




## 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 Kiora Café Open 9am - 12pm	2 Sunday Roast (KL) 12:30pm Turkey & Veg Dessert: Panna Cotta
3 Chair Yoga (Kiora) 10:30am Pasta Night 6:00pm (KL) Chicken Pesto Pasta	4 Gentle Exercise (Kiora) 11:15am Senior's Morning Tea Private Event (Kiora) 10am Bridge Club (KL) 1:00pm	5 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Wednesday Dining (KL) 6:00pm	6 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm The Wife	7 Guest Speaker (KL) 10:30am Sandra Brewer - Liberal for Cottesloe Happy Hour (KL) 5:00pm Curry Night (KL) 6:00pm Coconut Chicken Curry	8 Kiora Café Open 9am - 12pm	9 Sunday Roast (KL) 12:30pm Beef & Veg Dessert: Chocolate Mousse
10 Chair Yoga (Kiora) 10:30am Mexican Night 6:00pm (KL) Beef Tacos	11 Gentle Exercise (Kiora) 11:15am Mah-Jong Club (KL) 1:00pm	12 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Wednesday Dining (KL) 6:00pm	13 Social Committee Meeting (KL) 10:00am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm ET	14 Valentine's Day Guest Speaker 10:30am (KL) Chronic Care Australia Curry Night (KL) 6:00pm Beef Massaman	15 Kiora Café Open 9am - 12pm	16 Sunday Roast (KL) 12:30pm Chicken & Veg Dessert: Trifle
17 Chair Yoga (Kiora) 10:30am Pasta Night 6:00pm (KL) Lasagne	18 Gentle Exercise (Kiora) 11:15am Bridge Club (KL) 1:00pm	19 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Garden Committee Meeting (KL) 10:30am Wednesday Dining (KL) 6:00pm	20 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm A Dog's Purpose	21 Birthday Morning Tea (KL) 10:30am Curry Night (KL) 6:00pm Lamb Korma	22 Kiora Café Open 9am - 12pm Social Club BBQ (BBQ) 6:00pm 	23 Sunday Roast (KL) 12:30pm Pork & Veg Dessert: Cheesecake
24 Chair Yoga (Kiora) 10:30am Pasta Night 6:00pm (KL) Creamy Tuna Pasta Bake	25 Gentle Exercise (Kiora) 11:15am Mah-Jong Club (KL) 1:00pm Devonshire Tea (Kiora) 10:00am	26 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Resident Committee Meeting (KL) 10:00am Wednesday Dining (KL) 6:00pm	27 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm As They Made Us	28 Guest Speaker (KL) 10:30am Nic Rossi - Blueforce Curry Night (KL) 6:00pm Tandoori Chicken		

**FEBRUARY  
WEDNESDAY  
DINING**

5 6:00pm (KL) Salmon or Beef Fillet Dessert: Apple Crown & Cream	12 6:00pm (KL) Sizzling Chicken or Barramundi Dessert: Pavlova	19 6:00pm (KL) Lamb Cutlets or Snapper Dessert: Fruit Crumble & Ice cream	26 6:00pm (KL) Pork Belly or Chicken Kiev Dessert: Tiramisu
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# TENTATIVE MARCH CALENDAR 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 Chair Yoga (Kiora) 10:30am Pasta Night 6:00pm (KL)					1 Kiora Café Open 9am - 12pm	2 Sunday Roast 12:30pm (KL)
3 Labour Day OFFICE & KITCHEN CLOSED	4 Gentle Exercise (Kiora) 11:15am Bridge Club (KL) 1:00pm	5 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am 6:00pm (DR) Wednesday Dining	6 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Gone With the Wind	7 Guest Speaker 10:30am (KL) Happy Hour 5.00pm (KL) Curry Night (KL) 6:00pm	8 Kiora Café Open 9am - 12pm	9 Sunday Roast 12:30pm (KL)
10 Chair Yoga (Kiora) 10:30am Mexican Night 6:00pm (KL)	11 Gentle Exercise (Kiora) 11:15am Mah-Jong Club (KL) 1:00pm	12 Bus Trip 9:00am - 3:00pm Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am 6:00pm (DR) Wednesday Dining	13 Social Committee Meeting (KL) 10:00am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Mrs Miniver	14 Guest Speaker 10:30am (KL) Curry Night (KL) 6:00pm	15 Kiora Café Open 9am - 12pm	16 Sunday Roast 12:30pm (KL)
17 St. Patrick's Day Chair Yoga (Kiora) 10:30am Pasta Night 6:00pm (KL)	18 Gentle Exercise (Kiora) 11:15am Bridge Club (KL) 1:00pm	19 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Garden Committee Meeting (KL) 10:30am 6:00pm (KL) Wednesday Dining	20 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Casablanca	21 Birthday Morning Tea 10:30am (KL) Curry Night (KL) 6:00pm	22 Kiora Café Open 9am - 12pm	23 Sunday Roast 12:30pm (KL)
24 Chair Yoga (Kiora) 10:30am Pasta Night 6:00pm (KL)	25 Gentle Exercise (Kiora) 11:15am Mah-Jong Club (KL) 1:00pm	26 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Resident Committee Meeting (KL) 10:00am 6:00pm (KL) Wednesday Dining	27 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:00pm The Sound of Music	28 Guest Speaker 10:30am (KL) Curry Night (KL) 6:00pm	29 Kiora Café Open 9am - 12pm	30 Sunday Roast 12:30pm (KL)