






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
<p>Kiora Café Now Open From 8:30am Monday - Friday</p> 				<p>1</p> <p>Happy Hour (KL) 5:00pm</p> <p>6:00pm (KL) Curry Night Thai Green Chicken Curry</p> <p>Guest Speaker David Taylor "Piano Recital" 10:30am (KL)</p>	<p>2</p> <p>Kiora Café Open 9am - 12pm</p>	<p>3</p> <p>12:30pm (DR)</p> <p>Sunday Roast: Turkey & Veg</p> <p>Dessert: Chocolate Mousse</p>
<p>4</p> <p>Chair Yoga (Kiora) 10:30am</p> <p>Pasta Night 6:00pm (KL) Spaghetti Bolognese</p>	<p>5</p> <p>Gentle Exercise (Kiora) 11:15am</p> <p>Melbourne Cup Luncheon (KL & Dining Room) 11:45am</p>	<p>6</p> <p>Aqua Aerobics (Pool) & Yoga (Kiora) 9:00am</p> <p>Sound Healing (Kiora) 10:30am</p> <p>6:00pm (DR) Wednesday Dining</p>	<p>7</p> <p>QiGong Tai Chi (Kiora) 10:00am</p> <p>Gentle Exercise (Kiora) 11:15am</p> <p>Movie (KL) 1:30pm Ride Like a Girl</p>	<p>8</p> <p>6:00pm (KL) Curry Night Lamb Rogan Josh</p> <p>Guest Speaker Jim Natt "Hungary After the Wall was Over" 10:30am (KL)</p>	<p>9</p> <p>Kiora Café Open 9am - 12pm</p>	<p>10</p> <p>12:30pm (DR)</p> <p>Sunday Roast: Pork & Veg</p> <p>Dessert: Sticky Date Pudding</p>
<p>11</p> <p>Chair Yoga (Kiora) 10:30am</p> <p>Remembrance Day Service (KL) 10:45am</p> <p>Mexican Night 6:00pm (KL) Chilli Con Carne</p> 	<p>12</p> <p>Gentle Exercise (Kiora) 11:15am</p> <p>Mah-Jong Club (PDR) 1:00pm</p>	<p>13</p> <p>Aqua Aerobics (Pool) & Yoga (Kiora) 9:00am</p> <p>Sound Healing (Kiora) 10:30am</p> <p>Kiora AGM (Kiora) 10:30am</p> <p>HCP Info Session (KL) 11:00am Bookings through Home Care</p> <p>6:00pm (DR) Wednesday Dining</p>	<p>14</p> <p>MLC ELC Visit & Morning Tea (MLC: Transport Provided) 8:45am</p> <p>QiGong Tai Chi (Kiora) 10:00am</p> <p>Social Committee Meeting (PDR) 10:00am</p> <p>Gentle Exercise (Kiora) 11:15am</p> <p>Movie (KL) 1:30pm Phar Lap</p>	<p>15</p> <p>Birthday Morning Tea (KL) 10:30am</p> <p>6:00pm (KL) Curry Night Beef Korma</p>	<p>16</p> <p>Kiora Café Open 9am - 12pm</p> <p>Private Function (KL) 2pm - 8pm</p>	<p>17</p> <p>12:30pm (DR)</p> <p>Sunday Roast: Beef & Veg</p> <p>Dessert: Fruit Salad & Jelly</p>
<p>18</p> <p>Order of Australia Morning Tea</p> <p>Chair Yoga (Kiora) 10:30am</p> <p>Pasta Night 6:00pm (KL) Chicken Carbonara</p>	<p>19</p> <p>Gentle Exercise (Kiora) 11:15am</p> <p>St Louis Estate AGM (KL) 10:00am</p> <p>Bridge Club (KL) 1:00pm</p> <p>Private Function (KL) 6:00pm</p>	<p>20</p> <p>Aqua Aerobics (Pool) & Yoga (Kiora) 9:00am</p> <p>Garden Committee Meeting (PDR) 10:30am</p> <p>Sound Healing (Kiora) 10:30am</p> <p>6:00pm (DR) Wednesday Dining</p>	<p>21</p> <p>QiGong Tai Chi (Kiora) 10:00am</p> <p>Gentle Exercise (Kiora) 11:15am</p> <p>Movie (KL) 1:30pm Flicka</p>	<p>22</p> <p>6:00pm (KL) Curry Night Butter Chicken</p> <p>Guest Speaker Antoine Bloeman "From Belgium to Australia, an Immigrants Adventure" 10:30am (KL)</p>	<p>23</p> <p>Kiora Café Open 9am - 12pm</p>	<p>24</p> <p>12:30pm (DR)</p> <p>Sunday Roast: Chicken Maryland & Veg</p> <p>Dessert: Panna Cotta</p>
<p>25</p> <p>Chair Yoga (Kiora) 10:30am</p> <p>Pasta Night 6:00pm (KL) Penne Alla Vodka</p>	<p>26</p> <p>Gentle Exercise (Kiora) 11:15am</p> <p>Mah-Jong Club (KL) 1:00pm</p>	<p>27</p> <p>Aqua Aerobics (Pool) & Yoga (Kiora) 9:00am</p> <p>Sound Healing (Kiora) 10:30am</p> <p>Resident Committee Meeting (PDR) 10:00am</p> <p>6:00pm (DR) Wednesday Dining</p>	<p>28</p> <p>QiGong Tai Chi (Kiora) 10:00am</p> <p>Gentle Exercise (Kiora) 11:15am</p> <p>Movie (KL) 1:30pm The Cup</p>	<p>29</p> <p>6:00pm (KL) Curry Night Fish Curry</p> <p>Guest Speaker Charlie Townsend "Cold War Marine" 10:30am (KL)</p>	<p>30</p> <p>Kiora Café Open 9am - 12pm</p> <p>Social Club BBQ: Tickets \$10 (KL) 6:00pm Must Purchase Tickets from Reception</p> 	



WEDNESDAY DINING

6

6:00pm (DR)

Lamb Rump
Or
Salmon

Dessert: Trifle

13

6:00pm (DR)

Garlic Prawns
Or
Chicken Lemon Pepper

Dessert: Tiramisu

20

6:00pm (DR)

Snapper
Or
Fillet Beef

Dessert: Chocolate Brownie
with Ice Cream

27

6:00pm (DR)

Barramundi
Or
Sizzling Chicken

Dessert: Fruit Cobbler