May true happiness
longevity and good fortune
be with you this
New Year
and always.

Happy New Year!

Citiplace Community Centre closed only Public Holidays

2023
MONDAY 26TH DECEMBER – CLOSED
TUESDAY 27TH DECEMBER – CLOSED
MONDAY 2ND JANUARY - CLOSED 2023

Citiplace Community Centre –Open 8am - 4pm
Dining Room | Open 8:30am - 3pm
Op Shop Open 9.30am to 3pm - Craft Stall 9am to 2.30pm
Book Shop Upper Level - City Station Complex,
Shop 2 – Station Concourse
378 Wellington Street, Perth 6000
Phone: 9461 3550

Dishwasher Tuesday
Book Sale Assistant
Boot Scooting Teacher
Pianist Wednesday
Yoga Instructor
9461 3550
Centre Activity Groups to Resume
Monday 1st February 2023

Tai Chi
Tuesday 9.30am

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.

Meditation
Wednesday 3pm
Fortnightly
$5.50
- Provide relaxation
- Lower Stress
- Empower people to be their best
- Brings a sense of belonging

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 94613550

Art Classes
Qualified Art Teacher
Wednesday Weekly
10am to 12pm
$10 per lesson
Book now 9461 3550

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OP SHOP SALE
Monday to Friday
9.30am to 3pm

Book Bonanza – 50 cents each
Monday to Friday 9.30am to 3pm
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

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

Advanced Scrabble
Thursday 9am $3.50
New players welcome
Dance Lessons
Register your interest.
We are searching for an instructor
Citiplace Community Centre
9461 3550

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.
Bonny on 9461 3550

Citiplace Community Centre 2

Sahaja Yoga Meditation
Join our free meditation class of Fridays at 12.00 noon for an hour of peace and enlightenment!
Experience this simple and natural approach for reducing stress and overthinking, using your own subtle energy.

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.
Phone 9461 3550 to book your free appointment.

Knock on Wood
Fear often haunts people, not least in moments of happiness. They are afraid that some jealous agency, real or imagined, may try to deprive them of their good fortune. To talk of personal good luck became almost a challenge of fate, which in turn gave rise to many precautionary measures, some belonging to the psychopathology of everyday life. One of these is the custom of touching wood. The usual explanation associates it with the cross of Christ. Churches in various parts of the world treasure pieces of wood which they believe, were once part of the real cross and to touch them would ensure sustained happiness. Touching any kind of wood, in memory of the cross, was an obvious farther development of the custom. Back to the more distant past when people lived in wooden huts. Those who were prosperous were afraid of talking about it, lest evil spirits envy their luck and try to interfere with it. Thus, when discussing their good fortune, people knocked loudly on their wooden walls. The noise was meant to drown their conversation and prevent any ill-meaning eavesdropper hearing what they were saying about their luck.

COOA
Come out Camping Older Adults
4 camps per year.
Phone Judy for more information
0450 735 415

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 at Centre
9am to 11am
NO CHARGE

The Shakespeare Club Of WA
We meet 2pm third Sunday of every month except January.
Shakespeare Club members love the works of Shakespeare and all fine literature.
Inquiries:
Peter 0407 441 675
Frances 0419 929 349

Counselling

One on one counselling service.
Third Thursday of each month.
Phone 9461 3550 to book your free appointment.
**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*

