



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	Seniors Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 6:30 pm (KL) Pasta with Bolognese Yoga 2:30 pm (KL) Men's Club 5:00 pm (PDR)	2 Melbourne Cup Luncheon 11.45 am (KL) Cafe closed Gentle Exercise 11:15 am (KL) Lions Hearing Clinic (Comp Rm)	3 6:00pm (DR) Lamb Rump with Thyme Jus Or Salmon with Lemon Butter Sauce Aqua Aerobics 9:00am (Pool)	4 Fish & Chips Or Seafood Basket Gentle Exercise 11:15 am (KL) Dr Charia 12:00 pm (Comp Rm) Movie 1:30 pm (KL) The Crown Ep 8 & 9 Social Club Meeting 2:00 pm (PDR)	5 6:30 pm (KL) Butter Chicken Guest Speaker 10:30 am Sir Heseltine (KL) "The Gentle Art of Stalking" Happy Hour 5:00pm (KL)	6 Quiche Loraine with Salad	7 12:30 pm (DR) Roast Beef & Vegetables
8 6:30 pm (KL) Salmon & Leek Lasagna Yoga 2:30 pm (KL) Order of Australia (PDR) 10:00am - 12:00 pm	9 Chicken Pad Thai Gentle Exercise 11:15 am (KL) Movie 1:30 pm (KL) The Starling (2021)	10 HAVE A GO DAY Seniors Week Morning Tea 10:30 am (Lawn) 6:00 pm (DR) Beef Silverside Or Barramundi with Coconut Lime Sauce Aqua Aerobics 9:00 am (Pool)	11 REMEMBRANCE DAY SERVICE 10:45 am (Lawn) Lamb Ragu with Mash & Veg Gentle exercise 11:15 am (KL) Mega Jackpot Bingo 1:30 pm (KL)	12 6:30 pm (KL) Lamb Vindaloo Guest Speaker Ailsa Allen "The Charm of Single-Petalled Roses" 10:30 am (KL)	13 Beef & Guinness Pie	14 12:30 pm (DR) Roast Pork & Vegetables
15 6:30 pm (KL) Gnocchi with Chicken & Cream Sauce Yoga 2:30 pm (KL)	16 Chicken Breast with Satay Chicken & Veg Gentle Exercise 11:15 am (KL) Bridge Club 1:30 pm (PDR)	17 6:00 pm (DR) Pork Belly with Plum Compote Or Garlic Prawn with Cream Sauce Aqua Aerobics 9:00 am (Pool)	18 Fish & Chips Or Seafood Basket Gentle Exercise 11:15 am (KL) Movie 1:30 pm The Crown Ep 10 & 11	19 6:30 pm (KL) Beef Massaman Curry Celebrate St Louis Morning Tea 10:30 am (KL)	20 Veg Quiche with Salad	21 12:30 pm (DR) Roast Lamb & Vegetables
22 6:30 pm (KL) Pumpkin Ravioli in Tomato Sauce Yoga 2:30 pm (KL)	23 Soft Shell Beef Tacos served with Salad Gentle Exercise 11:15 am (KL) Movie 1:30 pm (KL) Love Actually (2003)	24 6:00 pm (DR) Beef Fillet with Gravy Or Snapper with Tomato Salsa Aqua Aerobics 9:00 am (Pool) Residents Committee Meeting 10:30 am (PDR)	25 Chicken & Mushroom Pie with Brown Rice Salad Gentle Exercise 11:15 am (KL)	26 6:30 pm (KL) Prawn Curry No Guest Speaker	27 Delivery Meals Available Social Club BBQ 5:30 pm Tickets Required	28 12:30 pm (DR) Roast Turkey & Vegetables
29 6:30 pm (KL) Pasta & Meatballs Yoga 2:30 pm (KL) Annual General Meeting (KL) 10:00am	30 Seafood Pie with Vegetables Gentle Exercise 11:15 am (KL) Bridge Club 1:30 pm (PDR)					