Spring Lunch Dance
Thursday 7th September 2023
Entertainment by David Grace
Tickets $35
9461 3550

SEASONS SINGALONG
FREE CONCERT
Tuesday 5th Sept 2023
Dining Room 10.30am
Citiplace Community Centre

Christmas in July
Thursday 27th July 2023
Enjoy a three course meal
Door prizes & raffles
Vocalist: Louis Doyle
Tickets $30

WORLD SMILE DAY
HIGH TEA
Friday 6th October 2023
Limited Seating
Tickets only $30

Citiplace Community Centre | Open 8am - 4pm
Dining Room | Open 8:30am - 3pm
Craft Stall | Open 9am - 2.30pm
Op Shop | Open 9.30am - 3pm

Shop 2 – Station Concourse
378 Wellington Street, Perth 6000
Phone: 9461 3550
International Menu Day— No booking needed

FRANCE
Monday 3rd July 2023

French Onion Soup with Cheesy Crouton $4.00
Beef Bourguignon $9.00
Or
Coq Au Vin $9.00

Served with
Dauphinois Potatoes—Petits pois à la Française (French Peas) - Vichy Carrots

Profiteroles $3.50
Or
Cherry Clafoutis $3.50

Straight from the Horse’s Mouth
(meaning: to get information from a reliable source)

The usual explanation for this phrase is that to judge the age of a horse, you only need to look at its teeth. However, another theory is that this saying goes back to the Peninsular War when the Duke of Wellington’s Horse Guards were stationed at Whitehall, London. The Horse Guards were well informed of what was going on and leaked information that the Duke would have much preferred to remain secret. No one, however, doubted the information’s authenticity, as it came straight from the “horse’s mouth”.

Desiderata

Go placidly amid the noise and haste, and remember what peace there may be in silence.
As far as possible without surrender, be on good terms with all persons.
Speak the truth quietly and clearly; and listen to others,
even the dull and ignorant; they too have their story.

Avoid loud and aggressive persons, they are vexations to the spirit
If you compare yourselves to others, you may become vain or bitter,
for there will always be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans.
Keep interested in your career, however humble;
It is a real possession in the changing fortunes of time.
Exercise caution in your business affairs; for the world is full of trickery.
But let it not blind you to what virtue there is,
many persons strive for high ordeals,
and everywhere live is full of heroism.

Be yourself. Especially, do not feign affection.
Neither be critical about love, for in the face of all aridity and
disenchantment it is as perennial as the grass.
Take kindly the counsel of the years, gracefully surrendering the things of youth.
Nurture strength of spirit to shield you in sudden misfortune.
But do not distress yourself with imaginings.
Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself.
You are a child of the universe, no less than the trees and the stars, you have a right to be here.
And whether or not it is clear to you, no doubt the universe is unfolding as it should.
Therefore be at peace with God, whatever you conceive him to be.
and whatever your labors and aspirations,
In the noisy confusion of life keep peace with your soul.
With all its sham, drudgery and broken dreams, it is still a beautiful world.
Be careful. Strive to be happy.

Free tax help available after July 2023
Phone the Centre on 9461 3550 to put your name on the waiting list

Art Group — Wednesday 10am to noon, $10
Qualified Art Teacher
• Relieves Stress
• Encourages creative thinking
• Increases brain plasticity
• Improves mental health
• Art is a non-verbal tool that helps people communicate
Fitness classes $5.50

**Fitness—Monday 11am**
- Large Conference Room
- No need to book
- Personal Trainer, Rebecca from “Feel Your Best Fitness and Massage”

**Tai Chi—Tuesday 9.30am**
- Improved balance
- Pain management
- Improved brain function
- Improved sleep

**Chair Yoga/Zumba - Wednesday 1pm**
A universal method for improving life through better movement, sensation, posture and breathing. Qualified Instructor.

Computer classes $5
- Experienced teachers
- One-hour lessons
- Small groups (maximum 4 people per class)
- Beginners to advanced
- Desktop, Laptop, iPad, iPhone, Samsung
- Excel, Word, Email, Office, Word

Volunteer Positions Available
- Pianist on Wednesday 9am to 2pm
- Yoga Instructor: no set day
- Belly Dance Instructor: no set day

Enquiries 9461 3550

Are you a qualified therapist in:
- Bowen Therapy
- Massage

We will assist with appointment bookings
> Build up your own clientele
> Room hire rates are low.

