City of Perth

Citiplace Community Centre

March 2023

Easter Lunch
Thursday 6th April 2023
Entertainment by John Norris
Three Course Meal
Door Prizes
Raffles
Tickets $30
9461 3550

INTERNATIONAL FOOD DAY

Ireland

Monday 13th March 2023

Irish Potato Soup & Soda Bread $3.50
Irish Lamb Stew $8.50
Or
Irish Pork Sausages $8.50
Served with Colcannon Mash & Sauteed Cabbage
Irish Cream Mousse $3.00
Irish Apple Cake & Custard$3.00

Citiplace Community Centre | Open 8am - 4pm
Dining Room | Open 8:30am - 3pm
Op Shop | Open 9.30am to 3pm
Craft Stall | Open 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
Pianist - Friday
Yoga Instructor
9461 3550

Centre Activity Groups

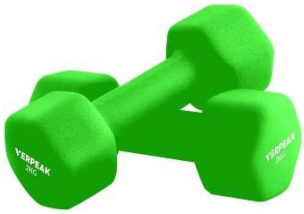
Tai Chi

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.

Room Hire

Different sized meeting rooms available
11 people
45 people
80 people
190 people
Phone Centre for our very competitive rates
9461 3550

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

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

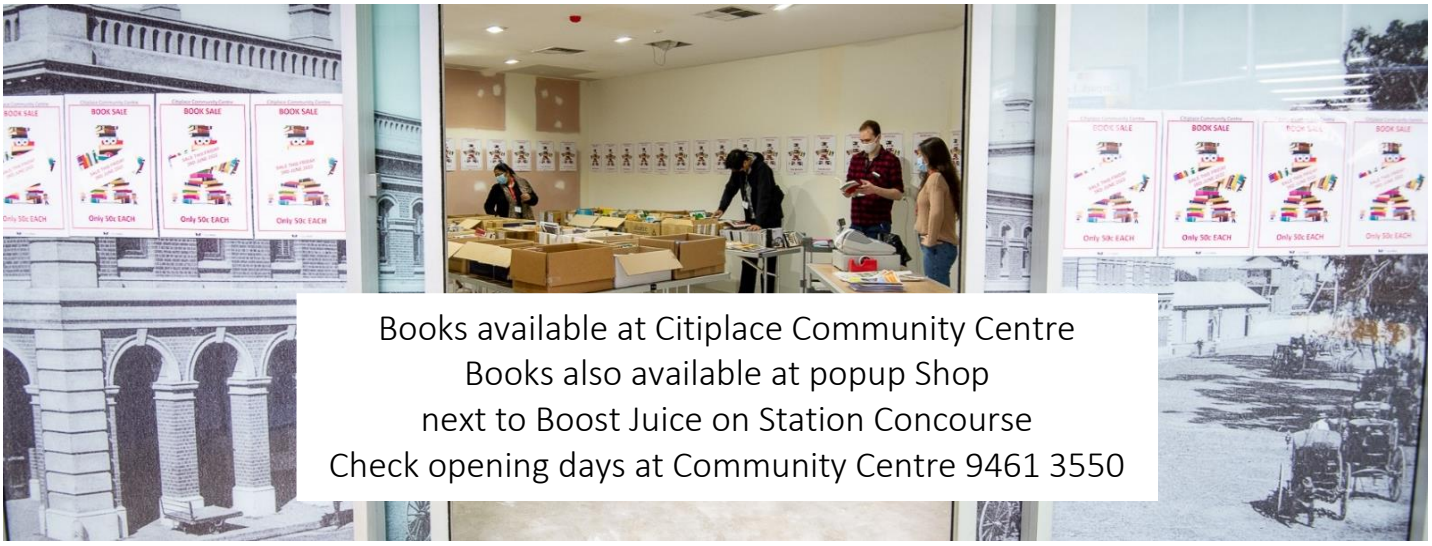
OP SHOP SALE

Monday to Friday
9.30am to 3pm

FREE CONCERT
Tuesday, 14th March 2023
Citiplace Community Centre
10.30am
JOHN NORRIS

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

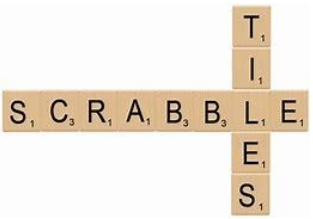
Quilting & Craft Group

Friday 9.30am $5.00
Includes morning tea

Advanced Scrabble

Thursday 9am $3.50

New players welcome



Surnames

There is a story behind every surname. However, at times, one can be misled and draw the wrong conclusions. Many a family name recalls an ancestor's occupation.
This obviously, explains the Taylors, the Smiths, the farmers, and even the Chamberlains.
It would be totally erroneous, however, for a Mr King, Duke, or Prince, in like manner to imagine that they were of royal descent as their names might suggest. In their case, these go back to completely different circumstances.

