



## 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 Chair Yoga (Kiora) 10:30am Pasta Night 6:00pm (KL) Tuna Bake	2 Seniors Morning Tea 10:00am (PDR) Gentle Exercise (Kiora) 11:15am Bridge Club 1:00pm (PDR)	3 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Staff Training 1:00pm-4:00pm (KL) 6:00pm (DR) Wednesday Dining	4 QiGong (Kiora) 9:00am Social Committee Meeting (PDR) 10:00am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Blueback	5 Guest Speaker - A Morning of Beautiful Things with Jill Nazar (KL) 10:00am Happy Hour (KL) 5:00pm 6:00pm (KL) Curry Night Malabar Beef Curry	6	7 12:30pm (DR) Sunday Roast: Roast Beef & Veg Dessert: Apricot Danish Private Function (KL) 4:30pm-7:00pm
8 Chair Yoga (Kiora) 10:30am Order of Australia Meeting 10:00am (PDR) Pasta Night 6:00pm (KL) Beef Lasagna	9 Gentle Exercise (Kiora) 11:15am Devonshire Tea @ Kiora 10:00am - \$10pp Movie (KL) 1:30pm Ladies in Black	10 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am 6:00pm (DR) Wednesday Dining	11 QiGong (Kiora) 9:00am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Buckley's Chance Men's Club (KL) & Ladies' Night (PDR) 5:00pm	12 Guest Speaker - Laurie Varendorff (KL) 10:30am 6:00pm (KL) Curry Night Thai Green Chicken Curry	13	14 12:30pm (DR) Sunday Roast: Roast Turkey & Veg Dessert: Vanilla Mousse with Biscoff Crumble Private Function (PDR) 12:30pm
15 Chair Yoga (Kiora) 10:30am Catherine White Farewell Morning Tea 10:30am (KL) Pasta Night 6:00pm (KL) Chicken, Spinach & Bacon Alfredo	16 Gentle Exercise (Kiora) 11:15am Bridge Club (PDR) 1:00pm	17 Guest Speaker - Sir Al Aynsley (KL) 10:30am Aqua Aerobics (Pool) & Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am Garden Committee Meeting (PDR) 11:30am 6:00pm (DR) Wednesday Dining	18 QiGong (Kiora) 9:00am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Scoop	19 Birthday Morning Tea (KL) 10:30am 6:00pm (KL) Curry Night Lamb Rogan Josh	20	21 12:30pm (DR) Sunday Roast: Roast Lamb & Veg Dessert: Apple Crumble
22 Chair Yoga (Kiora) 10:30am Pasta Night 6:00pm (KL) Spaghetti Puttanesca	23 Devonshire Tea @ Kiora 10:00am - \$10pp Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Unfrosted	24 Aqua Aerobics (Pool) 9:00am Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am 6:00pm (DR) Wednesday Dining	25 QiGong (Kiora) 9:00am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm The Beautiful Game	26 Guest Speaker - Gwen Phillips (KL) 10:30am Xmas in July (DR) 12:00pm \$45pp - Must Book at Reception No Curry Night	27 Social Club Pizza Night Tickets Required - \$15pp Purchase at Reception 5:30pm (KL)	28 12:30pm (DR) Sunday Roast: Roast Pork & Veg Dessert: Cremé Brulé
29 Chair Yoga (Kiora) 10:30am Pasta Night 6:00pm (KL) Creamy Salmon Pasta	30 Gentle Exercise (Kiora) 11:15am Bridge Club (PDR) 1:00pm	31 Stay on your Feet Workshop (KL) 1:00-2:00pm Staff Training 3:00pm-4:00pm (KL) 6:00pm (DR) Wednesday Dining	Aqua Aerobics (Pool) & Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am 6:00pm (DR) Wednesday Dining			



WEDNESDAY  
DINING

3

6:00pm (DR)

Chicken Kiev  
or  
Osso Bucco

Dessert: Lemon Meringue &  
Ice Cream

10

6:00pm (DR)

Pork Belly  
or  
Barramundi

Dessert: Lemon Pudding &  
Custard

17

6:00pm (DR)

Salmon  
or  
Lamb Shanks

Dessert: Pavlova

24

6:00pm (DR)

Crumbed Cod Fillet  
or  
Porterhouse Steak

Dessert: Pineapple Delight

31

6:00pm (DR)

Silverside  
or  
Sizzling Chicken

Dessert: Apple & Rhubarb  
Crumble