9461 3550
Social Groups

**Carpet Bowls - Monday 12pm**
- Large Conference Room
- Afternoon tea included
- Looking for new members
- $5

**Advanced Scrabble - Thursday 9am**
- Scrabble teaches you strategy
- Improves creativity
- Develops concentration
- Helps to improve your mental well-being
- 9am to 3pm
- $3.50

**Mah-Jong - Thursday 12.30pm**
- Western Style
- All levels welcome
- Improves hand-eye coordination
- Trains concentration/pattern recognition
- $3.50

**Quilting Group - Friday 9am**
- Large Conference Room
- Morning tea included
- Work on single or team projects
- 9am to 12pm
- $5

**Book Sale**
Books
Magazines
CD's
DVD's
$1.00

**Citiplace Community Op Shop**
- Men’s clothing
- Ladies clothing
- Children’s clothing
- Linen
- Household
- Movie’s and Music

**Rooms for Hire - Catering Options**
Book 9451 3550

<table>
<thead>
<tr>
<th>Rooms Available</th>
<th>Concession Rates incl GST</th>
<th>Commercial Rates incl GST</th>
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**Large Conference Room (downstairs) Max 80 People**

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**Dining Room, (downstairs) Max 190 people**

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<td>Per hour</td>
<td>$55</td>
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Price changes from 1 July, 2023

Dear valued Customer

As a Community Centre, we try to keep prices as reasonable as possible. However, due to increased supply charges, we will be increasing costs on a number of items.

We apologise for any inconvenience.

Full breakfast $9.00
Roast Dinner $9.00
Fish & Chips $9.00
Other main meal $9.00
Small Meal $7.00
Soup & Bun $4.00
Dessert $3.50
Sandwich $5.00
Afternoon Tea $4.50
Scone/jam/cream $4.50
Scone/butter $3.50
Muffin $3.50
Cup of coffee $2.20
Cup of tea $2.00

Dab of Sunshine
Renee - Crisis Counselling
Assistance with strategies and support light during darkness in your life.
Appointments: Third Thursday of month
9461 3550 — No Charge

Craft Stall
Monday to Friday 9am to 2.30pm

Authentic Homemade Items
Baby clothes
Blankets

Counselling Service
Tiana
Appointments
Monday
9461 3550 — No charge
Breakfast: 8:30am – 10am | The full breakfast is $9
Lunch: 11am – 1:30pm | Afternoon Tea: 1:30pm – 3pm
Main meals (includes vegetables) $9 | Soup and bun $4 | Dessert $3.50
*Vegetarian and diabetic needs catered for - please ask staff*

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<td><strong>International Food Day—see page 2 for menu (no booking required)</strong></td>
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<tr>
<td>Tuesday</td>
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<td>Liver, Onions &amp; Bacon or Tandoori Chicken</td>
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<td>Wednesday</td>
<td>5</td>
<td>Shepherd’s Pie or Pork Chow Mein</td>
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<td>Thursday</td>
<td>6</td>
<td>Roast Beef &amp; Yorkshire Pudding or Quiche Lorraine</td>
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<td>Friday</td>
<td>7</td>
<td>Fish &amp; Chips or Potluck</td>
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<td>Chicken Tray Bake or Fish Cakes &amp; Chips</td>
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<td>Savoury Mince or Chicken Parmigiana</td>
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<td>Pork Sausage &amp; Mash or Thai Chicken Curry</td>
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<td>Roast Chicken or Roasted Vegetable Slice</td>
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<td>Rissoles &amp; Mustard Sauce or</td>
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<td>Lamb Stew &amp; Dumplings or Chicken &amp; Leek Pie</td>
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<td>Wednesday</td>
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<td>Spaghetti Bolognaisse or Homemade Salmon Fish Cakes</td>
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<td>Roast Lamb or Macaroni Cheese</td>
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<td>Pork Chops with Apricot or Chicken Chasseur</td>
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<td>Beef Stroganoff or Sausage Bake</td>
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<td>Vegetarian Lasagna or Chicken Schnitzel</td>
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<td>27</td>
<td><strong>CHRISTMAS IN JULY (tickets $30) or Cottage pie</strong></td>
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<td>Friday</td>
<td>28</td>
<td>Fish &amp; Chips or Potluck</td>
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<td>Monday</td>
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<td>Chicken Curry or Egg &amp; Bacon Pie</td>
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Amazing scones and muffins baked daily!
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<tr>
<td>11am</td>
<td>Fitness</td>
<td>9.30am Tai Chi</td>
<td>9.30am Society of Women Writers</td>
<td>9am Scrabble</td>
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<td>9am Alcoholics Anonymous</td>
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<td>12pm</td>
<td>Carpet Bowls</td>
<td>6pm Social Research</td>
<td>10am Art</td>
<td>12.30pm Mahjong</td>
<td>10am Shareholders (Len)</td>
<td>6pm Congregation of Christians</td>
<td>1pm First Nations Ministry</td>
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<td>1.30pm</td>
<td>1pm Chair Yoga</td>
<td>1pm Historical Society</td>
<td>6pm Church Happens</td>
<td>10am Chair Yoga</td>
<td>12.30pm Society of Women Writers</td>
<td>3pm Eagles Communicare</td>
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<tr>
<td>4pm</td>
<td>Bible Baptist</td>
<td>1.30pm Meet’n’Muse</td>
<td>4pm Eagles</td>
<td>1.30pm Eagles</td>
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<td>1pm Chair Yoga</td>
<td>10am St John Fellowship</td>
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<td>12pm</td>
<td>Carpet Bowls</td>
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<td>9am Cicada</td>
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**CHRISTMAS IN JULY lunch**

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<tbody>
<tr>
<td>9.30am</td>
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