In medieval times, many cities held annual pageants or processions in which, on each occasion, members of the same family came to personify the identical figure, such as that of a king, a prince, or a duke. At first this was done for a merely, practical reason. They had learnt the role and, hence, there was no need for them in the following year to study a new part. It also enabled them to make their performance ever more polished and truer to the nature of the character they were meant to portray.

With the passing of time, the family came to regard the specific role as their prerogative. Eventually, they were identified with it, and that is how so many Kings, Dukes, and Princes survive. Their original home was not a castle or a palace, but the stage.

This also explains the otherwise puzzling phenomenon of families bearing the name of Pope, Bishop, or Priest. No one could (legitimately) ever have descended from them as, of course, their very status implied celibacy. People so called can be sure that their 'titled' name was not inherited from an ancestor who had filled the ecclesiastical office, but from play acting.

Two men were sitting next to each other at Murphy's Pub in London.
After a while, one bloke looks at the other and says, 'I can't help but think, from listening to you, that you are from Ireland.'
The other bloke responds proudly, 'yes, that I am!'
The first one says, 'so am I! And where about from Ireland might you be?'
The other bloke answers, 'I'm from Dublin, I am.'
The first one responds, 'So am I!'
'Mother Mary and begora. And what street did you live on in Dublin?'
The other bloke says, 'a lovely little area it was. I lived on McCleary Street in the old central part of town.'
The first one says, 'Faith and it's a small world. So did I! So, did I. Tell me, what year did you graduate?'
The other bloke answers, 'Well, now, let's see. I graduated in 1964.'
The first one exclaims; 'The Good Lord must be smiling down on us! I can hardly believe our good luck at winding up in the same place tonight. Can you believe it, I graduated from St Mary's in 1964 my own self!'
About this time, Vicky walks up to the bar, sits down, and orders a drink.
Brian, the barman, walks over to Vicky, shaking his head and mutters, 'it's going to be a long night tonight.'
Vicky asks, 'why do you say that, Brian?' 'The Murphy twins are drunk again.'

An Old Irish Blessing

May love and laughter light your days
and warm your heart and home.

May good and faithful friends be
yours where ever you may roam.

May peace and plenty bless your world
with joy that long endures.

May all life's passing seasons
bring the best to you and yours!

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.

- **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

COCOA

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

COCOA
Come Out Camping Older Adults

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

The Shakespeare Club Of WA

We meet every third Sunday of each month at 2pm (except January)
Shakespeare Club members love the works of Shakespeare and all fine literature.
Inquiries:

Peter 0407 441 675
Frances 0419 929 349

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

Citiplace Community Centre | Menu March 2023

All main meals include vegetables
Breakfast: 8:30am – 10am | Lunch: 11am – 1:30pm | Afternoon Tea: 1:30pm – 3pm
Main meals $8.50 l Soup $3.50 l Dessert $3 l Full Breakfast $8.50 l amazing scones and muffins fresh daily
Vegetarian and diabetic needs catered for - please ask staff

Day	Date	Choice of
Wednesday	1	Meatballs & Onion Gravy or Fish Cakes & Chips
Thursday	2	Roast Chicken or Macaroni Cheese
Friday	3	Fish & Chips or Potluck
Monday	6	PUBLIC HOLIDAY – LABOUR DAY
Tuesday	7	Sausages & Mash or Chicken Tray Bake
Wednesday	8	Beef Madras Curry or Chicken & Mushroom Pie
Thursday	9	Roast Lamb or Quiche Lorraine
Friday	10	Fish & Chips or Potluck
Monday	13	INTERNATIONAL DAY - IRELAND
Tuesday	14	Steak & Onion Pie or Curried Sausage
Wednesday	15	Savoury Mince or Fisherman's Pie
Thursday	16	Silverside with Parsley Sauce or Chicken Cordon Bleu
Friday	17	Fish & Chips or Potluck
Monday	20	Honey Soy Chicken or Vegetable Slice
Tuesday	21	Shepherd's Pie or Pizza
Wednesday	22	Rissoles or Chicken Satay
Thursday	23	Roast Pork or Spinach & Feta Pie
Friday	24	Fish & Chips or Potluck
Monday	27	Pork Chop or Pasta Bake
Tuesday	28	Lasagna or Thai Chicken Curry
Wednesday	29	Mongolian Lamb or Egg & Bacon Pie
Thursday	30	Roast Beef & Yorkshire Pudding or Roasted Vegetable Quiche
Friday	31	Fish & Chips or Potluck

