



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 6:00 pm (DR) Silverside With White Wine Sauce Or Snapper With Pesto Sauce Aqua Aerobics 9:00 am (Pool)	2 Fish & Chips Or Seafood Basket Gentle Exercise 11:15 am (KL) Series 1:30 pm (KL) Bridgerton Social Club Meeting 2:00 pm (PDR)	3 6:00 pm (KL) Thai Red Beef Curry Guest Speaker Dr Paul Wilkes "Update on Climate Change & Renewable Energy" 10:30 am (KL) Happy Hour 5:00 pm (KL)	4 Chicken & Corn Chowder	5 12:30 pm (DR) Roast Beef & Vegetables
6 Public Holiday WA Day Home Delivery Meals Available	7 Pulled Pork Sliders with Coleslaw Senior's Morning Tea 10:30 am (PDR) Gentle Exercise 11:15 am (KL) Bridge Club 1:00 pm (PDR)	8 6:00 pm (DR) Chicken Breast with Creamy Garlic Sauce Or Salmon With Hollandaise Sauce Aqua Aerobics 9:00 am (Pool)	9 Meat Loaf & Vegetables Gentle Exercise 11:15 am (KL) Bingo 1:30 pm (KL)	10 6:00 pm (KL) Lamb Rogan Josh Guest Speaker Jill Nazar "A Morning of Beautiful Things" 10:30 am (KL)	11 Beef Casserole	12 12:30 pm (DR) Roast Pork & Vegetables
13 6:00 pm (KL) Beef Ragu Yoga 2:30 pm (KL) Men's Chat Club 5:00 pm (PDR)	14 Fried Rice Gentle Exercise 11:15 am (KL) Movie 1:30 pm (KL) The Weekend Away (2022)	15 6:00 pm (DR) Lamb Rump With Thyme Jus Or Barramundi With Lemon Butter Sauce Aqua Aerobics 9:00 am (Pool)	16 Fish & Chips Or Seafood Basket Gentle Exercise 11:15 am (KL) Series 1:30 pm (KL) Bridgerton	17 6:00 pm (KL) Green Chicken Curry Birthday Morning Tea 10:30 am (KL)	18 Lamb Stew	19 12:30 pm (DR) Roast Lamb & Vegetables
20 6:00 pm (KL) Spinach & Ricotta Cannelloni Yoga 2:30 pm (KL)	21 Chicken Pad Thai Gentle Exercise 11:15 am (KL) Bridge Club 1:00 pm (PDR)	22 6:00 pm (DR) Pork Belly with Plum Compote Or Creamy Garlic Prawns Aqua Aerobics 9:00 am (Pool) Residents Committee Meeting 10:00 am (PDR)	23 Beef Guinness Pie With Veg & Roast Sweet Potato Gentle Exercise 11:15 am (KL) Series 1:30 pm (KL) Bridgerton	24 6:00 pm (KL) Lamb Curry Guest Speaker Dr Heather Rogers "American Voting Process" 10:30 am (KL)	25 Home Delivery Meals Available Social Club Pizza Night Tickets Essential \$15.00 5:30 pm (KL)	26 12:30 pm (DR) Roast Turkey & Vegetables
27 6:00 pm (KL) Creamy Chicken Pesto Yoga 2:30 pm (KL)	28 Singapore Noodle With Prawns Gentle Exercise 11:15 am (KL) Movie 1:30 pm (KL) Rescued by Ruby (2022)	29 6:00 pm (DR) Beef Fillet With Bearnaise Sauce Or Chicken With Tomato Salsa Sauce Aqua Aerobics 9:00 am (Pool)	30 Apricot Chicken Gentle Exercise 11:15 am (KL) Series 1:30 pm (KL) Bridgerton			