NOVEMBER 2026

ST LOUIS ESTATE

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
30 Chair Yoga (Kiora) 10:30am Pasta Night (KL) 6:00pm Spaghetti Bolognese						1 Sunday Roast (DR) 12:30pm Roast Beef and Vegetables Dessert: Pavlova
2 Chair Yoga (Kiora) 10:30am Pasta Night (KL) 6:00pm Chicken Lasagne	3 Gentle Exercise (Kiora) 11:15am Melbourne Cup Luncheon (DR) 11:45am Bridge Club (KL) 1:00pm	4 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Wednesday Dining (DR) 6:00pm	5 Gentle Exercise (Kiora) 11:15am Scrabble (PDR) 1:00pm Movie (KL) 1:30pm Titan: The Ocean Gate Submersible Disaster Social Club Committee Meeting (Kiora) 10:00am	6 NO CCGS VISIT Curry Night (KL) 6:00pm Yellow Chicken Curry Guest Speaker (KL) 10:30am Allen Graham	7 Kiora Café Open 9:00am - 12:00pm	8 Sunday Roast (DR) 12:30pm Roast Turkey and Vegetables Dessert: Panna Cotta
9 Chair Yoga (Kiora) 10:30am Pasta Night (KL) 6:00pm Tuna Bake	10 Order of Australia Private Event (PDR) Gentle Exercise (Kiora) 11:15am Mah-Jong Club (KL) 1:00pm	11 REMEMBRANCE DAY 2026 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Wednesday Dining (DR) 6:00pm	12 Gentle Exercise (Kiora) 11:15am Scrabble (PDR) 1:00pm Movie (KL) 1:30pm Blackfish	13 Guest Speaker (KL) 10:30am Bill Reynolds NO CCGS VISIT Curry Night (KL) 5:00pm Lamb Rogan Josh Freeze Frame Opera (Homestead Lawn) 6:30pm Tickets Essential	14 Kiora Café Open 9:00am - 12:00pm	15 Sunday Roast (DR) 12:30pm Chicken Breast and Vegetables Dessert: Trifle
16 Chair Yoga (Kiora) 10:30am Pasta Night (KL) 6:00pm Fettuccine Carbonara	17 Gentle Exercise (Kiora) 11:15am Bridge Club (KL) 1:00pm	18 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Garden Committee Meeting (KL) 10:30am Kiora AGM (Kiora Wellness Centre) 1.00pm Wednesday Dining (DR) 6:00pm	19 Gentle Exercise (Kiora) 11:15am SLE AGM (KL) 10:00am Scrabble (PDR) 1:00pm Movie (KL) 1:30pm Shipwrecked: Nightmare at Sea	20 Birthday Morning Tea (KL) 10:30am NO CCGS VISIT Curry Night (KL) 6:00pm Beef Korma	21 Kiora Café Open 9:00am - 12:00pm	22 Sunday Roast (DR) 12:30pm Roast Lamb and Vegetables Dessert: Apricot Danish
23 Chair Yoga (Kiora) 10:30am Pasta Night (KL) 6:00pm Penne Arrabbiata	24 Gentle Exercise (Kiora) 11:15am Mah-Jong Club (KL) 1:00pm	25 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30 am Resident Committee Meeting (PDR) 10:00am Wednesday Dining (DR) 6:00pm	26 Gentle Exercise (Kiora) 11:15am Scrabble (PDR) 1:00pm Movie (KL) 1:30pm Under Cover (2022)	27 No Guest Speaker NO CCGS VISIT Curry Night (KL) 6:00pm Butter Chicken	28 Kiora Café Open 9:00am - 12:00pm Social Club BBQ (KL) 6:00pm Tickets Essential	29 Sunday Roast (DR) 12:30pm Roast Pork and Vegetables Dessert: Tiramisu

NOVEMBER WEDNESDAY DINING	4	11	18	25
	Wednesday Dining (DR) 6.00pm Salmon or Beef Cheeks Dessert: Fruit Cobbler	Wednesday Dining (DR) 6.00pm Pork Chop and Snapper Dessert: Sticky Date Pudding	Wednesday Dining (DR) 6.00pm Barramundi or Lamb Shank Dessert: Apple & Blackberry Crumble	Wednesday Dining (DR) 6.00pm Pork Belly or Garlic Prawns Dessert: Sticky Date Pudding

TENTATIVE DECEMBER 2026 CALENDAR

ST LOUIS ESTATE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Gentle Exercise (Kiora) 11:15am Seniors Morning Tea (PDR) 10:00am (Private Event) Bridge Club (KL) 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	4 No Guest Speaker Curry Night (KL) 6:00pm	5 Kiora Café Open 9:00am - 12:00pm	6 Sunday Roast (DR) 12:30pm
7 Chair Yoga (Kiora) 10:30am Pasta Night (KL) 6:00pm Chicken Lasagne Christmas Cocktail Party	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	11 MLC Morning Tea (KL) 10.30am Curry Night (KL) 6:00pm	12 Kiora Café Open 9:00am - 12:00pm	13 Sunday Roast (DR) 12:30pm
14 Chair Yoga (Kiora) 10:30am Pasta Night (KL) 6:00pm	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 Christmas Banquet Lunch (DR) 12:00pm Wednesday Dining (DR) 6:00pm	17 Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm	18 Birthday Morning Tea (KL) 10:30pm Curry Night (KL) 6:00pm	19 Kiora Café Open 9:00am - 12:00pm	20 Sunday Roast (DR) 12:30pm
21 Chair Yoga (Kiora) 10:30am No Pasta Night	22 Gentle Exercise (Kiora) 11:15am Mah-Jong Club (KL) 1:00pm	23 Aqua Aerobics (Pool) 9:00am Sound Healing (Kiora) 10:30am Wednesday Dining (DR) 6:00pm	24 Christmas Eve Office Closes at 12:00pm	25 Christmas Day Office & Café Closed	26 Boxing Day Office & Café Closed	27 Office & Café Closed
28 Office & Café Closed	29 Office & Café Closed	30 Office & Café Closed	31 Office & Café Closed			