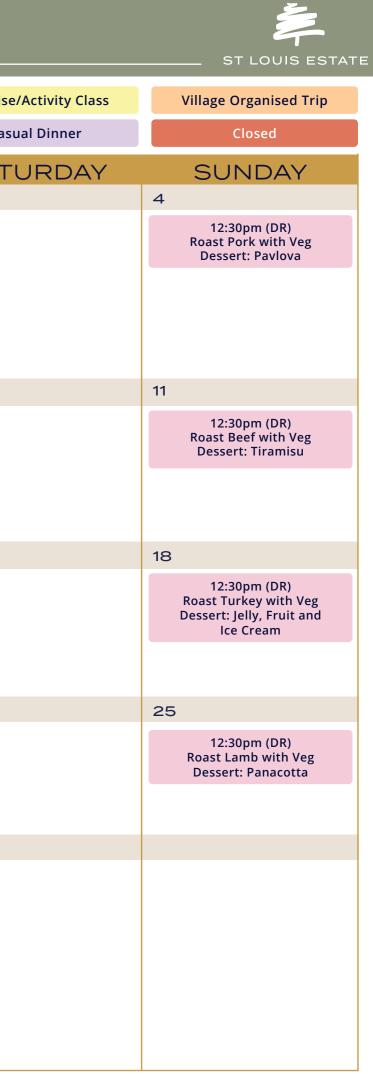
FEBRUARY 2024

WHAT'S ON THIS MONTH		Meal of the day	Important Dates/Public Hols	Events in the Village	Exercise
		Social Activities	Guest Talk	Formal Dining (menu on back)	Cas
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 2	SAT 3
			Social Committee Meeting (PDR) 10:00am Gentle Exercise (Kiora) 11:15am	10:30am (KL) Margatet Court- Tennis Career Happy Hour (KL) 5:00pm 6:00pm (KL)	
			Movie (KL) 1:30pm: Love is in the Air Men's Chat Club (KL) 5:00pm	Curry Night: Lamb Rogan Josh	
5	6	7	8	9	10
Chair Yoga (Kiora) 10:30am	Gentle Exercise (Kiora) 11:15am	Aqua Aerobics (Pool) 9:00am	Gentle Exercise (Kiora) 11:15am	10:30am (KL) Wes Olsen- First Battalion WW1	
6:00 pm (KL) Pasta Night: Sundried Tomato Chicken	Seniors Morning Tea: 10:00am (PDR) Bridge Club (PDR) 1:00pm	Sound Healing (Kiora) 10:30am - 11:15am 6:00pm (DR) Wednesday Dining	Movie (KL) 1:30pm Leave the World Behind	6:00pm (KL) Curry Night: Tandoori Chicken	
		0.00pm (bit) weatersday bining	Home Care Meeting (KL) 10:30am - 12:00pm		
12	13	14	15	16	17
Chair Yoga (Kiora) 10:30am	Gentle Exercise (Kiora) 11:15am	Aqua Aerobics (Pool) 9:00am	Gentle Exercise (Kiora) 11:15am	Birthday Morning Tea (KL) 10:30am	
6:00pm (KL) Pasta Night: Creamy Pea and Ham	Movie (KL) 1:30pm Your Place or Mine	Sound Healing (Kiora) 10:30am - 11:15am	Movie (KL) 1:30pm Nyad	6:00pm (KL) Curry Night: Thai Red Beef Curry	
		6:00pm (DR) Valentine's Day Dinner			
19	20	21	22	23	24
Chair Yoga (Kiora) 10:30am	Gentle Exercise (Kiora) 11:15am	Aqua Aerobics (Pool) 9:00am	Gentle Exercise (Kiora) 11:15am	Trivia Night: 5-7pm (KL) Must have a ticket. Purchase	
(KL) 6:00pm Pasta Night: Beef Bolognese	Bridge Club (PDR) 1:00pm	Sound Healing (Kiora) 10:30am - 11:15am	Movie (KL) 1:30pm The Boy from Oz	at reception \$5 each No Curry Night	
		6:00pm (DR) Wednesday Dining			
26	27	28	29		
Chair Yoga (Kiora) 10:30am (KL) 6:00pm	Gentle Exercise (Kiora) 11:15am	Aqua Aerobics (Pool) 9:00am Residents Committee Meeting	Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm		
Pasta Night: Pesto Chicken	Movie (KL) 1:30pm Persuasion	(PDR) 10:00am Sound Healing (Kiora)	Pain Hustlers		
		10:30am - 11:15am MLC Intergenerational Activity Morning (KL) 10:30am			
		6:00pm (DR) Wednesday Dining			



FEBRUARY 2024

WEDNESDAY DINING

7

6:00pm (DR)

Steak Beef Fillet Or Pork Belly with Asian Style Sauce

Dessert: Apple Crumble with Ice Cream

14

6:00pm (DR)

Chicken with Creamy Garlic Sauce Or Barramundi with Herb Butter

Dessert: Danish Custard with Ice Cream

21

6:00pm (DR)

Lamb Cutlet Or Snapper with Tomato Sauce

Dessert: Peach Crumble with Ice Cream

28

6:00pm (DR)

Salmon Or Silverside with White Sauce

Dessert: Sticky Date Pudding with Ice Cream

