


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 6:00pm (KL) Creamy Bacon Gnocchi Yoga 2:30 pm (KL)	31 Moroccan Roasted Drumsticks with Vegetables Cous Cous Gentle Exercise 11:15am (KL) Bridge Club -1:00pm					1 12:30 pm (DR) Roast Lamb & Veg
2 6:00pm (KL) Meatball Pasta in Napolitana Sauce Yoga 2:30 pm (KL) Mens Club 5:00 pm (PDR) MLC Activity Excursion 1pm - 3pm	3 Grilled Prawn & Salmon Skewers Served with Quinoa Seniors Morning Tea 10:30am (PDR) Gentle Exercise 11:15am (KL) Bridge Club -1:00pm	4 6:00pm (DR) Pork Belly with Plum Compote Or Barramundi with Lemon Butter Aqua Aerobics 9:00am (Pool) Movie 1:30 (KL) Residents Choice	5 Bao Buns Mine Beef Served with Vegetables Gentle exercise 11:15am (KL) Social Committee Meeting 2:00pm (PDR) Private Booking 2pm (KL)	6 6:00 pm (KL) Green Chicken Curry Guest Speaker 10:30 (KL) Sue Boyd "Not Always Diplomatic" Jeans 4 Genes Day Bake it Blue Sale 11am Happy Hour & Scotch College Students 5:00 pm (KL)	7 Salmon Patty served with Potato & Vegetables Delivered Friday  Thanks for caring	8 12:30 pm (DR) Roast Turkey & Veg
9 6:00pm (KL) Chicken & Bacon Carbonara Yoga 2:30 pm (KL) ToC Bulk Waste Verge Collection	10 Sweet & Sour Pork with Rice & Vegetables Lions Hearing Clinic Gentle Exercise 11:15am (KL) Movie 1:30pm (KL) The Sapphires	11 Private Booking First Aid (KL) 6:00 pm (DR) Beef Fillet with Black Pepper Sauce Or Creamy Garlic Prawn on Rice Aqua Aerobics 9:00am (Pool)	12 Fish & Chips Or Seafood Basket Gentle exercise 11:15am (KL) Bingo 1:30 pm (KL)	13 6:00pm (KL) Lamb Rogan Josh Guest Speaker 10:30 (KL) Holly Hannes "Noric Walking" Scotch College Students 5:00 pm (KL)	14 Chicken Cordon Bleu served with Potato & Vegetable Delivered Friday	15 12:30 pm (DR) Roast Beef & Veg
16 6:00pm (KL) Beef Lasagna Yoga 2:30 pm (KL)	17 Honey & Soy Chicken with Brown Rice & Vegetables Gentle Exercise 11:15am (KL) Bridge Club -1:00pm	18 6:00 pm (DR) Lamb Rump with Red Wine Jus Or Salmon with Hollandaise Sauce Aqua Aerobics 9:00am (Pool)	19 Mi Goreng served with Spiced Chicken & Egg Gentle exercise 11:15am (KL) Movie 1:30 pm (KL) Residents Choice	20 6:00pm (KL) Prawn Curry Celebrate St Louis Morning Tea 10:30 (KL)	21 Irish Beef Stew served with Potato & Vegetables Delivered Friday	22 12:30 pm (DR) Roast Pork & Veg
23 6:00 pm (KL) Spinach & Ricotta Cannelloni Yoga 2:30 pm (KL)	24 Creamy Salmon & Prawn vol-au-vent with Roasted Beetroot & Vegetables Gentle Exercise 11:15am (KL) Movie 1:30pm (KL) A United Kingdom	25 6:00 pm (DR) Chicken Breast with Garlic Sauce Or Snapper with Tomato Salsa Aqua Aerobics 9:00am (Pool) Residents Committee Meeting 10:30 am (PDR)	26 Fish & Chips or Seafood Basket Gentle exercise 11:15am (KL)	27 6:00pm (KL) Beef Sausage Curry Guest Speaker David Honey (MLA) Head of Liberal Party	28 Creamy Chicken Normandy served with Potato & Vegetables Delivered Friday	29 12:30 pm (DR) Roast Lamb & Veg