



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	Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 Public Holiday	4 Pulled Pork Sliders with Coleslaw & Corn Salad Gentle Exercise 11:15 am (KL)	5 No dining Aqua Aerobics 9:00 am (Pool)	6 Lemon Chicken with Quinoa Salad & Avocado Gentle Exercise 11:15 am (KL) Social Committee Meeting 2:00 pm (PDR)	7 No Curry Night Happy Hour 5:00 pm (KL)	8 Vegetable Quiche with Salad	9 12:30 pm (DR) Roast Beef & Vegetables
10 6:30 pm (KL) Tuna Bake Yoga 2:30 pm (KL) Men's Club 5:00 pm (KL)	11 Grilled Chicken with Caesar Salad Gentle Exercise 11:15 am (KL)	12 6:00 pm (DR) Lamb Rump with Thyme Juice Or Creamy Garlic Prawns Aqua Aerobics 9:00 am (Pool)	13 Fish & Chips Or Seafood Basket Gentle exercise 11:15 am (KL)	14 6:30 pm (KL) Beef Sausage Coconut Curry	15 Chicken Pie	16 12:30 pm (DR) Roast Pork & Vegetables
17 6:30 pm (KL) Leek & Chorizo Pasta Yoga 2:30 pm (KL)	18 Vietnamese Mince Beef in Rice Paper Roll Gentle Exercise 11:15 am (KL)	19 6:00 pm (DR) Pork with Honey & Garlic Sauce Or Barramundi with Lemon Butter Sauce Aqua Aerobics 9:00 am (Pool) Residents Committee Meeting 10:00 am (PDR)	20 Grilled Prawns with Salad Gentle Exercise 11:15 am (KL)	21 6:30 pm (KL) Chicken Tikka Masala Birthday Morning Tea 10:30 am (KL)	22 Beef Pie	23 12:30 pm (DR) Roast Lamb & Vegetables
24 6:30 pm (KL) Beef Lasagna Yoga 2:30 pm (KL)	25 Lamb Kofta with Cous Cous & Pumpkin Salad Gentle Exercise 11:15 am (KL)	26 Public Holiday Australia Day BBQ Breakfast 9:30 am Tickets Essentials \$25.00 Each	27 Fish & Chips Or Seafood Basket Gentle Exercise 11:15 am (KL)	28 6:30 pm (KL) Lamb Vindaloo	29 Quiche Lorraine	30 12:30 pm (DR) Roast Turkey & Vegetables
31 6:30 pm (KL) Chicken Carbonara Yoga 2:30 pm (KL)	1 Bangers & Mash Gentle Exercise 11:15 am (KL)					