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Choice of</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>2</td>
<td><strong>PUBLIC HOLIDAY CENTRE CLOSED</strong> – New Year’s Day Observance</td>
</tr>
<tr>
<td>Tuesday</td>
<td>3</td>
<td>Chicken Parmigiana</td>
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<tr>
<td>Wednesday</td>
<td>4</td>
<td>Beef Bourguignon</td>
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<tr>
<td>Thursday</td>
<td>5</td>
<td>Roast Pork</td>
</tr>
<tr>
<td>Friday</td>
<td>6</td>
<td>Fish &amp; Chips or Potluck</td>
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<tr>
<td>Monday</td>
<td>9</td>
<td>Vegie Slice</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10</td>
<td>Savoury Mince</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11</td>
<td>Chicken Casserole</td>
</tr>
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<td>Thursday</td>
<td>12</td>
<td>Meat loaf</td>
</tr>
<tr>
<td>Friday</td>
<td>13</td>
<td>Fish &amp; Chips or Potluck</td>
</tr>
<tr>
<td>Monday</td>
<td>16</td>
<td>Chicken Cordon Bleu</td>
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<tr>
<td>Tuesday</td>
<td>17</td>
<td>Beef Stroganoff</td>
</tr>
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<td>Wednesday</td>
<td>18</td>
<td>Quiche Lorraine</td>
</tr>
<tr>
<td>Thursday</td>
<td>19</td>
<td>Roast Chicken</td>
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<tr>
<td>Friday</td>
<td>20</td>
<td>Fish &amp; Chips or Potluck</td>
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<tr>
<td>Monday</td>
<td>23</td>
<td>Chicken Curry</td>
</tr>
<tr>
<td>Tuesday</td>
<td>24</td>
<td>Mince &amp; Macaroni</td>
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<tr>
<td>Wednesday</td>
<td>25</td>
<td>Aussie Meat Pie</td>
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<tr>
<td>Thursday</td>
<td>26</td>
<td><strong>PUBLIC HOLIDAY CENTRE CLOSED</strong> – Australia Day</td>
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<tr>
<td>Friday</td>
<td>27</td>
<td>Fish &amp; Chips or Potluck</td>
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<tr>
<td>Monday</td>
<td>30</td>
<td>Shepherd’s Pie</td>
</tr>
<tr>
<td>Tuesday</td>
<td>31</td>
<td>Chicken Stir Fry</td>
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</tbody>
</table>

**FRESH SCONES AND MUFFINS BAKED EVERY MORNING**

**Vegetarian & meat options available in the Pie Warmer daily**
<table>
<thead>
<tr>
<th>Monday 30</th>
<th>Tuesday 31</th>
<th>Wednesday 4</th>
<th>Thursday 5</th>
<th>Friday 6</th>
<th>Saturday 7</th>
<th>Sunday 1</th>
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</thead>
<tbody>
<tr>
<td><strong>11am Fitness</strong></td>
<td>9am U3A</td>
<td>9.30am Society of Women Writer’s</td>
<td>10.30am Chinese Elders</td>
<td>12pm Sahaja Meditation</td>
<td>9am Alcoholics Anonymous</td>
<td>8.30am Perth Chinese Baptist Church</td>
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<tr>
<td>4pm Bible Baptist</td>
<td>4.30pm Centre Care</td>
<td>1.30pm Meet’n’Muse</td>
<td>12.30 Mahjong</td>
<td>1.30 U3A</td>
<td>6pm Centrecare</td>
<td>6pm Recovery House</td>
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<td>6pm Social Research</td>
<td>4pm Eagles</td>
<td>6.30 Bridge Club</td>
<td>5pm Centrecare</td>
<td>6pm Recovery House</td>
<td>9am Alcoholics Anonymous</td>
<td>6pm Congregation of Christians</td>
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<td><strong>Tuesday 3</strong></td>
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<td><strong>Saturday 14</strong></td>
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<td><strong>9am Scrabble</strong></td>
<td><strong>9am Quilting and Craft</strong></td>
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<td><strong>4.30pm Centre Care</strong></td>
<td><strong>1pm Chair Yoga</strong></td>
<td><strong>10am St John Fellowship</strong></td>
<td><strong>12pm Sahaja Meditation</strong></td>
<td><strong>1pm Shakespeare</strong></td>
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<td><strong>3pm Meditation</strong></td>
<td><strong>10am ASA</strong></td>
<td><strong>10am ASA</strong></td>
<td><strong>12pm Sahaja Meditation</strong></td>
<td><strong>6pm Congregation of Christians</strong></td>
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