

Citiplace Community Centre

Celebrating our 35th anniversary this month!

May 2024 Newsletter



Citiplace Logo from 1989

New Council facilities to wear “Citiplace” tag

“CITIPLACE” is to become a word familiar to all of us in time as the new facilities in the Forrest Place/City Station become more used and known.

It is to be the official prefix for a number of the elements.

The concourse, for instance is to be known as Citiplace Concourse and other

facilities as Citiplace Child Minding Centre, Citiplace Community Centre, Citiplace Restroom, Citiplace Walkway and Citiplace Carpark.

Padbury Walk

Incidentally, the name Padbury, so long associated with Padbury buildings

on the east side of Forrest Place, now demolished, is to be preserved by the name Padbury Walk being given to the upper level walkways.

Moreover a pioneer name made famous only recently is to be commemorated by the naming of the new building on the north west corner “Albert Facey Building” after the author of the best-seller “A Fortunate Life.”

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Citiplace Community Centre

Open 8:00am - 4pm

Dining Room	Open 8:30am - 3pm
Craft Stall	Open 9:30am - 2pm
Op Shop	Open 9.30am - 3pm

Shop 2 – Station Concourse,
378 Wellington Street
Perth 6000
Phone: 9461 3550

CITY OF PERTH
City of Light

Vol. 9 No. 51

June/July 1989

CITIPLACE COMMUNITY CENTRE OPENS ITS DOORS

THE Council's \$800,000 Citiplace community centre in the new City Station complex opened its doors to the public last month.

Located on the upper level walkway overlooking the City Station, the centre provides meals and recreational activities

primarily for the elderly and disabled.

Facilities include a diningroom that seats up to 100 people, hairdresser and podiatry services, a television or reading room and areas where recreational pur-

suits such as handcrafts, aerobics, or films can be presented.

The new centre replaced the McNess Elderly Persons Centre in Pier Street which had operated for 22 years and was heavily used by senior citizens visiting the central city.

The location is in close proximity to lifts and escalators giving easy access to people with physical disabilities. The centre has wheelchairs available for hire.

A \$100,000 grant from the Lotteries Commission covered the cost of fittings, furnishings and equipment.

Rest rooms open

The new rest rooms in the City Station complex are already operating, providing facilities for mothers and fathers of babies and young children.

With the community centre, the rest rooms, and later in the year the child minding centre, the community resources planned for the complex will be complete.

It is expected that activities at the community centre will expand as the wishes and needs of the users become known, but it will always remain a venue for relaxation and social contact.

• *The city's senior citizens took a 'shine' to the Council's new Citiplace community centre from the moment it opened its doors last month.*



Community facilities to get a big boost

TWO wheelchairs have been bought by the Perth City Council for the community centre soon to be opened as part of the new City Station Complex.

The Lotteries Commission also contributed \$1100 towards the purchase of the chairs, which will make it easier for elderly and disabled people to shop in the central city. They will be available for a modest fee.

The Lotteries Commission also contributed a capital grant of \$100,000 to help establish the Community Centre. The facility, expected to be ready for use within the next two or three months, will replace the Perth City Council's McNess Senior Citizens' Centre, which has been operating in Pier Street for the past 21 years.

A large dining room, with seating for 100 people, will serve light meals for aged and disabled pensioners at reasonable prices in the new centre.

There will also be a podiatry service, by appointment, and a meeting room which will be available for hire by community groups needing a venue for meetings.

To further encourage people to use the new centre when it opens its doors, a varied programme of entertainment is planned, with activities ranging from talks and music recitals, to craft, carpet bowls and possibly dancing.

The centre will be managed by the Perth City Council.

Christmas in July 2024

Friday 26th July
Live Entertainment
3 Course Meal
Door prizes - Raffles
Tickets only \$35
9461 3550



CELEBRATING INTERNATIONAL FOOD DAY CHINA

Monday 27th May 2023

Chicken & Sweetcorn Soup \$4.00

Beef & Black Bean Sauce \$9.00

Or

Sweet & Sour Chicken \$9.00

Served with Steamed Rice & Prawn Crackers

Cantonese Sponge Cake with Orange Syrup
\$3.50



Citiplace Community Centre

Op Shop May Mega Sale

This May, the Op Shop is offering incredible deals that you won't want to miss!

Discover a wide range of clothing for the whole family. From stylish dresses to jumpers and footwear.

All Clothing & Shoes

Only \$2 each!



SALE

While there, check out our collection of home goods
bric-a-brac, kitchenware, CD's, and linen.

