

Citiplace Community Centre Newsletter

February 2024

Valentine's Day Lunch

Wednesday 14th February

**LIVE MUSIC
3 COURSE MEAL
RAFFLES
DOOR PRIZES
TICKETS ONLY \$35
9461 3550**

When your secret admirer gives you a lovely gift but you can't read because you're a dog



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

International Menu - Italian

Monday 19th February 2024

Italian Sausage & Bean Soup with Garlic Bread \$4.00

Lasagne al Forno \$9.00

Or

Spinach & Ricotta Tortellini \$9.00

Served with Peas & Prosciutto

Italian Potato Salad or Garlic Mash Potato

Tiramisu \$3.50

Or Italian Plum & Almond Pudding \$3.50





**St Patrick's Day High Tea
Citiplace Community Centre
Friday 15th March 2024**

Tickets \$30
Live Entertainment
Limited Seating
Secure your seat at Reception
Phone 9461 3550



**Seasons
Sing-alongs**

**FREE CONCERT ROOM BY SEASONS
Wednesday 13th March 2024
1pm in Dining Room
FREE ENTRY**



northern suburbs
community
legal centre



Our financial advocacy service offers support and education in the areas below.
This service is available across WA for individuals and groups.

- Monday 19th Feb 10am—Brief overview of Northern Superbus Community Legal Centre (NSCLC) & Older People's Rights Service (OPRS) , Budgeting and healthy spending habits.
- Tuesday 27th Feb 10am—Education on common scams and frauds and tips for recognising and avoiding scams.
- Monday 11th March 10am—Making money decisions and tips on organising documents.
- Talking about the importance of capacity in financial and legal decision-making.
- Monday 18th March 10am —Elder Abuse, with focusing on financial abuse with structured scenario discussions (no individual scenarios),
- Tues 26th March 10am—General information and overview on Enduring Power of Attorney (EPA) and its role in decision-making , Enduring Power of Guardianship (EPG) and its significance in healthcare and personal matters and Information on family agreements and their role in financial and legal matters.

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

📞 9461 3550

I'M ONLY SINGLE ON VALENTINE'S DAY BECAUSE



Group iPad Lessons

Are you interested in learning to use an iPad?

- Small groups
- Qualified trainer
- iPads supplied
- \$5 .00
- 2 hour lesson



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Community Centre Op Shop

MONDAY—FRIDAY 9.30AM TO 3PM

- Op Shop - Men's clothing
- Ladies' clothing - Children's clothing
- Linen - Household -Movies and Music



RUOK?

Free Counselling Sessions

Counselling Service:
Tiana. Mondays

Dab of Sunshine:
Renee. Thursday

Crisis Counselling:
By appointment

To book
Phone 9461 3550

Podiatry

Podiatry Consultations \$33

Monday— Wednesday

9.15am to 1.15pm

Thursday—Closed

Friday - 9.15am to 1.15pm

Walk-ins available

Bookings 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
- \$5.00

“ On this day of love, I want you to know that you are the melody to my heart’s sweetest song.

Happy Valentine’s Day, my love.”

International Women’s Day Breakfast

8th March 2024

Details to come

Book Sale Only \$1.00

Mags
Books
CD’s



February

February is mostly recognized for Valentine’s Day, flowers, and, depending on where you are, being incredibly cold or Hot!

Oddly enough, even though it’s just another month, there’s a lot of history behind this month of romance and love!

Some historical events occurred in February, there is a reason it came to be the shortest month of the year.

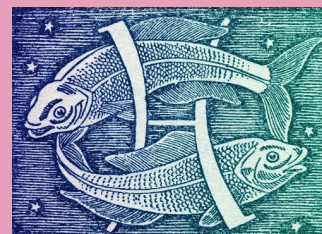
February fluctuates between having 28 and 29 days per year. The 29th day only occurs every 4 years during leap years.

The length of February was finalized when Julius Caesar remade the Roman calendar and assigned the month 28 days and 29 days. In 713 B.C., February was officially added to the Roman calendar.

If you were born in February, your birthstone is an amethyst, and your flower is a primrose.

The western zodiac signs in February are Aquarius which is January 20th until February 19th, and Pisces, February 19th until March 20th.

Over time, the length of February kept changing. At one point, it had as little as 23 days.



