

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
	1 Seniors Morning Tea (Kiora) 10.00am - Private Event Gentle Exercise (Kiora) 11:15am Bridge Club (KL) 1:00pm	2 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Wednesday Dining (KL) 6:00pm	3 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Driving Miss Daisy	4 Guest Speaker Scam Net (KL) 10:30am Happy Hour (KL) 5:00pm Curry Night (KL) 6:00pm Beef Rendang	5 Kiora Café Open 9am - 12pm	6 Sunday Roast (KL) 12:30pm Beef and Vegetables Dessert: Trifle
7 Chair Yoga (Kiora) 10:30am Pasta Night (KL) 6:00pm Spaghetti Bolognese	8 Gentle Exercise (Kiora) 11:15am Mah-Jong Club (KL) 1:00pm	9 Aqua Aerobics (Pool) 9:00am No Yoga Sound Healing (Kiora) 10:30am Wednesday Dining (KL) 6:00pm	10 Social Committee Meeting (Kiora) 10:00am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm The Four Seasons	11 Guest Speaker Managing Hearing Loss (KL) 10:30am Curry Night (KL) 6:00pm Butter Chicken	12 Kiora Café Open 9am - 12pm	13 Sunday Roast (KL) 12:30pm Turkey and Vegetables Dessert: Apricot Danish
14 Chair Yoga (Kiora) 10:30am Order of Australia Meeting (Kiora) - Private Function Mexican Night (KL) 6:00pm Chicken & Broccoli in Cream Sauce	15 Gentle Exercise (Kiora) 11:15am Bridge Club (KL) 1:00pm	16 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Garden Committee Meeting (KL) 10:30am Wednesday Dining 6:00pm (KL)	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 Lamb Curry	19 Kiora Café Open 9am - 12pm	20 Sunday Roast (KL) 12:30pm Pork and Vegetables Dessert: Fruit, Jelly & Ice Cream
21 Chair Yoga (Kiora) 10:30am Pasta Night (KL) 6:00pm Chicken Lasagne	22 Gentle Exercise (Kiora) 11:15am Mah-Jong Club (KL) 1:00pm	23 Aqua Aerobics (Pool) 9:00am Resident Committee Meeting 10:00am (KL) Sound Healing (Kiora) 10:30am Wednesday Dining 6:00pm (KL)	24 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Julie and Julia	25 Christmas in July Lunch (KL) 12:00pm No Curry Night	26 Kiora Café Open 9am - 12pm Social Club Event Night In The Orient (KL) 5:30pm \$20pp	27 Sunday Roast (KL) 12:30pm Chicken and Vegetables Dessert: Fruit Crumble
28 Chair Yoga (Kiora) 10:30am Pasta Night (KL) 6:00pm Meatballs in Napoli Sauce	29 Gentle Exercise (Kiora) 11:15am Bridge Club (KL) 1:00pm	30 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Wednesday Dining 6:00pm (KL)	31 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm The Aviator			

JULY WEDNESDAY DINING	2	9	16	23	30
	Wednesday Dining (KL) 6.00pm Barramundi or Chicken Roulade Dessert: Sticky Date Pudding	Wednesday Dining (KL) 6.00pm Salmon or Silverside Dessert: Apple & Rhubarb Crumble	Wednesday Dining (KL) 6.00 pm Cod or Beef Fillet Dessert: Pavlova	Wednesday Dining (KL) 6.00 pm Barramundi or Pork Belly Dessert: Chocolate Sauce Pudding	Wednesday Dining (KL) 6.00 pm Snapper or Chicken Roulade Dessert: Trifle

TENTATIVE AUGUST CALENDAR 2025

ST LOUIS ESTATE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
				Guest Speaker (KL) 10:30am	Kiora Café Open 9am - 12pm	Sunday Roast (DR) 12:30pm
				Happy Hour (KL) 5:00pm		
				Curry Night (KL) 6:00pm		
4	5	6	7	8	9	10
Chair Yoga (Kiora) 10:30am	Gentle Exercise (Kiora) 11:15am	Aqua Aerobics (Pool) 9:00am	Gentle Exercise (Kiora) 11:15am	Guest Speaker (KL) 10:30am	Kiora Café Open 9am - 12pm	Sunday Roast (DR) 12:30pm
Pasta Night (KL) 6:00pm	Seniors Morning Tea (PDR) 10:00am - Private Event	Yoga (Kiora) 9:00am	Movie (KL) 1:30pm	Curry Night (KL) 6:00pm		
	Bridge Club (PDR) 1:00pm	Sound Healing (Kiora) 10:30am				
		Wednesday Dining (DR) 6:00pm				
11	12	13	14	15	16	17
Chair Yoga (Kiora) 10:30am	Gentle Exercise (Kiora) 11:15am	Aqua Aerobics (Pool) 9:00am	Gentle Exercise (Kiora) 11:15am	Birthday Morning Tea (KL) 10:30am	Kiora Café Open 9am - 12pm	Sunday Roast (DR) 12:30pm
Mexican Night (KL) 6:00pm	Mah-Jong Club (PDR) 1:00pm	Yoga (Kiora) 9:00am	Movie (KL) 1:30pm	Curry Night (KL) 6:00pm		
		Sound Healing (Kiora) 10:30am				
		Wednesday Dining 6:00pm (DR)				
18	19	20	21	22	23	24
Chair Yoga (Kiora) 10:30am	Gentle Exercise (Kiora) 11:15am	Aqua Aerobics (Pool) 9:00am	Gentle Exercise (Kiora) 11:15am	Guest Speaker (KL) 10:30am	Kiora Café Open 9am - 12pm	Sunday Roast (DR) 12:30pm
Pasta Night (KL) 6:00pm	Bridge Club (PDR) 1:00pm	Sound Healing (Kiora) 10:30am	Movie (KL) 1:30pm	Curry Night (KL) 6:00pm		
		Garden Committee Meeting 10:30am (PDR)				
		Wednesday Dining 6:00pm (DR)				
25	26	27	28	29	30	31
Chair Yoga (Kiora) 10:30am	Gentle Exercise (Kiora) 11:15am	Aqua Aerobics (Pool) 9:00am	Gentle Exercise (Kiora) 11:15am	Guest Speaker (KL) 10:30am	Kiora Café Open 9am - 12pm	Sunday Roast (DR) 12:30pm
Pasta Night (KL) 6:00pm	Mah-Jong Club (PDR) 1:00pm	Yoga (Kiora) 9:00am	Movie (KL) 1:30pm	Curry Night (KL) 6:00pm		
		Sound Healing (Kiora) 10:30am				
		Resident Committee Meeting 10:30am (PDR)				
		Wednesday Dining 6:00pm (DR)				