



City of Perth

August 2020

# Citiplace Community Centre

Welcome  
Back  
We Missed You

**WELCOME BACK!**



**WE MISSED YOU THIS MUCH**

Podiatry Appointments Available



**Citiplace Community Centre | Open 8am 4pm  
Dining Room | Open 8:30am - 3:30pm**

Upper Level City Station Complex, CNR Barrack  
and Wellington, Perth 6000

Phone: 9461 3550

# Carpet Bowls

Monday weekly – 12 Noon



- Great fun
- Great company
- Cost \$5 00
- Afternoon tea included
- Easy access at the Train Station

# Mah-jong Group

Thursday Weekly 10am



- Thursday weekly
- Experienced teacher
- Only \$3.50
- Great company

# Fitness

Monday 11am – Large Conference Room

Wednesday 2pm Dining Room

\$5.50 per lesson

No need to book

New Session



New Group

# Chair Yoga



Tuesday Weekly 2pm

- BRONTE
- Experienced Yoga teacher
  - \$5.50 per lesson
- Chair yoga at your own pace

# A Dab of Sunshine – Renee Schultz

3<sup>rd</sup> Thursday of Month at 10:30am



- Thursday August 20<sup>th</sup>, 2020
- No Charge
- Qualified Counsellor



## Boot Scooting - Friday Weekly 2pm



Boot scooting helps to increase muscle tone and coordination, lower the risk of coronary heart disease, improve cholesterol level, strengthens bones, reduce blood pressure, keeps you mentally fit and help you manage your weight.

ONLY \$5.50 per lesson

## Tai Chi

Tuesday 9.30am – 10.30am

Tai chi is an ancient, Chinese martial art form that is practised around the world as a type of gentle exercise. It involves smooth, flowing movements to help improve the flow of life energy, or Qi (pronounced 'chee'), through your body. This is said to help create a sense of relaxation and improve or maintain health.

ONLY \$5.50 per lesson



# Quilting

Friday weekly 9.30am to 12md



- Our fabulous Quilting Group is looking for new members that have some quilting experience.
- Meet new people
- Have a cuppa and a chat while enjoying what you like to do
- Cost \$4.00 – includes morning tea.

# Knitting and Crochet Group

Wednesday 9.30am – 12pm



- A knitting and crochet group is held in the dining room every Wednesday from 9.30am to 12pm.
- Meet new people
- Have a cuppa and a chat while enjoying what you like to do
- No Charge

# YOGA

Friday 1pm to 2pm



- increased flexibility.
- increased muscle strength and tone.
- improved respiration, energy and vitality.
- maintaining a balanced metabolism.
- weight reduction.
- cardio and circulatory health.
- improved athletic performance.
- protection from injury.

# Feldenkrais

Monday Weekly | 9am – 10am



The Feldenkrais method is a universal method for improving human life through better movement, sensation, posture and breathing. This method is claimed to reorganize connections between the brain and body and so improve body movement and psychological state

- Only \$5.50 per class

## Op Shop

Monday to Friday 9.30am – 3.30pm

- Open Monday to Friday 9.30 – 3.30pm
- Great specials on ladies and mens clothes
- Bric a Brac
- Shoes
- Bags, Belts
- Jewellery
- Pictures and pictures

Closed until further notice



## Computer Lesson

Monday to Friday | 10:00am -3pm

- iPad – iPhone – laptop-Android
- 1-hour lesson only
- Monday to Friday
- Small classes for 2-4 people
- Book your lesson
- Phone 0161 3550

Closed until further notice



## Lunch Menu | August 2020

All main meals include Vegetables

Breakfast: 8:30am – 10am | Lunch: 11am – 1:30pm | Afternoon Tea: 1:30pm – 3:30pm

*Vegetarian and diabetic needs catered for please ask staff*

Day	Date	Choice of
Monday	3	Savoury Mince or Quiche Lorraine
Tuesday	4	Pork Chop or Chicken Stir Fry
Wednesday	5	Beef Stroganoff or Chicken Parmigiana
Thursday	6	Roast lamb or Mince and Macaroni
Friday	7	Fish & Chips or Pot Luck
Monday	10	Spinach and feta Quiche or Fish Cakes and Chips
Tuesday	11	Mongolian Lamb or Bacon and Egg Pie
Wednesday	12	Curry Sausages and Rice or Pizza
Thursday	13	Roast Chicken or Tuna Mornay
Friday	14	Fish & Chips or Pot Luck
Monday	17	Vegetable Slice or Mince and Onion Pie
Tuesday	18	Sausages and Mash or Honey Soy Chicken
Wednesday	19	Chicken Cacciatore or Liver, Bacon and Onions
Thursday	20	Roast Pork or Meatballs
Friday	21	Fish & Chips or Pot Luck
Monday	24	Chicken Parmigiana or Lamb Rissole
Tuesday	25	Vegie Lasagna or Beef Curry and Rice
Wednesday	26	Cottage Pie or Chicken Casserole
Thursday	27	Roast Beef or Macaroni Cheese
Friday	28	Fish & Chips or Pot Luck
Monday	31	Chicken, Bacon and leek Quiche or Beef Rissole



