

## 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 Fish & Chips or Seafood Basket - Delivery Only COVID-19 Lockdown	2 Madras Chicken Curry Delivery Only COVID-19 Lockdown	3 Hungarian Goulash Risotto Delivered Friday	4 12:30 pm (DR) Roast Lamb & Veg
5 6:00pm (KL) Macaroni Tuna Bake Yoga 2:30 pm (KL) Mens Club 5:00 pm (PDR)	6 Gourmet Hot Dog Seniors Morning Tea 10:30am (PDR) Gentle Exercise 11:15am (KL) Bridge Club -1:30pm	7 6:00pm (DR) Pork with Honey Mustard Sauce Or Barramundi with Pesto Crumb Aqua Aerobics 9:00am (Pool)	8 Beef Chow Mein Gentle exercise 11:15am (KL) Bingo 1:30 pm (KL)	9 6:00 pm (KL) Vegetable and Chickpea Curry Guest Speaker Dr Ross Mars "Perma Culture" 10:30 am (KL)	10 Slow Cooked Beef Cheeks with Mash Potato Delivered Friday	11 12:30 pm (DR) Roast Turkey & Veg
12 6:00pm (KL) Spaghetti Bolognese Yoga 2:30 pm (KL)	13 Pulled Pork Sliders with Chips or Wedges Lions Hearing Clinic Gentle Exercise 11:15am (KL) Movie 1:30pm (KL) Suffragette (2015)	14 6:00 pm (DR) Lamb Rump with Thyme Jus Or Salmon with Lemon Butter Sauce Aqua Aerobics 9:00am (Pool) Private Function - OOA 10:00am - 12.00 pm (PDR)	15 Winter Warmers Soup Buffet 12:00pm (KL) Gentle exercise 11:15am (KL)	16 6:00pm (KL) Lamb Vindaloo Curry Celebrate St Louis Morning Tea 10:30 am (KL)	17 Slow Cooked Pork with Mushroom Ragout Delivered Friday	18 12:30 pm (DR) Roast Beef & Veg
19 6:00pm (KL) Salmon & Leek Lasagne Yoga 2:30 pm (KL)	20 Soft Shell Beef Tacos Gentle Exercise 11:15am (KL) Bridge Club -1:30pm	21 6:00 pm (DR) Chicken Breast with Rice & Satay Sauce Or Creamy Garlic Prawns Aqua Aerobics 9:00am (Pool) Special Event Cyber Crime Presentation 10:00am - 12:00pm (KL)	22 Slow Cooked Chicken Diane Gentle exercise 11:15am (KL) Movie 1:30 pm (KL) Residents Choice	23 6:00pm (KL) Beef Curry Guest Speaker Tony Bagshaw "Royal WA Historical Society Memory Box" 10:30 am (KL) Scotch Quartet Music Performance (KL) - 5:00pm	24 Roast Chicken Leg & Vegetables with White Wine Jus Delivered Friday	25 12:30 pm (DR) Roast Pork & Veg
26 6:00 pm (KL) Chorizo Parmigiana Pasta Yoga 2:30 pm (KL)	27 Chicken & Leek Pie Gentle Exercise 11:15am (KL) Movie 1:30pm (KL) The Laundromat (2019)	28 6:00 pm (DR) Beef Corn Silverside with Cream Sauce Or Snapper with Tomato Sauce Aqua Aerobics 9:00am (Pool) Residents Committee Meeting 10:30am (PDR)	29 Fish & Chips or Seafood Basket Gentle exercise 11:15am (KL)	30 No Curry Night Guest Speaker Nigel Rogers "The Battle of the Atlantic, the Longest Battle of the Second War" 10:30 am (KL) Xmas in July 12:00 pm	31 Home Delivery Meals Available Delivered Friday Social Club Pizza Night 5:30pm (KL)	