Open: 9.30am to 3pm Monday to Friday

CITY OF  PERTH

“MY MOTHER ALWAYS USED TO SAY, ‘THE OLDER YOU GET, THE BETTER YOU GET



-Betty White

Citiplace Community Centre Art Classes

Wednesday Weekly

10am to 12pm

\$10.00

No Booking Needed

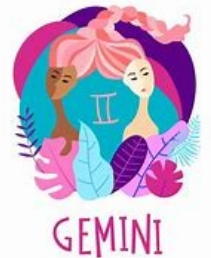
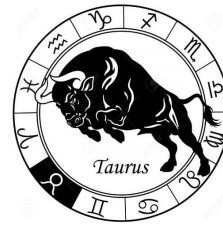
9461 3550

May is the fifth month of the year in the Julian and Gregorian calendars. Its length is 31 days.

May (in Latin, *Maius*) was named for the Greek goddess Maia, who was identified with the Roman era goddess of fertility, Bona Dea, whose festival was held in May.

May's birthstone is the emerald which is emblematic of love and success. Birth flowers are the Lily of the Valley and *Crataegus monogyna*. Both are native throughout the cool temperate Northern Hemisphere in Asia, Europe, and in the southern Appalachian Mountains in the United States, but have been naturalised throughout the temperate climatic world.

The zodiac signs are Taurus (until May 20) and then Gemini.



Small Room available for hire for private therapy business.

Only \$85 per day

Would suit, for example, Bowen, massage, Reiki



**Friday 26th April 2024
Community Centre Craft Stall**

**Quilting and Craft Items
9am to 1.30pm**

All homemade by local suppliers



**THERE IS A LEGEND THAT IF
YOU GO TAKE A SHOWER AND
SCREAMS OUT LOUD "MOM"
THREE TIMES**



**A NICE LADY APPEARS
BRINGING THE TOWEL
YOU FORGOT**

Fitness classes \$5.50

Fitness—Monday 11am

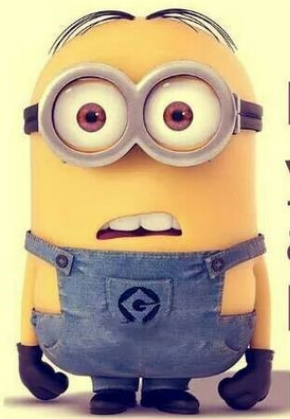
- Large Conference Room
- No need to book
- Personal Trainer, Rebecca from *Feel Your Best Fitness and Massage*

Tai Chi—Tuesday 9.30am

- Improved balance
- Pain management
- Improved brain function
- Improved sleep

Chair Yoga/Zumba - Wed. 1pm

A universal method for improving life through better movement, sensation, posture and breathing.



I remember years ago when all i wanted to be was OLDER

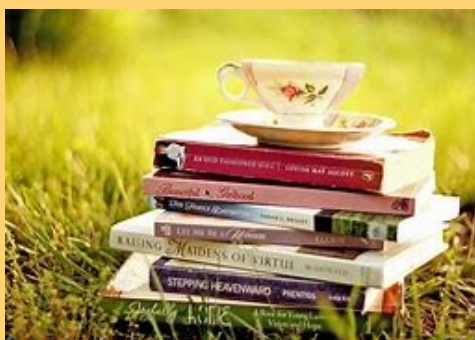
I WAS WRONG!!!



Book Sale

Books
Magazines
DVD'S
Talking Books

All \$1 each



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

Group iPad Lessons

Are you interested in learning to use an iPad?

- Small groups
- Qualified trainer
- iPads supplied



\$5 .00 for a 2 hour lesson

Community Centre Op Shop

MONDAY—FRIDAY 9.30AM TO 3PM

- Men's, ladies and children's clothing
 - Linen
- Household items
- Movies and Music



Rooms for Hire, with catering options

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

Social Groups

Carpet Bowls - Monday 12pm, \$5

- Large Conference Room
- Afternoon tea included
- Looking for new members



Advanced Scrabble - Thursday 9am, \$3.50

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

Mah-Jong - Thursday 12.30pm. \$3.50

- Western Style
- All levels welcome
- Improves hand - eye coordination
- Trains concentration/pattern recognition

Quilting Group - Friday 9am. \$5

- Large Conference Room
- Morning tea included
- Work on single or team projects
- 9am to 12pm

RUOK?

Free Counselling Sessions

Tiana: Mondays

Renee: Thursday
Crisis Counselling.

By appointment
Phone 9461 3550

Baby Rattles



Among the first toys given to a baby is a rattle. Initially, this was not meant so much for the amusement of the infant as for its protection. The rattle's sound was intended to drive away the evil spirits which were imagined to threaten the young child and were believed to be allergic to noise.

The earliest rattles go back to the dawn of civilisation.

Beautiful specimens have been excavated at Tel-al-Armana in Egypt, dating back to the fourteenth century BC, whilst others have been discovered in the famous ruins of the Pompeii.

Mom, what's it like to have the greatest daughter in the world?



I don't know dear...you'll have to ask Grandma.

