

OCTOBER 2023  
ISSUE 10  
Greendale Centre Newsletter



## WHAT'S ON AT THE GREENDALE CENTRE

- Venue Hire
- Activity Groups
- Community Groups
- Meals
- Events
- Outings
- Allied Health Services
- Information Sessions
- Hairdressing

### Inside this Issue:

**Thursday Pub Grubs**

**Friday Outings**

**October Events**



**12 Coombe Avenue, Armadale - Monday to Friday 8.30am to 4.00pm**  
**[www.dalecottages.com.au](http://www.dalecottages.com.au) - 9399 5393**

## **THURSDAY PUB GRUBS - October 2023\***

**12th October 2023**

**Kardinya Tavern**

Kardinya

Large Bus Event

**19th October 2023**

**That Plant Cafe**

Kelmscott

Large Bus Event



**Thursday Pub Grub bus will leave the Greendale Centre  
at 11.30a.m. and return approximately 2.30p.m.**

**Cost is \$15.00 per person for return bus trip and you are required  
to purchase your own meal and/or refreshments.**

## **FRIDAY OUTINGS - October 2023\***

**6th October 2023**

**Australind Day Out**

Large Bus Event

See next page for outing information

**27th October 2023**

**Gravity Discovery Centre  
& Observatory**

Large Bus Event

See next page for outing information



**Friday Outings bus will leave from the Greendale Centre at 9.00a.m.  
and will return approximately 4.00p.m., (return time may vary  
due to activity and/or distance travelled). Cost is \$20.00 per person for  
return bus trip and you are required to purchase your entry/event/activity  
ticket at the venue (if required), as well as your lunch and/or morning tea.**

**\*Please note numbers are limited for all outings -**

**Maximum of 9 guests for the small bus**

**Maximum of 23 guests for the large bus**

**(Please advise if you have a wheelie walker when booking.)**

# Greendale Centre Friday Outings

**Friday 6th October 2023**

## *Australind Day Out*

Our Dale Cottages bus will leave the Greendale Centre at 9.00a.m. and head off to visit the Harvey Cheese Shop where you can purchase some goodies and enjoy morning tea. Morning Tea (cake and cuppa), will be available at \$9.50 per person. This will be a refreshment stop before heading onto Australind.

Once in Australind you will have time for a quick lunch, before a visit to Featured Wood Gallery. At 1.30p.m. and you will be able to have a tour of the gallery (should you wish), for \$5.00 per person.

Please note payment for morning tea and gallery tour will be payable at each venue. Cost of bus is \$20.00 per person and is payable at the Greendale Centre. Following the tour, the bus will return back to the centre, arriving by 4.00p.m.



**Friday 27th October 2023**

## *Gravity Discovery Centre & Observatory*

Our bus will leave the Greendale Centre at 9.00a.m. and head out to the Gravity Discovery Centre and Observatory at Yeal.

This day out includes a Guided Tour at 10.30a.m., followed by a Two Course Luncheon at \*\$32.00 per person.

Meal Options are: Lasagne with Chips & Salad, Fish with Chips & Salad or Nachos (Vegetarian & Gluten Free) - these will be pre-ordered.

Bus will return to the Greendale Centre following tour and lunch, to arrive by 4.00p.m.

**Cost of bus is \$20.00 per person (total cost of outing is \$52.00 p.p.).**

**Please note payment is required at time of booking. \*Please note the cost of Gravity Centre Tour & Lunch is not refundable should you need to cancel.**



