

## 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
	1 Moroccan Lamb Tagine Gentle exercise at 11:15am (KL)	2 6:00pm - Wednesday Night Dining - Pork Chops with Honey Mustard Sauce Or Salmon in Filo Pastry with Yogurt Dill Sauce (DR) Aqua Aerobics 9:00am (PL) Activity Group 1:00pm (KL)	3 Chicken Pad Thai Gentle exercise at 11:15am (KL) Social Club Committee Meeting 2:00pm (PDR)	4 6:00pm - Curry Night - Beef Rogan Josh (KL) Morning Melodies Concert "Spring Time" 10:30am (KL) Happy Hour 5:00 - 6:00pm (KL)	5 Apricot Chicken & Vegetables	6 12:30pm - Father's Day Gourmet Roast - Roast Turkey & Vegetables (DR)
7 6:00pm - Pasta Night - Beef Stroganoff (KL) Shopping Trip 10:00am (HS) Chair Yoga 2:30pm (KL) Men's Club at 5:00pm (KL)	8 Beef Stir Fry Gentle Exercise 11:15am (KL) Movie in the Village at 1:30pm The Great Mint Swindle (1hr 32 min) (KL)	9 6:00pm - Wednesday Night Dining - Corned Silverside with White Sauce Or Barramundi with Tomato Salsa (DR) Aqua Aerobics 9:00am (PL) Activity Group 1:00pm (KL)	10 Fish & Chips or Seafood Basket GP Clinic - Dr Chiara 11:00am (Con Rm) Gentle exercise at 11:15am (KL) Bingo 1:30pm (KL)	11 6:00pm - Curry Night - Thai Red Chicken (KL) Guest Speaker: Laurie Varendorff "Cuba" 10:30am (KL) Social Club Games Afternoon 1:00pm (KL)	12 Meatloaf & Vegetables	13 12:30pm - Sunday Roast - Roast Pork & Vegetable (DR)
14 6:00pm - Pasta Night - Leek & Chorizo Pasta (KL) Shopping Trip 10:00am (HS) Chair Yoga 2:30pm (KL)	15 Satay Chicken Gentle Exercise 11:15am (KL)	16 6:00pm - Wednesday Night Dining - Lamb Rump with Mint & Red Wine Jus Or Snapper Crump with Pesto (DR) Aqua Aerobics 9:00am (PL) Activity Group 1:00pm (KL)	17 Gourmet Hot Dog with Chips or Wedges Gentle exercise at 11:15am (KL)	18 6:00pm - Lamb Vindaloo (KL) Lions Hearing Clinic (Comp Rm) Celebrate St Louis Morning Tea at 10:30am (KL) Adam Hall Roaming Concert 4:00pm	19 Honey Mustard Chicken With Scallop Potatoes	20 12:30pm - Sunday Roast - Roast Beef & Vegetables (DR)
21 6:00pm - Pasta Night - Spinach Ricotta Ravioli (KL) Shopping Trip 10:00am (HS) Chair Yoga 2:30pm (KL)	22 Beef & Guinness Pie Gentle Exercise 11:15am (KL) Movie in the Village at 1:30pm Mary Poppins Returns (2hr 10 min) (KL)	23 6:00pm - Wednesday Night Dining - Chicken with Mushroom Sauce Or Salmon with Hollandaise Sauce (DR) Aqua Aerobics 9:00am (PL) Residents Committee Meeting 10:00am (PDR) Activity Group 1:00pm (KL)	24 Fish & Chips or Seafood Basket GP Clinic - Dr Tom 11:00am (Con Rm) Gentle exercise at 11:15am (KL)	25 6:00pm - Curry Night - Chicken Tika Masala (KL) Guest Talk: Mike Lefroy "250 Anniversary of Captain Cook & Endeavour coming to Australia" 10:30am (KL)	26 Light meals only for delivery Social Club Pizza Night 6:00pm Cost \$15.00 (KL)	27 12:30pm - Sunday Roast - Roast Lamb & Vegetables (DR)
28 Beef Lasagne Delivered Sunday Public Holiday Queen's Birthday Kitchen/ Reception Closed No Casual Dining	29 Sweet & Sour Pork With Rice & Bok Choy Gentle Exercise 11:15am (KL)	30 6:00pm - Wednesday Night Dining - Beef Fillet with Garlic Sauce Or Barramundi with Lime Coconut Sauce (DR) Aqua Aerobics 9:00am (PL) Activity Group 1:00pm (KL)				