





## 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 Aqua Aerobics (Pool) 9:00am Yoga with Annette & Cherie (Kiora) 9:00am Social Committee Meeting (PDR) 10am Sound Healing (Kiora) 10:30am 6:00pm (DR) Wednesday Dining	2 QiGong (Kiora) 9:30am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm The Dry	3 Guest Speaker (KL) 10.30am Barry Court "Gratitude" Happy Hour (KL) 5:00pm 6:00pm (KL) Curry Night Thai Green Chicken Curry	4	5 12:30pm (DR) Sunday Roast: Pork with Veg Dessert: Pavlova
6 Chair Yoga (Kiora) 10:30am Pasta Night 6:00pm (KL) Chicken Bacon Carbonara	7 Seniors Morning Tea 10.00am (PDR) Private Booking 9:30 -10:30 (KL) Gentle Exercise (Kiora) 11:15am Bridge Club (PDR) 1.00pm	8 Aqua Aerobics (Pool) 9:00am Yoga with Annette & Cherie (Kiora) 9:00am Sound Healing (Kiora) 10:30am Staff Training (KL) 12:00pm - 4:00pm 6:00pm (DR) Wednesday Dining	9 QiGong (Kiora) 9:30am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Alex & Eve Men's Chat Club 5pm (PDR) Ladies Night 5pm (KL)	10 Guest Speaker (KL) 10.30am Rob O'Connor "Meg Roper" 6:00pm (KL) Curry Night Beef & Potato Curry	11	12 12:30pm (DR) Sunday Roast: Beef with Veg Dessert: Cheesecake Happy Mother's Day! 
13 Flu Vaccine From 9:30am Appointments Essential (RSVP to Reception Before May 9th) Order of Australia Meeting (PDR) 10:00am Chair Yoga (Kiora) 10:30am Pasta Night 6:00pm (KL) Spaghetti Bolognese	14 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Rabbit-Proof Fence	15 Aqua Aerobics (Pool) 9:00am Yoga with Annette & Cherie (Kiora) 9:00am Sound Healing (Kiora) 10:30am 6:00pm (DR) Wednesday Dining	16 QiGong (Kiora) 9:30am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm The Beautiful Game	17 Birthday Morning Tea (KL) 10:30am 6:00pm (KL) Curry Night Chicken Madras 	18	19 12:30pm (DR) Sunday Roast: Turkey with Veg Dessert: Fruit Salad & Icecream
20 Chair Yoga (Kiora) 10:30am Pasta Night 6:00pm (KL) Chicken Pesto Macaroni	21 Gentle Exercise (Kiora) 11:15am Bridge Club (PDR) 1.00pm	22 Aqua Aerobics (Pool) 9:00am Yoga with Annette & Cherie (Kiora) 9:00am Residents Committee Meeting (PDR) 10am Sound Healing (Kiora) 10:30am 6:00pm (DR) Wednesday Dining	23 QiGong (Kiora) 9:30am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Shirley	24 St Louis Estate Australia's Biggest Morning Tea (KL) 10:30am 6:00pm (KL) Curry Night Lamb Korma	25 Social Club Pizza Night Tickets Required \$15.00 5:30pm (KL) 	26 12:30pm (DR) Sunday Roast: Lamb with Veg Dessert: Trifle



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	31
<p>2024/2025 Budget Meeting 10:30am (KL)</p> <p>Chair Yoga (Kiora) 10:30am</p> <p>Pasta Night 6:00pm (KL) Napolitana Meatballs with Penne</p>	<p>Gentle Exercise (Kiora) 11:15am</p> <p>Movie (KL) 1:30pm After</p> 	<p>Aqua Aerobics (Pool) 9:00am</p> <p>Yoga with Annette &amp; Cherie (Kiora) 9:00am</p> <p>Sound Healing (Kiora) 10:30am</p> <p>6:00pm (DR) Wednesday Dining</p>	<p>QiGong (Kiora) 9:30am</p> <p>Gentle Exercise (Kiora) 11:15am</p> <p>Movie (KL) 1:30pm Irish Wish</p>	<p>Guest Speaker (KL) 10.30am Cyril Ayris "Let's Not Be Serious"</p>

WEDNESDAY DINING
1
<p>6:00pm (DR)</p> <p>Stuffed Chicken Breast or Crispy Skin Salmon</p> <p>Dessert: Apple Crumble</p>
8
<p>6:00pm (DR)</p> <p>Lamb Rump or Snapper with Veg</p> <p>Dessert: Panna Cotta</p>
15
<p>6:00pm (DR)</p> <p>Chilli Garlic Prawns or Porterhouse with Peppercorn Sauce</p> <p>Dessert: Chocolate Fondant</p>
22
<p>6:00pm (DR)</p> <p>Barramundi with Tartare Sauce or Pork Belly</p> <p>Dessert: Bread &amp; Butter Pudding</p>
29
<p>6:00pm (DR)</p> <p>Silverside with white Sauce or Snapper with Herb Sauce</p> <p>Dessert: Sticky Date</p>