




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 QiGong (Kiora) 10:00am Social Committee Meeting (PDR) 10:00am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Hidden Figures	2 Guest Speaker - Cancelled Happy Hour (KL) 5:00pm 6:00pm (KL) Curry Night Beef Vindaloo Curry	3 Kiora Café Open 9am - 12pm	4 12:30pm (DR) Sunday Roast: Roast Beef & Veg Dessert: Mango Mousse
5 Chair Yoga (Kiora) 10:30am Pasta Night 6:00pm (KL) Chicken Lasagna	6 Gentle Exercise (Kiora) 11:15am Devonshire Tea @ Kiora 10:00am - \$15pp Senior's Morning Tea 10:00am (PDR) Private Event Bridge Club (PDR) 1:00pm Movie (KL) 1:30pm The Lost King	7 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am 6:00pm (DR) Wednesday Dining	8 QiGong (Kiora) 9:00am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Talented Mr Ripley Men's Club (PDR) & Ladies' Night (KL) 5:00pm 	9 Guest Speaker - Paul Bloomfield (KL) 10:30am "Making Melody. Music for the Soul" 6:00pm (KL) Curry Night Coconut and Cashew Chicken Curry	10 Kiora Café Open 9am - 12pm	11 12:30pm (DR) Sunday Roast: Roast Turkey & Veg Dessert: Vanilla Mousse with Apple Crumble
12 Chair Yoga (Kiora) 10:30am Mexican Night 6:00pm (KL) Beef Tacos 	13 Gentle Exercise (Kiora) 11:15am Mah-Jong Club (PDR) 1:00pm	14 HCP Info Session (KL) 11:00am Bookings Through Home Care Aqua Aerobics (Pool) & Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am 6:00pm (DR) Wednesday Dining	15 QiGong (Kiora) 10:00am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Luckiest Girl Alive	16 Birthday Morning Tea (KL) 10:30am 6:00pm (KL) Curry Night Lamb Tika	17 Kiora Café Open 9am - 12pm	18 12:30pm (DR) Sunday Roast: Roast Lamb & Veg Dessert: Chocolate Brownie & Ice Cream
19 Chair Yoga (Kiora) 10:30am Pasta Night 6:00pm (KL) Chicken Carbonara	20 Devonshire Tea @ Kiora 10:00am - \$15pp Gentle Exercise (Kiora) 11:15am Bridge Club (PDR) 1:00pm Movie (KL) 1:30pm Amazing Grace	21 Aqua Aerobics (Pool) 9:00am No Yoga Sound Healing (Kiora) 10:30am Garden Committee Meeting 10:30 am (PDR) 6:00pm (DR) Wednesday Dining	22 QiGong (Kiora) 10:00am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm The King & I	23 Guest Speaker - Edgar Evans (KL) 10:30am "Escape From the Rising Sun" 6:00pm (KL) Curry Night Massaman Beef	24 Kiora Café Open 9am - 12pm	25 12:30pm (DR) Sunday Roast: Roast Pork & Veg Dessert: Fruit Salad Jelly & Ice Cream
26 Chair Yoga (Kiora) 10:30am Pasta Night 6:00pm (KL) Spaghetti & Meatballs	27 Gentle Exercise (Kiora) 11:15am Mah-Jong Club (PDR) 1:00pm	28 Aqua Aerobics (Pool) & Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Resident Committee Meeting 10:00 am (PDR) 6:00pm (DR) Wednesday Dining	29 QiGong (Kiora) 10:00am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm A Beautiful Life	30 Guest Speaker - Richard Offen (KL) 10:30am "Making Life Comfortable" 6:00pm (KL) Curry Night Turmeric Chicken & Mango Curry	31 Kiora Café Open 9am - 12pm Social Club Chicken & Chips Night: Tickets \$15 (KL) 5:30pm Must Purchase Tickets from Reception	



WEDNESDAY DINING

7

6:00pm (DR)

Barramundi
or
Stuffed Chicken Breast

Dessert: Apricot Danish &
Ice Cream

14

6:00pm (DR)

Salmon
or
Beef Fillet

Dessert: Sticky Date Pudding

21

6:00pm (DR)

Snapper
or
Pork Chop

Dessert: Pavlova

28

6:00pm (DR)

Moroccan Chicken
or
Garlic Prawns

Dessert: Fruit Cobbler & Custard