Citiplace Community Centre

May 2024

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
Wednesday	1	Liver, Bacon & Onions or Chicken Parmigiana
Thursday	2	Roast Beef & Yorkshire Pudding or Pumpkin & Feta Frittata
Friday	3	Fish & Chips or Potluck
Monday	6	Chicken Kiev or Fish Pie
Tuesday	7	Beef Massaman Curry or Quiche Lorraine
Wednesday	8	Lamb & Mint Pie or Beef Sausages
Thursday	9	Roast Pork & Apple Sauce or Mediterranean Penne Pasta
Friday	10	Fish & Chips or Potluck
Monday	13	Irish Stew or Vegetable Lasagna
Tuesday	14	Pork Stir Fry or Eggplant Parmigiana
Wednesday	15	Beef & Onion Pie or Southern Fried Chicken
Thursday	16	Roast Chicken or Spaghetti Bolognese
Friday	17	Fish & Chips or Potluck
Monday	20	Savoury Mince or Basil Pesto Pasta Bake
Tuesday	21	Chicken Casserole or Zucchini Cheddar Bake
Wednesday	22	Lamb Korma or Macaroni & Cheese
Thursday	23	Roast Beef & Yorkshire Pudding or Chicken Schnitzel
Friday	24	Fish & Chips or Potluck
Monday	27	INTERNATIONAL FOOD DAY—CHINA
Tuesday	28	Beef & Mushroom Stew or Spinach & Ricotta Tortellini's
Wednesday	29	Chicken & Bacon Pie or Meatballs
Thursday	30	Roast Lamb or Sausage & Mash
Friday	31	Fish & Chips or Potluck

Amazing scones and muffins baked daily!

		<i>Wednesday 1</i>	<i>Thursday 2</i>	<i>Friday 3</i>	<i>Saturday 4</i>	<i>Sunday 5</i>
		9am Society Women Writers 10am ART 1pm Historical Society 1pm Chair Yoga 4pm Eagles 6.30pm Bridge Club	9am Scrabble 10am Golden Oldies 10.30am Nat. Seniors 12.30 Mahjong 5pm SAGE 6pm Church Happens	9am Quilting and Craft 10am ASA –Len	9am Alcoholics Anonymous 1pm Congregation of Christians	8.30am Perth Chinese Baptist Church 12.30pm God's Heart 3pm Eagles Communicare
<i>Monday 6</i>	<i>Tuesday 7</i>	<i>Wednesday 8</i>	<i>Thursday 9</i>	<i>Friday 10</i>	<i>Saturday 11</i>	<i>Sunday 12</i>
10am Counselling 11am Fitness 12pm Carpet Bowls 4pm Bible Baptist 5.45pm Grounded Meditation 6.30pm Friends of Palestine 6.30pm Social Research	9.30am Tai Chi 9am REmida 9.30am U3A 6pm Social Research	9am Society Women Writers 10am ART 2pm Meet'n'Muse 1pm Chair Yoga 4pm Eagles 6.30pm Bridge Club	9am Scrabble 9.30 U3A 10am St John Fellowship 10.30am Chinese Elders 12.30 Mahjong 5pm SAGE 6pm Church Happens	9am Quilting and Craft	9am Alcoholics Anonymous 10am Writing Connection 6pm Cong. of Christians	8.30am Perth Chinese Baptist Church 12.30pm God's Heart 3pm Eagles Communicare
<i>Monday 13</i>	<i>Tuesday 14</i>	<i>Wednesday 15</i>	<i>Thursday 16</i>	<i>Friday 17</i>	<i>Saturday 18</i>	<i>Sunday 19</i>
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<i>Monday 20</i>	<i>Tuesday 21</i>	<i>Wednesday 22</i>	<i>Thursday 23</i>	<i>Friday 24</i>	<i>Saturday 25</i>	<i>Sunday 26</i>
10am Counselling 11am Fitness 12pm Carpet Bowls 4pm Bible Baptist 5.45pm Grounded Meditation 6.30pm Friends of Palestine 6.30pm Social Research	No Tai Chi 9am REmida 9am Society of Women Writers 9.30am U3A 6pm Social Research	10am ART 9am Society of Women Writers 2pm Meet'n'Muse 1pm Chair Yoga 4pm Eagles 6.30pm Bridge	9am Scrabble 9.30am U3A 10.30am COCOA 12.30 Mahjong 5pm SAGE 6pm Church Happens	9am Quilting and Craft National Volunteer Week Event	9am Alcoholics Anonymous 8am Student Services 12.30pm Soc. Women Writer's 6pm Congregation of Christians	8.30am Perth Chinese Baptist Church 12.30pm God's Heart 3pm Eagles Communicare
<i>Monday 27</i>	<i>Tuesday 28</i>	<i>Wednesday 29</i>	<i>Thursday 30</i>	<i>Friday 31</i>		
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