

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 6:00 pm (KL) Coconut Beef Curry Guest Speaker 10:30 am (KL) Richard Offen "Making Life Comfortable" Happy Hour 5:00pm (KL)	2 Chicken Parmigiana	3 12:30 pm (DR) Roast Turkey & Vegetables
4 6:00pm (KL) Chicken & Bacon Carbonara 9:00am (KL) Pink Ribbon Breakfast Yoga 2:30 pm (KL) Men's Club 5:00 pm (PDR)	5 Beef Rissoles and Vegetables Seniors Morning Tea 10:30am (PDR) Gentle Exercise 11:15am (KL) Bridge Club -1:30pm (PDR) Lions Hearing Clinic (COMP RM)	6 6:00pm (DR) Beef Silverside Or Salmon with Hollandaise Sauce Aqua Aerobics 9:00am (Pool)	7 Fish & Chips Or Seafood Basket Gentle exercise 11:15am (KL) Movie 1:30 pm (KL) The Crown Ep 5 & 6	8 6:00 pm (KL) Green Chicken Curry Fashion Show 10:30 am (KL) Kings Park Fashion	9 Chicken Cacciatore	10 12:30 pm (DR) Roast Beef & Vegetables
11 6:00pm (KL) Beef Lasagna Yoga 2:30 pm (KL)	12 Bus Trip 'Return to the Blind Camleer' Apricot Chicken Gentle Exercise 11:15am (KL) Movie 1:30 pm (KL) Book Club (2018)	13 6:00 pm (DR) Lamb Rump with Red Wine Jus Or Barramundi with Tomato Salsa Aqua Aerobics 9:00am (Pool) Special Guest Talk -Fleur McDonald 10:00am (KL)	14 Mince Beef Rice Paper Roll Gentle exercise 11:15am (KL) Bingo 1:30 pm (KL)	15 6:00pm (KL) Prawn Curry Celebrate St Louis Morning Tea 10:30am (KL)	16 Vegetable Quiche	17 12:30 pm (DR) Roast Pork & Vegetables
18 6:00pm (KL) Spinach & Ricotta Cannelloni Yoga 2:30 pm (KL)	19 Beef Meat Loaf Gentle Exercise 11:15am (KL) Bridge Club -1:30pm (PDR)	20 6:00 pm (DR) Pork with Honey Mustard Sauce Or Creamy Garlic Prawns Aqua Aerobics 9:00am (Pool)	21 Fish and Chips Or Seafood Basket Gentle exercise 11:15am (KL) Movie 1:30 pm (KL) The Crown Ep 7 & 8	22 6:00pm (KL) Chicken Tikka Massala Guest Speaker 10:30 am (KL) Judith Amey "A Travel Excursion"	23 Beef Stroganoff	24 12:30 pm (DR) Roast Lamb & Vegetables
25 6:00 pm (KL) Tuna Bake Yoga 2:30 pm (KL)	26 Stir Fried Beef with Noodles Gentle Exercise 11:15am (KL) Movie 1:30 pm (KL) Joyful Noise (2012)	27 6:00 pm (DR) Chicken Breast with Mushroom Sauce Or Snapper with Lemon Butter Aqua Aerobics 9:00am (Pool) Residents Committee Meeting 10:30 am (PDR)	28 Salmon Patties Gentle Exercise 11:15am (KL)	29 6:00pm (KL) Lamb Rogan Josh Guest Speaker 10:30 am (KL) Prudence Ford "Power & Social Activism: Embroidery"	30 Delivery Meals Available 5:30pm (KL) Social Club Pizza Night	31 12:30 pm (DR) Roast Turkey & Vegetables