

## WHAT'S ON THIS MONTH

Meal of the day	Important Dates/Public Hols	Events in the Village	Exercise Class	Village Organised Trip
Activities in the Village	Guest talk	Formal Dining	Casual Dinner	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 6.00pm - Lamb with Rosemary Sauce Or Salmon in Filo Pastry with Yogurt Sauce (KL) Aqua Aerobics 9.00am (PL) Activity Group 1.00pm (HS)	2 Honey Mustard Chicken & Vegetables Gentle exercise at 11.15am (DR)	3 Beef Vindaloo with Naan Bread Guest Talk: Robin Tunnicliffe "Climate Change" 10.30am (KL) Curry Night 6.00pm (KL)	4 Portuguese Chicken served with Cous-Cous & Vegetables	5 Sunday Lunch - 12.30pm Roast Lamb & Vegetables (KL)
6 Pumpkin & Ricotta Ravioli with Tomato Sauce Shopping Trip 10.00am (HS) Chair Yoga at 2.30pm (DR) Men's Club at 5.00pm (DR) Pasta Night 6.00pm (KL)	7 Chicken Pad Thai served with Vegetables Gentle exercise at 11.15am (DR)	8 6.00pm - Chicken with Garlic Sauce Or Barramundi with Dill Sauce (KL) Aqua Aerobics 9.00am (PL) Activity Group 1.00pm (HS)	9 Fish & Chips or Seafood Basket Gentle exercise at 11.15am (DR) Bingo 1.30pm (DR)	10 Lamb Korma Curry with Rice Guest Talk: Estelle Amelia "Sound Healing" 10.30am (KL) Curry Night 6.00pm (KL)	11 Homemade Chicken Pie with Vegetables	12 Sunday Lunch - 12.30pm Roast Turkey & Vegetables (KL)
13 Ham & Peas Gnocchi with Creamy Blue Cheese Shopping Trip 10.00am (HS) Chair Yoga at 2.30pm (DR) Pasta Night 6.00pm (KL)	14 Gourmet Hot Dogs served with a choice of Chips or Wedges Gentle exercise at 11.15am (DR)	15 6.00pm - Beef Fillet with Béarnaise Sauce Or Snapper with Citrus Butter Sauce (KL) Aqua Aerobics 9.00am (PL) Activity Group 1.00pm (HS)	16 Apricot Chicken & Vegetables Gentle exercise at 11.15am (DR)	17 Eggplant & Chickpea Curry Birthday Morning Tea at 10.30am Curry Night 6.00pm (KL) Lions Hearing Clinic	18 Braised Beef Cheeks with Leek & Pea Puree	19 Sunday Lunch - 12.30pm Roast Pork & Vegetables (KL)
20 Beef Stroganoff with Penne Shopping Trip 10.00am (HS) Chair Yoga at 2.30pm (DR) Pasta Night 6.00pm (KL)	21 Homemade Beef Pies with a choice of Salad or Vegetables Gentle exercise at 11.15am (DR)	22 6.00pm - Honey Garlic Pork Chop Or Salmon with Hollandaise Sauce (KL) Aqua Aerobics 9.00am (PL) Activity Group 1.00pm (HS) Residents Committee 10.30am (DR)	23 Fish & Chips or Seafood Basket Gentle exercise at 11.15am (DR) GP Clinic	24 Thai Green Chicken Curry Guest Talk: Jordan Bishop from Lions Hearing 10.30am (KL) Curry Night 6.00pm (KL)	25 Seafood Risotto	26 Sunday Lunch - 12.30pm Roast Beef & Vegetables (KL)
27 Chicken & Bacon Carbonara Shopping Trip 10.00am (HS) Chair Yoga at 2.30pm (DR) Pasta Night 6.00pm (KL)	28 Mediterranean Chicken with Roast Sweet Potato & Chickpea Gentle exercise at 11.15am (DR)	29 6.00pm - Barramundi with Salsa Verde Or Lamb with Mustard Thyme Sauce (KL) Aqua Aerobics 9.00am (PL) Activity Group 1.00pm (HS)	30 Mi Goreng Gentle exercise at 11.15am (DR)	31 Christmas in July 12.00pm - Ham, Turkey & Vegetables Dessert: Christmas Pudding (KL)		