

WHAT'S ON THIS MONTH

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 6:00pm - Pasta Night - Beef Lasagne (KL) Shopping Trip 10:00am (HS) Chair Yoga at 2:30pm (KL)					1 Quiche Lorraine with Potato Salad	2 12:30pm - Roast Lamb & Vegetables (DR)
3 6:00pm - Pasta Night - Tuna Bake (KL) Shopping Trip 10:00am (HS) Chair Yoga at 2:30pm (KL) Men's Club at 5:00pm (KL)	4 Chicken Parmigiana or Schnitzel with Chips or Wedges Gentle exercise at 11:15am (KL) Seniors Morning Tea at 10:30am (PDR)	5 Violin Recital 5:45pm (DR) 6:00pm - Wednesday Night Dining Chicken Breast with Mushroom Sauce or Salmon with Lemon Butter Sauce (DR) Aqua Aerobics 9:00am (PL) Activity Group 1:00pm (KL)	6 Fish & Chips or Seafood Basket Gentle exercise at 11:15am (KL) Social Club Committee Meeting 2:00 pm (PDR)	7 6:00pm - Curry Night - Mishmami Chicken & Persian Rice (KL) Guest Talk: Simone Eley "Impact 100 WA" 10:30am (KL) Aged Care Employee Morning Tea 11:15am (KL)	8 Salmon Fish Cakes with Potato Gratian and Vegetables	9 12:30pm - Roast Turkey & Vegetables (DR)
10 6:00pm - Pasta Night - Pasta Bolognese (KL) Shopping Trip 10:00am (HS) Chair Yoga at 2:30pm (KL)	11 Beef Sliders with Chips and Salad Gentle exercise at 11:15am (KL) Movie in the Village at 1:30 Into the Storm (1hr 29 min) (KL)	12 6:00pm - Wednesday Night Dining Lamp Rump with Thyme Sauce or Barramundi with Orange Cream Sauce (DR) Aqua Aerobics 9:00am (PL) Activity Group 1:00pm (KL)	13 Soft Shell Tacos served with Salad Gentle exercise at 11:15am (KL) Bingo 1:30 pm (KL)	14 6:00pm - Curry Night - Beef Massaman & Scented Rice (KL) Guest Talk: Bob Drake "My Experience working @ Perth Mint" 10:30am (KL)	15 Hearty Beef Stew	16 12:30pm - Roast Pork & Vegetables (DR)
17 6:00pm - Pasta Night - Creamy Chicken Pesto Pasta (KL) Shopping Trip 10:00am (HS) Chair Yoga at 2:30pm (KL)	18 Roasted Drumsticks served with Vegetables & Cous Cous Gentle exercise at 11.15am (KL) Private Function Booking 6:00 - 7:30 pm (KL) Bus Trip "Fairbridge Pinjarra" Arrive Homestead 8:45am	19 6:00pm - Wednesday Night Dining Beef Fillet with Garlic Sauce or Snapper with Tomato Salsa (DR) Aqua Aerobics 9:00am (PL) Residents Committee Meeting 10:00am (PDR) Activity Group 1:00pm (KL)	20 Fish & Chips or Seafood Basket Gentle exercise at 11:15am (KL)	21 6:00pm - Curry Night - Coconut Lamb Curry with Cous Cous (KL) Celebrate St Louis Morning Tea at 10:30 (KL) Lions Hearing Clinic (Comp Rm)	22 Cottage Pie & Vegetables	23 12:30pm - Roast Beef & Vegetables (DR)
24 6:00pm - Pasta Night - Italian Meatballs in Tomato Sauce with Pasta (KL) Shopping Trip 10:00am (HS) Chair Yoga at 2:30pm (KL)	25 Pizza - Hawaiian or Meat Lovers Gentle exercise at 11:15am (KL) Movie in the Village at 1:30 pm Casanova (1hr 52 min) (KL)	26 6.00pm - Wednesday Night Dining Pork with Dijon Sauce or Salmon with Hollandaise Sauce (DR) Aqua Aerobics 9:00am (PL) Activity Group 1:00pm (KL)	27 Chicken and Mushroom Pie served with Roast Vegetables Gentle exercise at 11:15am (KL) GP Clinic 11:00am (Con Rm)	28 6:00pm - Curry Night - Tandoori Chicken & Rialto (KL) Guest Talk: Laura Monsse "WMRC" Recycling Tips & Reducing Your Waste" 10:30am (KL)	29 Chicken Casserole	30 12:30pm - Roast Lamb & Vegetables (DR)