



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
30 6:30 pm (KL) Spaghetti Bolognese Yoga 2:30 pm (KL)	31 Singapore Noodles Gentle Exercise 11:15 am (KL) Bridge Club 1:00 pm (PDR)					1 12:30 pm (DR) Roast Turkey & Vegetables
2 6:30 pm (KL) Beef Ravioli Yoga 2:30 pm (KL) Men's Chat Club 5:00 pm (PDR)	3 Pulled Pork Sliders with Coleslaw Bridge Club 1:00 pm (PDR)	4 6:00 pm (DR) Honey & Garlic Pork Or Snapper with Coconut Lime Sauce Guest Speaker Kate Chaney "An Independent Voice For Curtin" 10:45 am (KL) Aqua Aerobics 9:00 am (Pool)	5 Fish & Chips Or Seafood Basket Influenza Vaccination 2:00 pm (Computer Room) Appointment Required Via Reception or 9385 1420 Social Club Meeting 2:00 pm (PDR)	6 6:30 pm (DR) Chicken Tandoori Fashion Show 10:30 am (KL) Kings Park Fashion Happy Hour 5:00 pm (KL)	7 Beef Stew	8 12:30 pm (DR) Roast Beef & Vegetables
9 6:30 pm (KL) Chorizo Pasta Order of Australia Private Meeting (PDR) 10:00am Yoga 2:30 pm (KL)	10 Beef Pie with Veg Gentle Exercise 11:15 am (KL) Movie 1:30 pm (KL) Windfall (2022)	11 6:00 pm (DR) Lamb Rump with Thyme Jus Or Salmon with White Wine Sauce Guest Speaker Celia Hammond "Insight into Policies Ahead of the Federal Election" 10:45 am (KL) Aqua Aerobics 9:00 am (Pool)	12 Mince Beef Rice Paper Roll Gentle Exercise 11:15 am (KL) Bingo 1:30 pm (KL)	13 6:30 pm (DR) Massaman Beef Curry Guest Speaker Tracy Deveugle-Frink "Living in the Post-Carbon World: Surprise in the Crystal Ball" 10:30 am (KL)	14 Quiche Lorraine with Beetroot, Feta & Walnut Salad	15 12:30 pm (DR) Roast Pork & Vegetables
16 6:30 pm (KL) Beef Lasagna Flying Doctors Day Morning Tea 10:30 am (KL) \$25 Per Head All Funds To Flying Doctors Yoga 2:30 pm (KL)	17 Gourmet Hot Dog Gentle Exercise 11:15 am (KL) Bridge Club 1:00 pm (PDR)	18 6:00 pm (DR) Chicken with Mushroom Sauce Or Creamy Garlic Prawn with Crispy Toast Aqua Aerobics 9:00 am (Pool)	19 Fish & Chips Or Seafood Basket Gentle Exercise 11:15 am (KL) Movie 1:30 pm (KL) The Crown	20 6:30 pm (DR) Indian Paneer Curry Birthday Morning Tea 10:30 am (KL)	21 Chicken Pie With Veg 2022 Federal Election	22 12:30 pm (DR) Roast Lamb & Vegetables
23 6:30 pm (KL) Chicken Cacciatore Yoga 2:30 pm (KL)	24 Grilled Honey Soy Chicken with Veg Gentle Exercise 11:15 am (KL) Movie 1:30 pm (KL) The Adam Project (2022)	25 6:00 pm (DR) Beef Fillet With Pepper Sauce Or Barramundi With Tomato Salsa Sauce Aqua Aerobics 9:00 am (Pool) Residents Committee Meeting 10:00 am (PDR)	26 Lamb Kofta with Greek Salad & Yogurt Sauce Gentle Exercise 11:15 am (KL)	27 6:30 pm (DR) Lamb Vindaloo Guest Speaker Veronica Pannell "Live Up" 10:30 am (KL)	28 Social Club Pizza Night Tickets Essential \$15.00 5:30 pm (KL) Home Delivery Meals Available	29 12:30 pm (DR) Roast Turkey & Vegetables