



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 6:00pm (KL) Chicken Pasta Bake						1 Father's Day 12:30pm (DR) Sunday Roast: Roast Beef & Veg Dessert: Trifle
2 Chair Yoga (Kiora) 10:30am Pasta Night 6:00pm (KL) Pesto, Spinach & Tomato Penne	3 Gentle Exercise (Kiora) 11:15am Bridge Club (PDR) 1:00pm	4 Aqua Aerobics (Pool) & Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am 6:00pm (DR) Wednesday Dining	5 QiGong Tai Chi (Kiora) 10:00am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Amazing Grace Social Committee Meeting (PDR) 10:00am	6 Guest Speaker - Robin Tunnicliffe (KL) 10:30am "20 Countries, 6 Jobs" 6:00pm (KL) Curry Night Butter Chicken Happy Hour (KL) 5:00pm	7 Kiora Café Open 9am - 12pm	8 12:30pm (DR) Sunday Roast: Roast Turkey & Veg Dessert: Panna Cotta
9 Chair Yoga (Kiora) 10:30am Mexican Night 6:00pm (KL) Chicken Fajita 	10 Gentle Exercise (Kiora) 11:15am Devonshire Tea @ Kiora 10:00am - \$15pp Mah-Jong Club (PDR) 1:00pm Movie (KL) 1:30pm Tea with Dames	11 Advance Care Workshop (KL) 11:00am Bookings Through Home Care Aqua Aerobics (Pool) & Yoga (Kiora) 9:00am Sound Healing (Kiora) 10:30am 6:00pm (DR) Wednesday Dining	12 QiGong Tai Chi (Kiora) 10:00am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm The Bank Job Men's Club (PDR) & Ladies' Night (KL) 5:00pm 	13 Guest Speaker - Jason Chew (KL) 10:30am "Medication, Exercise, Supplements For Osteoporosis" 6:00pm (KL) Curry Night Beef Korma	14 Kiora Café Open 9am - 12pm	15 12:30pm (DR) Sunday Roast: Roast Pork & Veg Dessert: Apple Crumble
16 Chair Yoga (Kiora) 10:30am Pasta Night 6:00pm (KL) Spaghetti Marinara	17 Gentle Exercise (Kiora) 11:15am Bridge Club (PDR) 1:00pm	18 Aqua Aerobics (Pool) 9:00am No Yoga Sound Healing (Kiora) 10:30am Garden Committee Meeting (PDR) 10:30am 6:00pm (DR) Wednesday Dining	19 QiGong Tai Chi (Kiora) 10:00am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm The Lost King	20 Celebrate St Louis Morning Tea (KL) 10:30am 6:00pm (KL) Curry Night Yellow Chicken Curry	21 Kiora Café Open 9am - 12pm	22 12:30pm (DR) Sunday Roast: Roast Chicken Maryland & Veg Dessert: Pavlova
23 King's Birthday Public Holiday Office & Kitchen Closed	24 Gentle Exercise (Kiora) 11:15am Devonshire Tea @ Kiora 10:00am - \$15pp Mah-Jong Club (PDR) 1:00pm Movie (KL) 1:30pm A Star is Born	25 Aqua Aerobics (Pool) & Yoga (Kiora) 9:00am Residents Committee Meeting (PDR) 10:00am Sound Healing (Kiora) 10:30am 6:00pm (DR) Wednesday Dining	26 QiGong Tai Chi (Kiora) 10:00am Gentle Exercise (Kiora) 11:15am Movie (KL) 1:30pm Mrs. Harris goes to Paris	27 Guest Speaker - Lady Lyn Garland (KL) 10:30am "Piano Recital" 6:00pm (KL) Curry Night Lamb Rogan Josh	28 Kiora Café Open 9am - 12pm Social Club Chicken & Chips Night: Tickets \$15 (KL) 5:30pm Must Purchase Tickets from Reception	29 12:30pm (DR) Sunday Roast: Roast Beef & Veg Dessert: Chocolate Mousse



WEDNESDAY DINING

4

6:00pm (DR)

Barramundi
or
Beef Fillet

Dessert: Tiramisu

11

6:00pm (DR)

Salmon
or
Lamb Cutlets

Dessert: Bread & Butter Pudding
& Custard

18

6:00pm (DR)

Snapper
or
Silverside

Dessert: Chocolate Brownie
& Ice Cream

25

6:00pm (DR)

Lamb Rump
or
Sizzling Prawns

Dessert: Apple Danish & Custard