

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
30 NOV Annual General Meeting - 9:30am (KL) Agelink Rehearsal 6:00 pm (PDR) Pasta Night - Beef Lasagne 6:30pm (KL)						1 Sunday Roast - Roast Turkey & Vegetables 12:30pm (DR)
2 Shopping Trip 10:00am (Homestead) Chair Yoga 2:30pm (KL) Men's Club at 5:00pm (PDR) Pasta Night - Spinach & Ricotta Ravioli 6:30pm (KL)	3 Gentle Exercise CANCELLED Melbourne Cup Luncheon 12:30pm (DR)	4 Aqua Aerobics 9:00am (PL) Activity Group 1:00pm (KL) Wednesday Night Dining - Salmon with Hollandaise Sauce or Honey Garlic Pork 6:00pm (DR)	5 Gentle exercise at 11:15am (KL) GP Clinic Chiara 12:00 - 2:00pm (Com Rm) Social Club Committee Meeting 2:00pm (PDR) Agelink Rehearsal 6:00 pm (PDR) Fish & Chips or Seafood Basket	6 Guest Speaker: Steven Lee - Blueforce "Don't be afraid to press the Red Button" 10:30am (KL) Happy Hour 5:00 - 6:00pm (KL) Curry Night - Thai Red Chicken 6:30pm (KL)	7 Lamb Stew with Steam Potato	8 Sunday Roast - Roast Beef & Vegetables 12:30pm (DR)
9 Shopping Trip 10:00am (Homestead) Chair Yoga 2:30pm (KL) Agelink Rehearsal 6:00 pm (PDR) Pasta Night - Tuna & Vegetable Bake 6:30pm (KL)	10 Gentle Exercise 11:15am (KL) Movie in the Village at 1:30pm (KL) Chicken Pad Thai	11 Aqua Aerobics 9:00am (PL) Activity Group 1:00pm (KL) Wednesday Night Dining - Lamb with Thyme Jus or Snapper with Tomato Salsa 6:00pm (DR)	12 Gentle exercise at 11:15am (KL) Bingo 1:30pm (KL) Mexican Soft Shell Tacos	13 Guest Speaker: Robin Tunnicliffe "Climate Change Worldwide - David Attenborough 10:30am (KL) Sound Healing Activity 1:00pm Curry Night - Lamb Rogan Josh 6:30pm (KL)	14 Moroccan Spice Chicken with Cous Cous	15 Sunday Roast - Roast Pork & Vegetables 12:30pm (DR)
16 Shopping Trip 10:00am (Homestead) Chair Yoga 2:30pm (KL) Pasta Night - Spaghetti Bolognese 6:30pm (KL) 10:00am - Dean Street Development Information Session (KL)	17 Gentle Exercise 11:15am (KL) Lions Hearing Clinic (Comp Rm) Grill Chicken with Teriyaki Sauce	18 Aqua Aerobics 9:00am (PL) Activity Group 1:00pm (KL) Wednesday Night Dining - Barramundi with Lemon Butter Sauce or Belly Pork with Apple Chutney 6:00pm (DR)	19 Gentle exercise at 11:15am (KL) GP Clinic - Dr Tom 11:00am - 1:30pm (Con Rm) Agelink Rehearsal 6:00 pm (PDR) Fish & Chips or Seafood Basket	20 Celebrate St Louis Morning Tea 10:30am (KL) Curry Night - Coconut Beef Curry 6:30pm (KL)	21 Chicken Mushroom Pie with Vegetables	22 Sunday Roast - Roast Lamb & Vegetables 12:30pm (DR)
23 Shopping Trip 10:00am (Homestead) Chair Yoga 2:30pm (KL) Pasta Night - Gnocchi in Creamy Pesto & Chicken Sauce 6:30pm (KL)	24 Gentle Exercise 11:15am (KL) Movie in the Village at 1:30pm (KL) Beef Pie with Roast Sweet Potato & Veg	25 Aqua Aerobics 9:00am (PL) Residents Committee Meeting 10:00am (PDR) Activity Group 1:00pm (KL) Wednesday Night Dining - Creamy Garlic Prawns or Beef Fillet with Bearnaise Sauce 6:00pm (DR)	26 Gentle exercise at 11:15am (KL) Pizza - Meat lovers or Hawaiian	27 Guest Speaker: John Viska "The Lost Grottoes of Queens Gardens" 10:30am (KL) Curry Night - Prawn & Veg Curry 6:30pm (KL)	28 Light Meals Only Social Club BBQ 6:00pm Tickets \$15.00 (KL)	29 Sunday Roast - Roast Turkey & Vegetables 12:30pm (DR)