



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 Apricot Chicken With Potato & Veg Gentle Exercise 11:15 am (KL) Bridge Club 1:00 pm (PDR)	2 6:00 pm (DR) Salmon Parcel or Chicken With Garlic Sauce Aqua Aerobics 9:00 am (Pool)	3 Green Pea Risotto With Prawn Gentle Exercise 11:15 am (KL) Social Committee Meeting 2:00 pm (PDR)	4 6:30 pm (KL) Thai Red Beef Curry Guest Speaker Karena Sherriff "Home Care" 10:30 am (KL) Happy Hour 5:00 pm (KL)	5 Honey Chicken	6 12:30 pm (DR) Roast Beef & Vegetables
7 Labour Day Home Delivery Meals Available Kitchen & Office Closed	8 Meat Lovers Or Hawaiian Pizza Gentle Exercise 11:15 am (KL) Movie 1:30 pm (KL) The Unforgiveable (2021)	9 6:00 pm (DR) Lamb Rump with Red Wine Sauce Or Snapper With Tomato Salsa 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) Sri Lankan Chicken Curry Guest Speaker Craig Squires & Mark Beiers "Claremont Station Project" 10:30 am (KL) Violin Recital 2:00pm (KL)	12 Lamb Stew With Potato & Veg	13 12:30 pm (DR) Roast Pork & Vegetables
14 6:30 pm (KL) Chicken Pesto Pasta Order of Australia (PDR) 10:00am Yoga 2:30 pm (KL) Men's Club 5:00 pm (KL)	15 Meatloaf Served With Veg Gentle Exercise 11:15 am (KL) Bridge Club 1:00 pm (PDR)	16 6:00 pm (DR) Pork Belly With Shanghai Style Sauce Or Creamy Garlic Prawns Aqua Aerobics 9:00 am (Pool)	17 Beef Fried Rice Gentle Exercise 11:15 am (KL) Movie 1:30 pm (KL) The Crown	18 6:30 pm (KL) Lamb Korma Curry Birthday Morning Tea 10:30 am (KL)	19 Meatball in Tomato Sauce with Roast Veg	20 12:30 pm (DR) Roast Lamb & Vegetables
21 6:30 pm (KL) Pumpkin Ravioli Yoga 2:30 pm (KL)	22 Moroccan Chicken Gentle Exercise 11:15 am (KL) Movie 1:30 pm (KL) Spoiled Brats (2021)	23 6:00 pm (DR) Chicken With Mushroom Sauce Or Barramundi with Lemon Butter Sauce 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) Prawn Curry Guest Speaker June Craig "If Life was Predictable it Would Cease to be Life & be Without Flavour" 10:30 am (KL)	26 Social Club BBQ Tickets Required 5:30pm (KL) Home Delivery Meals Available	27 12:30 pm (DR) Roast Turkey & Vegetables
28 6:30 pm (KL) Beef Stroganoff Yoga 2:30 pm (KL)	29 Gourmet Hotdog Served With Chips Gentle Exercise 11:15 am (KL) Bridge Club 1:00 pm (PDR)	30 6:00 pm (DR) Beef Wellington Or Roast Chicken With Garlic Herb Butter	31 Sweet & Sour Pork With Rice			