try walking the course instead of using a buggy. If you enjoy visiting friends, suggest a stroll through a local park or along the coast. Even everyday activities like shopping, cleaning or light DIY can keep you on your feet and support overall health. The key is consistency, and staying active in small, regular ways can make a big difference over time.

## Staying active at St Ives

At St Ives Retirement Villages, we encourage residents to enjoy an active and engaged lifestyle. With landscaped walking paths, on-site fitness amenities and a strong sense of community, it's easy to stay moving while feeling supported. Some of our villages, like Centro and Albany, feature state-of-the-art sporting facilities, and all are designed to help you live well and independently for as long as possible.

Whether you're trying something new or rediscovering a passion for movement, staying active in retirement helps you get more out of every day.

# Albany stage 3A

## Building in action

There's plenty of activity underway at St Ives Albany as construction progresses on Stage 3A, which will see seven new homes added to the growing village community.

By early September, in-ground services and stormwater works were completed, with six of the seven house slabs poured and the final one set for completion shortly after. Wall framing was also well underway across several units.

Midway through the month, the final slab was poured, window installation began and brickwork commenced on Lot 44. By the end of September, wall framing and wrapping were complete for five homes, with bricklaying progressing steadily on three others.

At the start of October, the framing and wrapping was completed to all houses with brick laying underway for five houses.

The development continues to move at a great pace, marking another exciting step forward in the expansion of St Ives Albany.



# Mandy's staff recipe



**Serve:** 10 People

**Prep:** 30 Mins

**Cook:** 0 Mins

## Philadelphia Cheesecake

### Ingredients

- 150g oaty biscuits, crushed
- 40g butter, melted
- 425g can mango slices in light syrup
- Finely grated zest and juice of 1 lime
- 275g white chocolate, broken into pieces
- 300g Philadelphia
- 150ml double cream, lightly whipped

### Method

1. Stir the biscuit crumbs into the melted butter until coated and press into the base of a 19-20cm loose bottomed cake tin or spring form tin. Drain the mango slices from their syrup and puree the fruit in a liquidiser or food processor with the lime zest and juice.
2. Melt the chocolate by placing it in a basin over gently simmering hot water.
3. Whisk the Philadelphia cheese until soft then whisk in the cream and chocolate. Fold about half the mango puree into the Philadelphia cream and spoon over the prepared base.
4. Swirl the remaining mango puree on to the surface of the cheesecake to give an attractive pattern.
5. Chill for at least three hours before serving to allow the cheesecake to set.

### Nutritional Information

(per serving)

Energy 1757 kj

5.5g Protein

35.9g Carbohydrate

29.3g Fat

0.6g Salt



# Favourite

## resident recipes

### Resident recipe from Betty Lou: **Artichoke Dip**

#### Ingredients

- 1 425 g can artichokes drained and chopped roughly
- 1 cup grated Parmesan cheese
- 250 g cream cheese
- 1/2 cup mayonnaise
- Small bunch fresh dill or 1/2 teaspoon dried
- 2 tablespoons grated onion
- Freshly ground black pepper

#### Method

1. Blend together softened cream cheese, mayo, dill and onion until smooth.
2. Squeeze liquid from artichokes. Fold in chopped artichokes and Parmesan.
3. Put into small casserole dish and cook at 180 C for 20 mins.
4. Serve hot with Turkish bread pieces or crackers or whatever you like. Full quantity will make 3 small dishes or two medium small dishes. Can be frozen and cooked later or reheated in the Microwave.

