

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 Gentle exercise at 11:15am (KL) Social Club Committee Meeting 2:00pm (PDR) Beef Burger with Wedges	2 Guest Speaker: Richard Offen "Quirks and Oddities" 10:30am Happy Hour 5:00 - 6:00pm (KL) 6:30pm - Curry Night - Thai Green Chicken (KL)	3 Satay Chicken & Vegetables (Delivered on Friday)	4 12:30pm - Sunday Roast - Roast Turkey & Vegetables (DR)
5 Shopping Bus 10:00am Chair Yoga 2:30pm (KL) Men's Club at 5:00pm (PDR) 6:30pm - Pasta Night - Chicken Carbonara (KL)	6 Seniors Tea 10:30am (PDR) Gentle Exercise 11:15am (KL) Chicken Parmigiana with Roast Potato & Veg	7 Aqua Aerobics 9:00am (PL) Activity Group 1:00pm (KL) 6:00pm - Wednesday Night Dining - Lamb with Rosemary Sauce or Creamy Garlic Prawns (DR)	8 Gentle exercise at 11:15am (KL) GP Clinic - Dr Chiara 12:00pm - 2:00pm (Con Rm) Bingo 1:30pm (KL) Fish & Chips or Seafood Basket	9 Guest Speaker: Jim Everett "Half a Century! What Happened?" 10:30am (KL) Social Club Games Afternoon 1:00pm (KL) 6:30pm - Curry Night - Beef Madras (KL)	10 Beef Rissoles with Mash & Vegetables (Delivered on Friday)	11 12:30pm - Sunday Roast - Roast Beef & Vegetables (DR)
12 Shopping Bus 10:00am Chair Yoga 2:30pm (KL) 6:30pm - Pasta Night - Spaghetti Bolognese (KL)	13 Gentle Exercise 11:15am (KL) Movie in the Village at 1:30pm Mission Impossible (1hr 50 min) (KL) Pesto Chicken and Vegetables	14 Aqua Aerobics 9:00am (PL) Activity Group 1:00pm (KL) 6:00pm - Wednesday Night Dining - Pork Belly with Plum Compote or Stuffed Chicken Filo Parcel (DR)	15 Gentle exercise at 11:15am (KL) Beef Wellington & Vegetables	16 Lions Hearing Clinic (Comp Rm) Celebrate St Louis Morning Tea at 10:30am (KL) 6:30pm - Lamb Vindaloo (KL)	17 Quiche Lorraine with Veg (Delivered on Friday)	18 12:30pm - Sunday Roast - Roast Pork & Vegetables (DR)
19 Pink Ribbon Breakfast 9:00am (KL) Shopping Bus 10:00am Chair Yoga 2:30pm (KL) 6:30pm - Pasta Night - Creamy Bacon Gnocchi (KL)	20 Gentle Exercise 11:15am (KL) Lamb Kofta with Sweet Potato & Mint Yogurt Sauce	21 Aqua Aerobics 9:00am (PL) Activity Group 1:00pm (KL) 6:00pm - Wednesday Night Dining - Slow Cooked Beef Silverside with Mustard Sauce Or Barramundi with Tarragon Sauce (DR)	22 GP Clinic - Dr Tom 11:00am - 1:30pm (Con Rm) Gentle exercise at 11:15am (KL) Fish & Chips or Seafood Basket	23 Guest Speaker: Bill Townsend "Inpex and the Ichthys LNG Project" 10:30am (KL) 6:30pm - Curry Night - Malaysian Beef (KL)	24 Bangers & Mash with Vegetables (Delivered on Friday)	25 12:30pm - Sunday Roast - Roast Lamb & Vegetables (DR)
26 Shopping Bus 10:00am Chair Yoga 2:30pm (KL) 6:30pm - Pasta Night - Beef Ravioli (KL)	27 Gentle Exercise 11:15am (KL) Movie in the Village at 1:30pm Palm Beach (1hr 50 min) (KL) Chicken & Mushroom Pie with Roast Veg	28 Aqua Aerobics 9:00am (PL) Residents Committee Meeting 10:00am (PDR) Activity Group 1:00pm (KL) 6:00pm - Wednesday Night Dining - Beef Fillet with Garlic Sauce Or Barramundi with Lime Coconut Sauce (DR)	29 Gentle exercise at 11:15am (KL) Singapore Chicken Noodles	30 Guest Speaker: Harold Loton "Dwellingup Fires 1961" 10:30am (KL) Private Function 12:00pm (PDR) 6:30pm - Curry Night - Butter Chicken (KL)	31 Social Club Halloween Pizza Night 6:00pm Tickets \$15.00 (KL)	