






## 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<br>Gentle Exercise (Kiora) 11:15am<br>Bridge Club (PDR) 1:00pm   | 2<br>Aqua Aerobics (Pool) & Yoga (Kiora) 9:00am<br>Sound Healing (Kiora) 10:30am<br>6:00pm (DR) Wednesday Dining  | 3<br>Gentle Exercise (Kiora) 11:15am<br>Movie (KL) 1:30pm The Gentleman<br>Social Committee Meeting (PDR) 10:00am  | 4<br>Guest Speaker - Paul Bloomfield (KL) 10:30am "Love Conquers All"<br>Happy Hour (KL) 5:00pm<br>6:00pm (KL) Curry Night Chicken Madras  | 5<br>Kiora Café Open 9am - 12pm   | 6<br>12:30pm (DR)<br>Sunday Roast: Roast Turkey & Veg<br>Dessert: Strudel                |
| 7<br>Chair Yoga (Kiora) 10:30am<br>Pasta Night 6:00pm (KL) Baked Creamy Chicken & Feta Risoni   | 8<br>Devonshire Tea (Kiora) 10:00am<br>Gentle Exercise (Kiora) 11:15am<br>Mah-Jong Club (PDR) 1:00pm<br>Movie (KL) 1:30pm Muriel's Wedding | 9<br>Aqua Aerobics (Pool) & Yoga (Kiora) 9:00am<br>Sound Healing (Kiora) 10:30am<br>6:00pm (DR) Wednesday Dining  | 10<br>QiGong Tai Chi (Kiora) 10:00am<br>Gentle Exercise (Kiora) 11:15am<br>Movie (KL) 1:30pm Find me Falling<br>Men's Club (KL) & Ladies' Night (PDR) 5:00pm<br>Creative Writing Workshop (Kiora) 1:30pm | 11<br>6:00pm (KL) Curry Night Lamb Vindaloo<br>Pink Ribbon Brunch (KL) 9:45am for a 10:00am Start<br> | 12<br>Kiora Café Open 9am - 12pm  | 13<br>12:30pm (DR)<br>Sunday Roast: Roast Pork & Veg<br>Dessert: Panna Cotta             |
| 14<br>Chair Yoga (Kiora) 10:30am<br>Mexican Night 6:00pm (KL) Enchiladas<br> | 15<br>Gentle Exercise (Kiora) 11:15am<br>Mah-Jong Club (PDR) 1:00pm<br>Bridge Club (PDR) 1:00pm  | 16<br>Garden Comittee Meeting (KL) 10:30am<br>HCP Info Session (KL) 11:00am Bookings through Home Care<br>Aqua Aerobics (Pool) & Yoga (Kiora) 9:00am<br>Sound Healing (Kiora) 10:30am<br>6:00pm (DR) Wednesday Dining | 17<br>QiGong Tai Chi (Kiora) 10:00am<br>Gentle Exercise (Kiora) 11:15am<br>Movie (KL) 1:30pm Handsome  | 18<br>Birthday Morning Tea (KL) 10:30am<br>6:00pm (KL) Curry Night Beef Rogan Josh   | 19<br>Kiora Café Open 9am - 12pm  | 20<br>12:30pm (DR)<br>Sunday Roast: Roast Beef & Veg<br>Dessert: Fruit Salad & Ice Cream |
| 21<br>Chair Yoga (Kiora) 10:30am<br>Pasta Night 6:00pm (KL) Beef Ragu   | 22<br>Devonshire Tea (Kiora) 10:00am<br>Gentle Exercise (Kiora) 11:15am<br>Movie (KL) 1:30pm The Nest<br>Mah-Jong Club (PDR) 1:00pm        | 23<br>Aqua Aerobics (Pool) & Yoga (Kiora) 9:00am<br>Resident Committee Meeting (PDR) 10:00am<br>Sound Healing (Kiora) 10:30am<br>6:00pm (DR) Wednesday Dining   | 24<br>QiGong Tai Chi (Kiora) 10:00am<br>Gentle Exercise (Kiora) 11:15am<br>Movie (KL) 1:30pm Unforgiven<br>Creative Writing Workshop (Kiora) 1:30pm  | 25<br>6:00pm (KL) Curry Night Satay Chicken<br>Guest Speaker - Alex Jenkins (KL) 10:30am "Artificial Intelligence (AI)"  | 26<br>Kiora Café Open 9am - 12pm<br>Social Club BBQ: Tickets \$10 (KL) 5:30pm Must Purchase Tickets from Reception<br> | 27<br>12:30pm (DR)<br>Sunday Roast: Roast Chicken Maryland & Veg<br>Dessert: Cheesecake  |
| 28<br>Chair Yoga (Kiora) 10:30am<br>Pasta Night 6:00pm (KL) Spinach & Ricotta Cannelloni  | 29<br>Gentle Exercise (Kiora) 11:15am<br>Bridge Club (PDR) 1:00pm  | 30<br>Aqua Aerobics (Pool) & Yoga (Kiora) 9:00am<br>Sound Healing (Kiora) 10:30am<br>6:00pm (DR) Wednesday Dining   | 31<br>QiGong Tai Chi (Kiora) 10:00am<br>Gentle Exercise (Kiora) 11:15am<br>Movie (KL) 1:30pm The Union   |  |   |  |



## WEDNESDAY DINING

2

6:00pm (DR)

Lamb Loin Chop  
Or  
Barramundi

Dessert: Sticky Date Pudding

9

6:00pm (DR)

Creamy Garlic Prawns  
Or  
Cajun Chicken

Dessert: Rhubarb &  
Strawberry Crumble

16

6:00pm (DR)

Salmon  
Or  
Chicken Cordon Bleu

Dessert: Chocolate Pudding

23

6:00pm (DR)

Cod Fillet  
Or  
Scotch Fillet

Dessert: Pavlova

30

6:00pm (DR)

Silverside  
Or  
Snapper

Dessert: Bread &  
Butter Pudding