### **Abby's Chicken**

#### Ingredients

- 4 chicken thighs skinned
- 2 or 3 rounded teaspoons plain flour
- 2 rounded teaspoons sweet paprika
- 1 small teaspoon salt
- Ground black pepper
- About 2 cups unsalted chicken stock
- A little butter and olive oil to brown chicken

#### Method

1. Cut each chicken thigh into 2 pieces. Place all dry ingredients in a plastic bag. The amount of flour used depends on the size of the thighs or on how much gravy you want. I usually use 3. Shake chicken to coat in the bag.
2. Heat, oil and butter in frypan that has a lid, and brown the chicken until quite golden. Turn heat down. Add the remaining flour to the chicken and turn until browned. It looks a bit messy but don't worry.
3. Add the appropriate amount of stock to make a thick gravy and to come about 3/4 of the way up the chicken. Do not cover the chicken with stock. Turn the chicken carefully to coat with stock so that the flour stays on.
4. Turn the heat down to simmer and cook gently with the lid on for 30 minutes stirring gently occasionally until chicken is tender.
5. Serve with rice, tagliatelle or mashed potato.



## Chocolate Walnut Cookies

### Ingredients

- 2 cups SR Flour
- 1/4 kg butter or margarine
- 1 cup caster sugar
- 4 slightly rounded tablespoons cocoa
- 1 cup walnuts.
- Pinch salt

### Method

1. Grease large cookie tray and preheat oven 180 C.
2. Cream butter and sugar until light and fluffy. Add roughly chopped walnuts. Sift flour, cocoa and salt together and gradually add to creamed mixture. The mixture will be quite stiff. Place dessert spoon heaps on greased tray. You may have to push the mixture together if it is stiff.
3. Bake in preheated oven until peaks on some cookies start to deepen in colour.
4. Cool on oven tray.
5. When cool, top with a little melted dark chocolate and a piece of walnut. Place in fridge to allow the chocolate to set. Store in airtight container in fridge.
6. To make Chocolate Chip and Macadamia cookies. Instead of cocoa add 1 cup chocolate chips and use chopped Macadamias instead of walnuts. Use only 3/4 cup sugar and add 1/2 teaspoon vanilla.



# RAC's Travel & Cruise Expo

**15 March 2026**

Perth Convention & Exhibition Centre



You're invited to the RAC Travel & Cruise Expo on 15 March 2026. Discover a world of inspiration with global travel exhibitors, expert advice, and exclusive member-only deals, all under one roof. Enjoy a day filled with giveaways and prizes, engaging travel presentations, delicious gelato and coffee and lively entertainment as you explore your next adventure. Entry is free. Simply search RAC Travel and Cruise Expo online to secure your spot.



**For the better**

**50fit**

# Exercise Classes

*First class  
is free  
for all St Ives  
residents.*



Exercises that focus on strength, balance, flexibility, and cardiovascular fitness whilst socialising at the same time! There is always something different planned, with a variety of ages over 50 years old with a range of fitness levels\*.

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**Tuesday 10am: Kadidjiny Park Hall, Melville**

**Thursday 10am: 9 Solomon Street, Palmyra**

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**Sessions are only \$10, for 45 mins of exercise to music.**

Emma has a Bachelor of Science in Exercise and Health Science and has been running 50FIT classes for 9 years.

**Call Emma Hatch on 0408 339 457  
or contact [emma@ohlamummy.com.au](mailto:emma@ohlamummy.com.au)**



\*Need to be free from mobility aids.

# Sponsorships



**Cambridge Bowling Club –  
St Ives Cup**



**Scarborough  
Bowling Club**



**Lake Karrinyup Country Club – Women’s Charity Day**



**Undercroft  
Bridge Club**



**Warwick Bowling Club**  
Established 1993

**Warwick Bowling Club –  
Open Mens Triples**

This year, we’ve continued our tradition of giving back by sponsoring a range of local clubs and events that reflect the vibrant, social lifestyle that our residents enjoy. This included Scarborough Bowling Club, Warwick Bowling Club’s Open Men’s Triples, Lake Karrinyup Country Club’s Women’s Charity Day, Undercroft Bridge Club, and the Cambridge Bowling Club St Ives Cup.

Are you taking advantage  
of these *offers?*



## Endota Benefits Offer

Our gift cards offer a range of nourishing endota experiences. These aren't just gifts. They're gifts of serenity. Of self-care. Of glowing skin. And they're the perfect way to show you care.

