Citiplace Community Centre
April 2023

EASTER LUNCH DANCE
Thursday 6th April 2023
Three Course Meal
John Norriss to entertain
Door Prizes – Raffle
Tickets only $30
9461 3550

REACH PROGRAM
Citiplace Community Centre Dining Room
Thursday 18th May 10am to 2pm
Enrolled Nurse Program
With the support of Citiplace Community, the free REACH Population Health Check Program -

- Undertake 10-minute preventative health checks
- Provides health education to promote and achieve optimal health
- Builds confidence and competence level of enrolled nursing students
- Supports organisations to provide health checks and support to employees/members
- Provides an additional clinical placement opportunity for enrolled nursing students

Citiplace Community Centre
Phone: 9461 3550

Dishwasher - Tuesday
Book Sale Assistant
Boot Scooting Teacher
Pianist - Wednesday
Pianist - Friday
Yoga Instructor
9461 3550
Italy

Monday, April 17, 2023

Minestrone Soup with Garlic Bread $3.50
Traditional Lasagna $8.50
Or
Pizza al Taglio $8.50
Served with
Italian Roasted Potatoes & Caprese Salad
Or Italian Ratatouille Vegetables

Tiramisu $3.00
Or
Orange Polenta Pudding $3.00
Centre Activity Groups

**Tai Chi**
Tuesday
9.30am
$5.50

**Fitness**
Monday
11am
$5.50
Personal Trainer
Rebecca
No need to book
Work at your own pace

**Chair Yoga**
Wednesday
1pm
$5.50
A Universal method for improving human life through better movement, sensation, posture and breathing.

**Scrabble**
Thursday Weekly
9am to 4pm
$3.50
Advanced Level
- Social Group
- New players welcome

**Carpet Bowls**
Monday 12pm
NEW MEMBERS NEEDED!
Social group
Entry $5
Afternoon tea included
Book your place
Phone 9461 3550

**Computer Lessons**
$5.00 per hour
Lessons available
Monday to Friday

**Mah-jong**
Western Style
Thursday
12.30pm
$3.50

**Podiatry**
Weekdays (except Thursday)
Appointments $26
9.30AM to 1.30PM
Walk-ins available
Female Podiatrist
Easy Access
Bookings 9461 3550

**Art Classes**
New Term Commencing
Wednesday 12th April ‘23
Qualified Art Teacher
Wednesday Weekly
10am to 12pm
$10 per lesson
Book now 9461 3550
Quilting Group Raffle
Tickets 3 for $2.00
Drawn Friday 12th May 2023

1st Prize
Single bed 110 x 178 cm
2nd Prize
Single bed 110 x 178 cm
3rd Prize
Child’s Playmat or Knee Quilt 100 x 100 cm

Quilting & Craft Group
Friday 9.30am $5.00
Includes morning tea

Book Bonanza – 50 cents each
Books available at Citiplace Community Centre
Books also available at popup Shop
next to Boost Juice on Station Concourse
Check opening days at Community Centre 9461 3550

OP SHOP SALE
Monday to Friday
9.30am to 3pm
Donations Welcome
ANZAC DAY
TUESDAY 25TH APRIL 2023

The acronym ANZAC stands for Australian and New Zealand Army Corps, whose soldiers were known as Anzacs. ANZAC Day is a National Day of Remembrance in Australia and New Zealand that broadly commemorates all Australians and New Zealanders “who served and died in all wars, conflicts and peace giving operations,” and “the contribution and suffering of all those who have served.”

ANZAC Day marks the anniversary of the first campaign that led to major casualties for Australian and New Zealand forces during the First World War. ANZAC Day was originally devised to honour the members of the Australian and New Zealand Army Corps who served in the Gallipoli Campaign, their first engagement in the First World War.

ANZAC Day remains one of the most important national occasions of both Australia and New Zealand. It is a Public Holiday and Citiplace Community Centre will be closed on this day.

Craft Market Day
Wednesday 3rd May 2023
9am to 2pm
Multiple Craft Stall contributors with stalls
Fabulous displays with plenty of ideas for Mother’s Day
Baby knitting, jewellery, soft toys & pottery
EASTER

Easter is the most celebrated season of Christianity, a holiday commemorating the resurrection of Jesus Christ from the dead after his crucifixion.

Some Christians symbolically link the cracking open of Easter eggs with the empty tomb of Jesus. In the Orthodox Churches, Easter eggs are blessed by the Priest at the end of the Paschal Vigil (which is equivalent to Holy Saturday), and distributed to the faithful. The egg is seen by followers of Christianity as a symbol of resurrection: while being dormant it contains a new life sealed within it.

Easter eggs, also called Paschal eggs, are decorated eggs that are usually used as gifts on the occasion of Easter. As such, Easter eggs are common during the season of Eastertide (Easter season). The oldest tradition is to use dyed and painted chicken eggs, but a modern custom is to substitute chocolate eggs wrapped in colored foil, hand-carved wooden eggs, or plastic eggs filled with confectionery such as chocolate. However, real eggs continue to be used in Central and Eastern European tradition. Although eggs, in general, were a traditional symbol of fertility and rebirth, in Christianity, for the celebration of Eastertide, Easter eggs symbolize the empty tomb of Jesus.

Counselling

Do you need someone to talk to? Qualified counsellor appointments available every Monday. Free Service Tiana Da Silva 9461 3550 to book.

Dab of Sunshine with Renee

Let’s make 2023 a Great experience. One-on-One counselling service. Third Thursday of each month. 9461 3550 to book your free appointment.

Craft Stall

Monday to Friday 9am to 2.30pm

Authentic Homemade Items
- Baby clothes - Blankets - Beanies and Scarves
- Pottery - Jewellery - Greeting Cards
- Teddy Bears and Knitted Animals

Are you a qualified therapist for?
- Bowen Therapy
- Massage Therapy

We are a very busy Centre at the Perth Train Station and are interested in having a therapist operate from our Centre. Room hire rates are very cheap. Call Bonny on 9461 3550

Alcoholics Anonymous

AA is a fellowship of people who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. Saturday weekly. 9am to 11am NO CHARGE
All main meals include vegetables
Breakfast: 8:30am – 10am | Lunch: 11am – 1:30pm | Afternoon Tea: 1:30pm – 3pm
Main meals $8.50 | Soup $3.50 | Dessert $3 | Full Breakfast $8.50 | amazing scones and muffins fresh daily
Vegetarian and diabetic needs catered for - please ask staff

**FRESH SCONES AND MUFFINS BAKED EVERY MORNING**

Vegetarian & Gluten Free options available
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