



## 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 (menu on back)	Casual Dinner	Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1</p> <p>New Year's Day</p> <p>New Year's Day Celebration (KL) 11:00am BYO Drinks &amp; Nibbles</p> <p>No Pasta Night</p>	<p>2</p> <p>Gentle Exercise (Kiora) 11:15am</p> <p>Bridge Club (PDR) 1:00pm</p> <p>Roast Beef &amp; Salad Bagel</p>	<p>3</p> <p>Aqua Aerobics (Pool) 9:00am</p> <p>Dr. Chiara Curnow 2:45pm</p>	<p>4</p> <p>Social Committee Meeting (PDR) 10am</p> <p>Gentle Exercise (Kiora) 11:15am</p> <p>Movie (KL) 1:30pm: Storm Boy</p> <p>Men's Chat Club (KL) 5:00pm</p>	<p>5</p> <p>No Curry Night Tonight</p> <p>Happy Hour (KL) 5:00pm</p>	<p>6</p>	<p>7</p> <p>12:30pm (DR) Roast Pork with Veg Dessert: Pannacotta</p>
<p>8</p> <p>Chair Yoga (Kiora) 10:30am</p> <p>6:00 pm (KL) Pasta Night: Chicken Carbonara</p>	<p>9</p> <p>Gentle Exercise (Kiora) 11:15am</p> <p>Movie (KL) 1:30pm: The Dry</p>	<p>10</p> <p>Aqua Aerobics (Pool) 9:00am</p>	<p>11</p> <p>Gentle Exercise (Kiora) 11:15am</p> <p>Movie (KL) 1:30pm The Jazz Singer</p>	<p>12</p> <p>6:00pm (KL) Curry Night: Tandoori Beef Masala</p>	<p>13</p>	<p>14</p> <p>12:30pm (DR) Roast Beef with Veg Dessert: Jelly Fruit and Ice Cream</p>
<p>15</p> <p>Chair Yoga (Kiora) 10:30am</p> <p>6:00pm (KL) Pasta Night: Chicken Cacciatore</p>	<p>16</p> <p>Gentle Exercise (Kiora) 11:15am</p> <p>Bridge Club (PDR) 1:00pm</p>	<p>17</p> <p>Aqua Aerobics (Pool) 9:00am</p> <p>Yoga (Kiora) 9:00am - 10:00am</p> <p>Sound Healing (Kiora) 10:30am - 11:15am</p> <p>6:00pm (DR) Wednesday Dining</p>	<p>18</p> <p>Gentle Exercise (Kiora) 11:15am</p> <p>Movie (KL) 1:30pm Love is in the Air</p> <p>Dr. Chiara Curnow Book Through GP Bay View Ph: 9217 6000</p>	<p>19</p> <p>Birthday Morning Tea (KL) 1:30pm</p> <p>6:00pm (KL) Curry Night: Satay Chicken</p>	<p>20</p>	<p>21</p> <p>12:30pm (DR) Roast Turkey Dessert: Chocolate Mouse</p>
<p>22</p> <p>Chair Yoga (Kiora) 10:30am</p> <p>(KL) 6:00pm Pasta Night: Salmon and Leek Pasta</p>	<p>23</p> <p>Gentle Exercise (Kiora) 11:15am</p> <p>Movie (KL) 1:30pm Penguin Bloom</p>	<p>24</p> <p>Aqua Aerobics (Pool) 9:00am</p> <p>Residents Committee Meeting (PDR) 10:00am</p> <p>Yoga (Kiora) 9:00am - 10:00am</p> <p>Sound Healing (Kiora) 10:30am</p> <p>6:00pm (DR) Wednesday Dining</p>	<p>25</p> <p>Gentle Exercise (Kiora) 11:15am</p>	<p>26</p> <p>Australia Day</p> <p>Sausage Sizzle (BBQ Area) 11:00am \$10.00 per head</p> <p>No Curry Night</p> <p>Kitchen &amp; Office Closed</p>	<p>27</p> <p>Kitchen &amp; Office Closed</p>	<p>28</p> <p>Office Closed</p> <p>12:30pm (DR) Roast Lamb Dessert: Cheesecake</p>
<p>29</p> <p>Chair Yoga (Kiora) 10:30am</p> <p>(KL) 6:00pm Pasta Night: Chorizo Pasta</p>	<p>30</p> <p>Gentle Exercise (Kiora) 11:15am</p> <p>Bridge Club (PDR) 1:00pm</p>	<p>31</p> <p>Aqua Aerobics (Pool) 9:00am</p> <p>Residents Committee Meeting (PDR) 10:00am</p> <p>Yoga (Kiora) 9:00am - 10:00am</p> <p>Sound Healing (Kiora) 10:30am</p> <p>6:00pm (DR) Wednesday Dining</p>				



## WEDNESDAY DINING

17

6:00pm (DR)

Pork Chop with  
Honey Garlic Sauce  
Or  
Barramundi with  
Hollandaise Sauce

Dessert: Bread & Butter Pudding

24

6:00pm (DR)

Moroccan Chicken  
Or  
Snapper with Lemon Butter

Dessert: Peach Crumble

31

6:00pm (DR)

Lamb Chop  
Or  
Salmon with Tartare Sauce

Dessert: Sticky Date Pudding