

WHAT’S ON THIS MONTH

Meal of the day

Social Activities

Important Dates/Public Hols

Guest Talk

Events in the Village

Formal Dining (menu on back)

Exercise/Activity Class

Casual Dinner

Village Organised Trip

Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30						1
Chair Yoga (Kiora) 10:30am Pasta Night (KL) 6:00pm Beef Lasagne						Sunday Roast (DR) 12.30pm Chicken & Vegetables Dessert: Fruit Salad & Ice Cream
2	3	4	5	6	7	8
WA Day Public Holiday Office & Cafe Closed No Pasta Night	Seniors Morning Tea 10:00am (Kiora) Private Event Gentle Exercise (Kiora) 11:15am Bridge Club (KL) 1:00pm	Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Wednesday Dining (KL) 6.00pm	Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Enola Homes	The Dazzlers (KL) 10:30am Coconut Chicken Curry (KL) 6:00pm	Kiora Café Open 9am - 12pm	Sunday Roast (DR) 12.30pm Beef & Vegetables Dessert: Passion Fruit Cheesecake
9	10	11	12	13	14	15
Chair Yoga (Kiora) 10:30am Pasta Night (KL) 6:00pm Chicken & Bacon Carbonara	Gentle Exercise (Kiora) 11:15am Mah-Jong Club (KL) 1:00pm Social Club Trivia Night	Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Wednesday Dining (KL) 6.00pm Home Care Support (KL) 4:00pm - 5:00pm	Social Club Committee Meeting (KL) 10:00am Gentle Exercise (Kiora) 11:15am Home Care Support (KL) 11:00am - 12:00pm Movie (KL) 1:30pm Operation Mincemeat	Guest Speaker: MedAware & Falls Prevention (KL) 10:30am Beef & Potato Curry (KL) 6:00pm	Kiora Café Open 9am - 12pm	Sunday Roast (DR) 12.30 pm Turkey & Vegetables Dessert: Panna Cotta
16	17	18	19	20	21	22
Chair Yoga (Kiora) 10:30am Pasta Night (KL) 6:00pm Spinach & Ricotta Cannelloni	Gentle Exercise (Kiora) 11:15am Bridge Club (KL) 1:00pm Devonshire Tea (Kiora) 10:00am \$15pp	Aqua Aerobics (Pool) 9:00am Sound Healing (Kiora) 10:30am Garden Committee Meeting (KL) 10:30am Wednesday Dining (KL) 6.00pm	Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm The Man from Snowy River All About Homecare (KL) 11:00am	Birthday Morning Tea (KL) 10:30am Lamb Korma (KL) 6:00pm	Kiora Café Open 9am - 12pm	Sunday Roast (DR) 12.30 pm Pork & Vegetables Dessert: Chocolate Brownie
23	24	25	26	27	28	29
Chair Yoga (Kiora) 10:30am Pasta Night (KL) 6:00pm Arrabbiata with Chicken	Gentle Exercise (Kiora) 11:15am Mah-Jong Club (KL) 1:00pm	Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Resident Committee Meeting (KL) 10:30am Sound Healing (Kiora) 10:30am Wednesday Dining (KL) 6.00pm	Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Annie	Guest Speaker: Ric Evans, International Cricket Umpiring Experiences (KL) 10:30am Red Chicken Curry (KL) 6:00pm	Kiora Café Open 9am - 12pm Social Club Pizza Night (KL) 5:30pm \$15pp	Sunday Roast (DR) 12.30 pm Chicken & Vegetables Dessert: Mango Mousse

JUNE WEDNESDAY DINING	4	11	18	25
	Wednesday Dining (KL) 6.00pm Garlic Prawns or Stuffed Chicken Dessert: Tiramisu	Wednesday Dining (KL) 6.00pm Pork Belly or Salmon Dessert: Fruit Cobbler	Wednesday Dining (KL) 6.00 pm Snapper or Chicken Sizzler Dessert: Chocolate Mousse	Wednesday Dining (KL) 6.00 pm Garlic Prawns or Scotch Fillet Dessert: Bread & Butter Pudding

TENTATIVE JULY CALENDAR 2025

ST LOUIS ESTATE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Seniors Morning Tea (Kiora) 10.00am (Private Event) Gentle Exercise (Kiora) 11:15am Bridge Club (PDR) 1:00pm	2 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Wednesday Dining (DR) 6:00pm	3 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Driving Miss Daisy	4 Guest Speaker (KL) 10:30am Happy Hour (KL) 5:00pm Curry Night (KL) 6:00pm	5 Kiora Café Open 9am - 12pm	6 Sunday Roast (DR) 12:30pm
7 Chair Yoga (Kiora) 10:30am Pasta Night (KL) 6:00pm	8 Gentle Exercise (Kiora) 11:15am Mah-Jong Club (PDR) 1:00pm	9 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Wednesday Dining (DR) 6:00pm	10 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm The Four Seasons Social Club Committee Meeting (Kiora) 10:00am	11 Guest Speaker (KL) 10:30am Curry Night (KL) 6:00pm	12 Kiora Café Open 9am - 12pm	13 Sunday Roast (DR) 12:30pm
14 Chair Yoga (Kiora) 10:30am Order of Australia Meeting (Kiora) - Private Function Mexican Night (KL) 6:00pm	15 Gentle Exercise (Kiora) 11:15am Bridge Club (PDR) 1:00pm	16 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Garden Committee Meeting (PDR) 10:30am Wednesday Dining 6:00pm (DR)	17 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Fried Green Tomatoes	18 Birthday Morning Tea (KL) 10:30am Curry Night (KL) 6:00pm	19 Kiora Café Open 9am - 12pm	20 Sunday Roast (DR) 12:30pm
21 Chair Yoga (Kiora) 10:30am Pasta Night (KL) 6:00pm	22 Gentle Exercise (Kiora) 11:15am Mah-Jong Club (PDR) 1:00pm	23 Aqua Aerobics (Pool) 9:00am Sound Healing (Kiora) 10:30am Resident Committee Meeting 10:30am (PDR) Wednesday Dining 6:00pm (DR)	24 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Julie and Julia	25 Christmas in July Lunch (DR) 12:30pm No Curry Night	26 Kiora Café Open 9am - 12pm Social Club Event (KL) 5:30pm \$15pp	27 Sunday Roast (DR) 12:30pm
28 Chair Yoga (Kiora) 10:30am Pasta Night (KL) 6:00pm	29 Gentle Exercise (Kiora) 11:15am Bridge Club (PDR) 1:00pm	30 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Wednesday Dining 6:00pm (DR)	31 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm The Aviator			