FRESH SCONES AND MUFFINS BAKED EVERY MORNING

Vegetarian & Meat options available in the Pie Warmer daily

Citiplace Community Centre | March 2023

		Wednesday 1	*Thursday 2*	*Friday 3*	*Saturday 4*	*Sunday 5*
		9.30am Society Women Writers 1pm Historical Society 4pm Eagles 6.30pm Bridge 6pm Social Research	9am Scrabble 12.30 Mahjong 1pm GRAI Games 5pm Centrecare 5.30pm Student Services 6pm Recovery	*9am Quilting and Craft* *10am ASA -Roy* *12pm Sahaja Meditation*	9am Alcoholics Anonymous 6pm Congregation of Christians	8.30am Perth Chinese Baptist Church 3pm Eagles Communicare
Monday 6	*Tuesday 7*	*Wednesday 8*	*Thursday 9*	*Friday 10*	*Saturday 11*	*Sunday 12*
PUBLIC HOLIDAY 4pm Bible Baptist	*9AM U3A* *9.30am Tai Chi* 10.30am National Seniors 4.30pm Centre Care 6pm Social Research	9.30am Society of Women Writers 1pm Chair Yoga 1.30pm Meet'n'Muse 4pm Eagles 6.30pm Bridge Club	9am Scrabble 10am St John 10.30am Chinese Elders 11.30am U3A French/Italian 12.30 Mahjong 5pm Centrecare 5.30pm Student Services 6pm Recovery H	*9am Quilting and Craft* *9.30am Vital Interpreting* *10am Australian Church Women* *12pm Sahaja Meditation*	9am Alcoholics Anonymous 6pm Congregation of Christians	8.30am Perth Chinese Baptist Church 3pm Eagles Communicare
Monday 13	*Tuesday 14*	*Wednesday 15*	*Thursday 16*	*Friday 17*	*Saturday 18*	*Sunday 19*
10am Vital 11am Fitness 12pm Carpet Bowls 4pm Bible Baptist	*9.30am Tai Chi* 10.30am U3A 4.30pm Centre Care 6pm Social Research	9am Cicada 9.30am Society of Women Writers 1pm DWDWA 1pm Chair Yoga 4pm Eagles 6.30pm Bridge Club	9am Scrabble 10am ASA 11.30am U3A French/Italian 12.30 Mahjong 2.30 ASA Tony 5pm Centre Care 5.30pm Student Services 6pm Recovery H	*9am Quilting and Craft* *12pm St Pat's High Tea* *12pm Sahaja Meditation*	9am Alcoholics Anonymous 1pm Shakespeare 6pm Congregation of Christians	8.30am Perth Chinese Baptist Church 3pm Eagles Communicare
Monday 20	*Tuesday 21*	*Wednesday 22*	*Thursday 23*	*Friday 24*	*Saturday 25*	*Sunday 26*
10am Vital 11am Fitness 12pm Carpet Bowls 4pm Bible Baptist	8am Soc. Of Women Writers 9am U3A 1pm BESA 4.30pm Centre Care 6pm Social Research	9.30am Society of Women Writers 1pm Chair Yoga 1.30pm Meet'n'Muse 4pm Eagles 6.30pm Bridge	9am Scrabble 10.30am COCOA 12.30pm Mahjong 5pm Centrecare 5.30pm Student Services 6pm Recovery H	*9am Quilting and Craft* *12pm Sahaja Meditation*	9am Alcoholics Anonymous 12.30pm Soc. Women Writers 6pm Congregation of Christians	8.30am Perth Chinese Baptist Church 1.30pm Phoenix 3pm Eagles Communicare
Monday 27	*Tuesday 28*	*Wednesday 29*	*Thursday 30*	*Friday 31*		
11am Advanced Prostate 11am Fitness 12pm Carpet Bowls 1pm Vital 4pm Bible Baptist 6pm Social Research 6pm Friends of Palestine	*9.30am Tai Chi* 4.30pm Centre Care 6pm Social Research	9.30am Society of Women Writers 1pm Chair Yoga 4pm Eagles 6.30pm Bridge Club	9am Scrabble 10.30am COCOA 12.30pm Mahjong 5pm Centrecare 5.30pm Student Services 6pm Recovery House	*9am Quilting and Craft* *12pm Sahaja Meditation*		