### 10% OFF GIFT CARDS

Code: **STIVES10**

[endotaspacom.au/shop/gifting/gift-cards](https://endotaspacom.au/shop/gifting/gift-cards)

The perfect gift for that certain someone, an endota Gift Card gives them the choice across our wide range of endota skincare, Retreat wellness hub, wellness products, massages, facials and beauty services.

### 20% OFF PRODUCT

Code: **STIVES20**

[endotaspacom.au/shop](https://endotaspacom.au/shop)

Discover our range of products created to support your journey towards a greater sense of wellbeing – to help you nourish and nurture your mind, body and skin.

\*Gift Card Offer Terms and Conditions – Offer available December 1 2025 – June 30 2026 - Terms and Conditions ([www.endotaspacom.au/terms-and-conditions](https://www.endotaspacom.au/terms-and-conditions)) Product Offer Terms and Conditions – Terms & Conditions: 20% off Endota products online offer available from May 17 2024 – May 17, 2025. Offer valid online only. Offer includes endota New Age, endota Organics, endota Rest & Restore, endota Nurture, endota Glow, endota Live Well, endota Colour, endota Clean, endota Natural Clear Zinc, Crystal Lab, Wicks and Stones, Smile Makers, The Peninsula, teas and accessories. Offer excludes treatments, gift cards, clean duo packs, limited-edition seasonal gifting ranges, new age mini kits, organic skincare value packs; balance and hydrate, nurture mother and baby packs, Vacation Vibes, Omnlux and endota Retreat. Offer available online and in participating spas. endota cannot guarantee the availability of stock during the offer period, No rainchecks. Not available with any other offer, unless otherwise stated. endota spa reserves the right to cancel or change promotions at any time. During peak sale periods, delivery may be longer due to the high volume of orders. For any queries regarding this promotion call 03 5971 8700 or email [customercare@endota.com.au](mailto:customercare@endota.com.au). For full terms and conditions and a list of participating spas please see [endota.com.au/terms-and-conditions](https://endota.com.au/terms-and-conditions).

# What's on at



## Hits of the 60's and 70's

Date: 7 February 2026

Frankie Valli, The Beatles, Johnny O'Keefe, Tina Turner, Neil Diamond and more.

'Australia's best tribute act' brings the biggest hits of the '60s and '70s to life in a spectacular production packed with soaring harmonies, slick choreography, and unstoppable energy.

**Price: \$74.99**



## The Australian Beach Boys Show

Date: 8 March 2026

Australia's original, and number one award winning tribute show to the iconic Beach Boys.

The Australian Beach Boys Show with its unique replica 'Wall of Sound' and Audio-Visual production will leave you in awe. Performing classics such as Good Vibrations, Help Me Rhonda, Barbara-Ann, Little Deuce Coupe, Wouldn't be Nice and many more.

**Price: \$69.90**

# the theatre?



## California Dreamin' The Laurel Canyon Story

Date: 22 May 2026

In the kaleidoscopic swirl of the 1960s, Flower Power bloomed, and Peace and Love became the heartbeat of a generation. Just beyond the shimmering lights of Hollywood Boulevard and the gritty pulse of the Sunset Strip, Laurel Canyon stood as a sanctuary for the dreamers, the rebels and the artists. It was a magnet for hippies and visionaries from all corners of the world.

**Price: \$65.00**

Please email your ticket request through to our admin email [admin@regaltheatre.com.au](mailto:admin@regaltheatre.com.au) or visit the website [www.regaltheatre.com.au](http://www.regaltheatre.com.au)

\*These offers are subject to availability.

