



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 Private Function 10:00am - 2:00pm (KL)	2 12:30pm (DR) Sunday Roast: Pork with Veg Dessert: Panna Cotta
3 WA Day Public Holiday	4 Seniors Morning Tea (PDR) 10.00am Gentle Exercise (Kiora) 11:15am Bridge Club (PDR) 1.00pm	5 Aqua Aerobics (Pool) 9:00am Yoga with Annette & Cherie (Kiora) 9:00am Sound Healing (Kiora) 10:30am 6:00pm (DR) Wednesday Dining	6 Social Committee Meeting 10:00am (PDR) Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm "Fall"	7 Guest Speaker (KL) 10.30am Alex Jenkins: "AI or Data Science Innovation Hub (WADSIH)" Happy Hour - 5pm (KL) 6:00pm (KL) Red Chicken Curry	8	9 12:30pm (DR) Sunday Roast: Beef with Veg Dessert: Apricot Crumble
10 Order of Australia Morning Tea (PDR) 10:00am Chair Yoga (Kiora) 10:30am 6:00pm (KL) Chicken Pasta Bake	11 Gentle Exercise (Kiora) 11:15am Movie (PDR) 1:30pm "Mother of the Bride"	12 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Staff Training 11:00am - 12:00pm (KL) 6:00pm (DR) Wednesday Dining	13 Qigong (Kiora) 9:30am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm "Page Eight" Men's Chat Club - 5pm (KL) Ladies' Night - 5pm (PDR)	14 Guest Speaker: Tom White "My Business Journey from Perth to Asia" 6:00pm (KL) Beef Massaman	15	16 12:30pm (DR) Sunday Roast: Turkey with Veg Dessert: Pavlova
17 Chair Yoga (Kiora) 10:30am 6:00pm (KL) Spaghetti Bolognese	18 Gentle Exercise (Kiora) 11:15am Bridge Club (PDR) 1.00pm	19 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Garden Committee Meeting 10:30am (PDR) 6:00pm (DR) Wednesday Dining	20 Qigong (Kiora) 9:30am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm "Unfrosted"	21 Birthday Morning Tea with MLC Visit (KL) 10:30am 6:00pm (KL) Lamb Vindaloo	22	23 12:30pm (DR) Sunday Roast: Lamb with Veg Dessert: Chocolate Mousse
24 Chair Yoga (Kiora) 10:30am 6:00pm (KL) Spinach and Fetta Cannelloni	25 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30 "Promising Young Woman"	26 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Residents Committee Meeting 10:00am (PDR) Sound Healing (Kiora) 10:30am Staff Training 1:00pm - 3:00pm (KL) 6:00pm (DR) Wednesday Dining	27 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm "Purple Hearts"	28 Guest Speaker (KL) 10:30- Holly Craig "A Morning with #1 best Selling Perth Thriller Author of the Shallows & the Rip" 6:00pm (KL) Butter Chicken	29 Social Club Pizza Night: Tickets \$15 (KL) 5:30pm Must Purchase Tickets from Reception	30 12:30pm (DR) Sunday Roast: Pork with Veg Dessert: Fruit, Jelly and Ice Cream



WEDNESDAY DINING

5

6:00pm (DR)

Chicken Mignon
or
Cod Fillet

Dessert: Brownie with Ice Cream

12

6:00pm (DR)

Snapper
or
Beef Cheeks

Dessert: Tiramisu

19

6:00pm (DR)

Salmon
or
Lamb

Dessert: Panna Cotta

26

6:00pm (DR)

Beef Guinness Pie
or
Barramundi

Dessert: Apple Crumble