

## 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 Bangers & Mash Seniors Morning Tea 10:30 am (PDR) (15) Gentle Exercise 11:15am (KL) Movie 1:30 pm (KL) Emma	2 6:00pm (DR) Pork Belly with Plum Compote Or Barramundi with Lemon Butter Sauce Aqua Aerobics 9:00am (Pool)	3 Fish & Chips or Seafood Basket Gentle exercise 11:15am (KL) Dr Chiara 12:00 pm Bingo 1:30 pm (KL) Social Committee Meeting 2:00 pm (PDR)	4 6:30 pm (KL) Beef Massaman Curry Guest Speaker "Bruce McNaught" Bhutan Memories of a 2-month Work Adventure in 1990 10:30 am (KL) Happy Hour 5:00 pm (KL)	5 French Style Creamy Chicken & Potato Bake Delivered Friday	6 12:30 pm (DR) Roast Lamb & Veg
7 Public Holiday WA Day Beef Lasagna Delivered Sunday	8 Pizza Hawaiian or Meatlovers Gentle Exercise 11:15am (KL)	9 6:00pm (DR) Lamb Rump with Thyme Jus Or Creamy Garlic Prawns Aqua Aerobics 9:00am (Pool)	10 Mince Beef Spring rolls WA Museum 9:00am Homestead Gentle exercise 11:15am (KL) Movie 1:30 pm (KL) Residents Choice	11 6:30pm (KL) Lamb Rogan Josh Guest Speaker Margaret & Helen "Ronald McDonalds House Charities" 10:30 am (KL)	12 Swedish Meatball Delivered Friday	13 12:30 pm (DR) Roast Turkey & Veg
14 6:30pm (KL) Spinach & Ricotta Cannelloni Yoga 2:30 pm (KL) Mens Club 5:00 pm (PDR)	15 Chicken Pad Thai Gentle Exercise 11:15am (KL) Movie 1:30pm (KL) A Star is Born Lions Hearing Clinic	16 6:00 pm (DR) Beef Corn Silverside Or Salmon with Hollandaise Sauce Aqua Aerobics 9:00am (Pool)	17 Fish & Chips Or Seafood Basket Gentle exercise 11:15am (KL)	18 6:30pm (KL) Chicken Tandori Celebrate St Louis Morning Tea 10:30 am (KL)	19 Quiche Lorraine with Veg Delivered Friday	20 12:30 pm (DR) Roast Beef & Veg
21 6:30 pm (KL) Creamy Chicken Pesto Pasta Yoga 2:30 pm (KL)	22 Singaporean Noodle with Prawn Gentle Exercise 11:15am (KL)	23 6:00 pm (DR) Chicken Breast with Mushroom Sauce Or Snapper with Pesto Sauce Aqua Aerobics 9:00am (Pool) Residents Committee Meeting 10:30am (PDR)	24 Beef & Guinness Pie with Veg & Roast Sweet Potato Gentle exercise 11:15am (KL) Movie 1:30 pm (KL) Residents Choice	25 6:30pm (KL) Prawn Curry Guest Speaker Waratah Community Singers 10:30 am (KL)	26 Lamb Ragu Delivered Friday	27 12:30 pm (DR) Roast Pork & Veg
28 6:30 pm (KL) Beef Stroganoff Yoga 2:30 pm (KL)	29 Apricot Chicken Gentle Exercise 11:15am (KL)	30 6:00 pm (DR) Beef Fillet with Béarnaise Sauce Or Barramundi with Coconut Lime Sauce Aqua Aerobics 9:00am (Pool)			29	30