# Calneggia Family Vineyards



Feeling spoilt for choice and unsure which wine to indulge in? Let us guide you with these amazing picks:

- **CALNEGGIA Nero D'Avola Syrah** – A masterful blend of Sicily's bold, fruity Nero d'Avola and the spicy, peppery Syrah. This wine has rich berry notes with a hint of spice, making it the perfect pairing for hearty dishes like roasted meats, pasta with red sauce, or even a flavourful stew.
- **CALNEGGIA Fiano** – Full-bodied and complex, this Fiano offers tropical fruit flavours balanced with a touch of honey and almond. Its creamy texture is the ideal complement for seafood dishes, whether it's grilled prawns, a seafood risotto, or oysters on the half shell.
- **CALNEGGIA Prosecco Rosé** – A delightful and refreshing sparkling wine with fresh strawberry and raspberry aromas, offering a crisp, light, and fruity finish. Perfect for celebrating any occasion or enjoying with lighter meals like salads, charcuterie, or a simple brunch spread.

Which one will you choose to complement your next meal?



## 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 [calneggiawines.com](http://calneggiawines.com)



CALNEGGIA  
FAMILY  
VINEYARDS



# 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.

# Golf Lessons

## Free golf lessons with Wembley Golf Course professionals

As part of life at St Ives, Residents enjoy complimentary golf lessons with the expert team from Wembley Golf Course's Swing Driving Range. Each small group session welcomes around 8 participants – usually 6 Residents and 2 prospective Buyers – creating the perfect opportunity to refine your swing, learn the basics, and share in the enjoyment of golf together. It's a relaxed and social way for Residents to improve their game while prospective Buyers get a genuine feel for the St Ives lifestyle by mingling with the community on the course.

For more info email Rebecca Napoli at St Ives Realty on [rebecca.napoli@stivesrealty.com.au](mailto:rebecca.napoli@stivesrealty.com.au)



Coming Soon

# Faulty Towers: The Original Dining Experience

August 2026



In August 2026, prepare to see the side-splitting immersive show, **Faulty Towers The Dining Experience**.

This is a 2-hour interactive theatre production set in a restaurant. The audience become diners in the show, enjoying a 3-course meal.

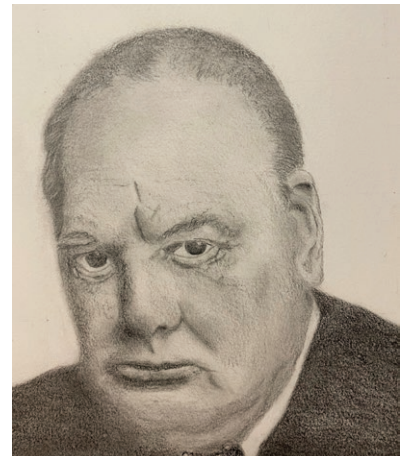
The show is fully interactive with characters performing in tribute to the BBC TV series, *Fawlty Towers*.

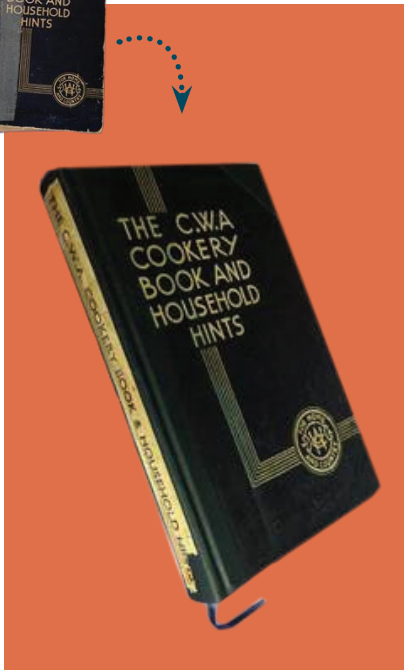


Please note that shows are only taking place at St Ives Carine, Centro, Murdoch and Northshore.

# The Art of Living: *Creativity at St Ives*

Across our St Ives villages, creativity thrives. From breathtaking photos to expressive sketches and paintings, our residents continue to inspire with their artistic flair. We're delighted to share a selection of their work. A wonderful reminder that imagination and creativity have no age limit.







# HAPPY

happens here



ST IVES  
RETIREMENT LIVING

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

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

Phone 1300 20 20 01

*Live Happy!*