



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
	1 Fried Spring Rolls Served with Salad Gentle Exercise 11:15 am (KL) Bridge Club 1:00 pm (PDR)	2 6:00 pm (DR) Lamb Rump with Chimichurri Or Chicken Breast with Mushroom Sauce Aqua Aerobics 9:00 am (Pool) MLC Activity 10:00 - 11:00 am (BBQ Area)	3 Beef Stir Fry With Noodles Gentle Exercise 11:15 am (KL) Social Committee Meeting 2:00 pm (PDR) Movie 1:30 pm (KL) The Crown	4 6:30 pm (KL) Lamb Rogan Josh Retirement & Farewell Morning Tea for Gayle Reilly & Sarah Scanlon 10:30 am (KL) Happy Hour 5:00 pm (KL) with James Harwood & Ashley Arbuckle Concert	5 Beef Stir Fry with Noodles Chicken & Mushroom Pie	6 12:30 pm (DR) Roast Beef & Vegetables
7 6:30 pm (KL) Pasta Bolognese Yoga 2:30 pm (KL) Men's Club 5:00 pm (KL)	8 Chicken Drumsticks with Cous Cous Gentle Exercise 11:15 am (KL) Movie 1:30 pm (KL) Red Notice (2021)	9 6:00 pm (DR) Honey Garlic Pork Chop Or Salmon with Hollandaise Sauce Aqua Aerobics 9:00 am (Pool)	10 Fish & Chips Or Seafood Basket Gentle exercise 11:15 am (KL) Bingo 1:30 pm (KL)	11 6:30 pm (KL) Thai Green Chicken Curry Guest Speaker Antoine Bloemen "From Belgium to America" 10:30 am (KL)	12 Lamb Shepherd's Pie	13 12:30 pm (DR) Roast Pork & Vegetables
14 Valentine's Day 6:30 pm (KL) Chicken and Sundried Tomato Macaroni Bake Yoga 2:30 pm (KL)	15 Soft Beef Taco with Salad Gentle Exercise 11:15 am (KL) Bridge Club 1:00 pm (PDR)	16 6:00 pm (DR) Beef Fillet with Bearnaise Sauce Or Creamy Garlic Prawns Aqua Aerobics 9:00 am (Pool)	17 Chicken Parmigiana Gentle Exercise 11:15 am (KL) Movie 1:30 pm (KL) The Crown	18 6:30 pm (KL) Beef Madras Birthday Morning Tea 10:30 am (KL)	19 Bangers and Mash	20 12:30 pm (DR) Roast Lamb & Vegetables
21 6:30 pm (KL) Spinach & Ricotta Cannelloni Yoga 2:30 pm (KL)	22 Bus Trip Historic Yanhep Inn & Two Rocks - Homestead 9:15am Moroccan Chicken Gentle Exercise 11:15 am (KL) Movie 1:30 pm (KL) Diana the Musical	23 6:00 pm (DR) Beef Silverside with Cream Sauce Or Barramundi with Lemon Butter Aqua Aerobics 9:00 am (Pool) Residents Committee Meeting 10:00 am (PDR)	24 Fish & Chips Or Seafood Basket Gentle Exercise 11:15 am (KL) Movie 1:30 pm (KL) The Crown	25 6:30 pm (KL) Butter Chicken Paul Forrester "Living with Arthritis" 10:30 am (KL)	26 Social Club BBQ 5:30 pm Tickets Essential Delivery Meals Available	27 12:30 pm (DR) Roast Turkey & Vegetables
28 6:30 pm (KL) Gnocchi with Chicken & Cream Sauce Yoga 2:30 pm (KL)						