Rooms for Hire - Catering Options

Book 9451 3550

Also available out of hours

Small Meeting Room (upstairs) Max 11 People

Rates	Concession Rates incl GST	Commercial Rates incl GST
Per hour	\$20	\$40
Per half day	\$25	\$55
Per full day	\$35	\$85

Small Conference Room (upstairs) Max 45 People

Rates	Concession Rates incl GST	Commercial Rates incl GST
Per hour	\$25	\$55
Per half day	\$45	\$105
Per full day	\$65	\$155

Large Conference Room (downstairs) Max 80 People

Rates	Concession Rates incl GST	Commercial Rates incl GST
Per hour	\$42	\$80
Per half day	\$77	\$155
Per full day	\$145	\$305

Dining Room, (downstairs) Max 190 people

Rates	Concession Rates incl GST	Commercial Rates incl GST
Per hour	\$55	\$110

Citiplace Community Centre

February 2024 menu

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

Day	Date	Choice of
Thursday	1	Roast Pork or Macaroni Cheese
Friday	2	Fish & Chips or Potluck
Monday	5	Thai Chicken Curry or Roasted Vegetable Slice
Tuesday	6	Beef Stroganoff or Quiche Lorraine
Wednesday	7	Liver, Bacon & Onions or Beef Madras & Rice
Thursday	8	Roast Lamb & Mint Sauce or Vegetarian Pasta
Friday	9	Fish & Chips or Potluck
Monday	12	Chicken Stir Fry or Spinach & Feta Pie
Tuesday	13	Egg & Bacon Pie or Savoury Mince
Wednesday	14	Valentine’s Day Lunch or Cottage Pie in Large Conference Room
Thursday	15	BBQ Meat Loaf or Chicken Parmigiana
Friday	16	Fish & Chips or Potluck
Monday	19	ITALIAN MENU DAY
Tuesday	20	Sausage Bake or Fisherman’s Pie
Wednesday	21	Shepherd’s Pie or Tandoori Chicken
Thursday	22	Roast Chicken or Pumpkin & Feta Quiche
Friday	23	Fish & Chips or Potluck
Monday	26	Spanish Chicken Tray Bake or Curried Sausages
Tuesday	27	Mongolian Lamb or Homemade Salmon Fish Cake
Wednesday	28	Beef Bourguignonne or Jambalaya
Thursday	29	Roast Beef & Yorkshire Pudding or Chicken Cordon Bleu



Amazing scones and muffins baked daily!

			Thursday 1	Friday 2	Saturday 3	Sunday 4
			9am Scrabble 12.30 pm Mahjong 4.30pm Social Research 5pm SAGE 6pm Church Happens	9am Quilting and Craft 10am ASA –Len	9am Alcoholics Anonymous 6pm Congregation of Christians	8.30am Perth Chinese Baptist Church 3pm Eagles Communicare
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10	Sunday 11
10am Counselling 11am Fitness 12pm Carpet Bowls 4pm Bible Baptist 5.45pm Vital Points Meditation 6.30pm Friends of Palestine	9.30am Tai Chi 6pm Social Research	9am Society Women Writers 1pm Chair Yoga 4pm Eagles 6.30pm Bridge Club	9am Scrabble 9.30am U3A 10.30am Chinese Elders 12.30 Mahjong 5pm SAGE 6pm Church Happens	9am Quilting and Craft	9am Alcoholics Anonymous 6pm Congregation of Christians	8.30am Perth Chinese Baptist Church 3pm Eagles CommunicareChristmas Event
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
10am Counselling 11am Fitness 12pm Carpet Bowls 4pm Bible Baptist 5.45pm Vital Points Meditation 6.30pm Friends of Palestine	9.30am Tai Chi 6pm Social Research	Valentine's Day Lunch 9am Society of Women Writers 1pm Chair Yoga 4pm Eagles 6.30pm Bridge Club	9am Scrabble 9am Counselling 10am ASA—Mark 12.30 pm Mahjong 2.30 ASA Tony 5pm SAGE 6pm Church Happens	9am Quilting and Craft	9am Alcoholics Anonymous 10.30am Greyhound Adoption's WA 1pm Shakespeare 6pm Congregation of Christians	8.30am Perth Chinese Baptist Church 3pm Eagles Communicare
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25
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