



## 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
			1 Social Committee Meeting (PDR) 10:00am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm: Love is in the Air Men's Chat Club (KL) 5:00pm	2 10:30am (KL) Margatet Court-Tennis Career Happy Hour (KL) 5:00pm 6:00pm (KL) Curry Night: Lamb Rogan Josh	3	4 12:30pm (DR) Roast Pork with Veg Dessert: Pavlova
5 Chair Yoga (Kiora) 10:30am 6:00 pm (KL) Pasta Night: Sundried Tomato Chicken	6 Gentle Exercise (Kiora) 11:15am Seniors Morning Tea: 10:00am (PDR) Bridge Club (PDR) 1:00pm	7 Aqua Aerobics (Pool) 9:00am Sound Healing (Kiora) 10:30am - 11:15am 6:00pm (DR) Wednesday Dining	8 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Leave the World Behind Home Care Meeting (KL) 10:30am - 12:00pm	9 10:30am (KL) Wes Olsen- First Battalion WW1 6:00pm (KL) Curry Night: Tandoori Chicken	10	11 12:30pm (DR) Roast Beef with Veg Dessert: Tiramisu
12 Chair Yoga (Kiora) 10:30am 6:00pm (KL) Pasta Night: Creamy Pea and Ham	13 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Your Place or Mine	14 Aqua Aerobics (Pool) 9:00am Sound Healing (Kiora) 10:30am - 11:15am 6:00pm (DR) Valentine's Day Dinner	15 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Nyad	16 Birthday Morning Tea (KL) 10:30am 6:00pm (KL) Curry Night: Thai Red Beef Curry	17	18 12:30pm (DR) Roast Turkey with Veg Dessert: Jelly, Fruit and Ice Cream
19 Chair Yoga (Kiora) 10:30am (KL) 6:00pm Pasta Night: Beef Bolognese	20 Gentle Exercise (Kiora) 11:15am Bridge Club (PDR) 1:00pm	21 Aqua Aerobics (Pool) 9:00am Sound Healing (Kiora) 10:30am - 11:15am 6:00pm (DR) Wednesday Dining	22 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm The Boy from Oz	23 Trivia Night: 5-7pm (KL) Must have a ticket. Purchase at reception \$5 each No Curry Night	24	25 12:30pm (DR) Roast Lamb with Veg Dessert: Panacotta
26 Chair Yoga (Kiora) 10:30am (KL) 6:00pm Pasta Night: Pesto Chicken	27 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Persuasion	28 Aqua Aerobics (Pool) 9:00am Residents Committee Meeting (PDR) 10:00am Sound Healing (Kiora) 10:30am - 11:15am MLC Intergenerational Activity Morning (KL) 10:30am 6:00pm (DR) Wednesday Dining	29 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Pain Hustlers			



## 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