## **OKTOBERFEST LUNCHEON**



### **OKTOBERFEST LUNCHEON AT THE GREENDALE CENTRE**

**Friday 13th October 2023**

**11.30a.m. - 2.00p.m.**

**Greendale Centre Dining Room.**

**Two course German themed meal &  
soft drink included. BYO Alcohol.**

**Raffles, lucky door prize.**

**Tickets \$25.00 per person.**

**Please RSVP by Friday 10th October 2023.**





# HAPPY HALLOWEEN



## HALLOWEEN BBQ LUNCHEON

**Tuesday 31st October 2023.**

**11.30a.m. - 2.00p.m.**

**Greendale Centre Dining Room/Alfresco.**

**Come in your scariest and craziest outfits to scare  
your fellow patrons.**

**Lots of fun and laughter. Raffles, lucky door prizes.**

**Come and join in the fun.**

**Tickets \$10.00 for a BBQ lunch, soft drink and  
Ice cream. BYO Alcohol.**

**Please RSVP by Monday 30th October 2023.**



Armadaale  
**HEAD TO HEALTH**

## **Greendale Centre Information Session**

# Free emotional help will soon be just down the road.

Armadaale Head to Health adult mental health centre opens later this month at 65 Church Avenue, Armadaale.

This will be a free, confidential service where you can go to talk with one of the friendly staff about what is worrying you.

You won't need an appointment or a referral, and they will be open every single day of the year from 10am – 8pm.

### **FREE INFORMATION SESSION**

Armadaale Head to Health is joining us for a free information session. Come along to find out more and hear how their friendly staff might assist you or a loved one.

**DATE: Wednesday, October 4**

**TIME: 9.30 – 10.30am**

**WHERE: Greendale Centre**

## Bookings at the Greendale Centre

**Hearing Clinic  
at the Greendale Centre  
Wednesday 18th October 2023  
10.00a.m. onwards  
(by appointment)**



- Hearing issues?
- 1 in 3 Australian adults over 65 suffer from hearing loss!
- Tinnitus annoying you?
- Vertigo or balance issues?
- Trouble with ear wax?

vCare Hearing can offer you specialised advice and affordable treatment with:

- ❖ Hearing checks
- ❖ Wax removal with micro-suctioning
- ❖ Medical outcome reports to your chosen GP / Specialist
- ❖ Swimmers Ear Plugs
- ❖ Musician Ear Plugs
- ❖ Hearing Aids and supplies

Welcome to vCare Hearing, an independently family owned audiology clinic, where your hearing, is our concern.

We were launched in Sept 2015, however, Dr Muthu has had over 25 years' experience in the industry.

Our practice currently serves clients from children to adults, helping both private clients and Aged Pensioners. We offer free hearing aids to Aged Pensioners and affordable, high quality, specialised hearing care, even in the convenience of client's homes.

Our comprehensive care aims at advocacy, education, prevention, rehabilitation and community services.

**\*\*We will be at Greendale Centre Armadale next on 18/10/2023 from 10am\*\***

Contact us anytime from Monday's at 8am to Friday's at 4pm on the following:

Phone: (08) 9394 8345

Email: [admin@vcarehearing.com.au](mailto:admin@vcarehearing.com.au)

Head Office: Shop 17, Southern River Shopping Centre, cnr Ranford Rd & Bristle Ave  
Southern River, 6110

Audiologist: Dr Muthu Nachiappan Aud, JP, Prov #020623L. Prac #2654351A.

Sites: Bridgetown, Manjimup, Nannup, Baldivis, Byford, Greendale Centre Armadale,  
South Lake, Alexander Heights, Nedlands, Southern River, Willagee.

**Please note this is a private Hearing Service.  
Information and bookings are available by  
contacting VCare directly.  
Charges may apply.**



# GREENDALE CENTRE



## MENU OCTOBER 2023

Mon	Tue	Wed	Thu	Fri
2 Chicken Satay Panna Cotta with Berry Coulis	3 Beef and Mushroom Pie Coconut Sago Pudding	4 Roast Herb Chicken with Gravy Bread and Butter Pudding	5 <b>*MOW &amp; TA ONLY</b> Mild Lamb Curry Broken Jelly	6 Battered Fish Fillets w/ Tartare Sauce & Lemon Crème Caramel
9 Shepherd's Pie Sago Pudding with Peaches	10 Honey and Soy Chicken Apricot Cream Jelly	11 Roast Pork & Apple Sauce Sticky Date Pudding with Butterscotch Sauce	12 <b>*MOW &amp; TA ONLY</b> Beef Lasagna Rice Pudding	13 Greendale Centre #Oktoberfest Luncheon
16 Butter Chicken Sago Pudding	17 Beef Sausage in Onion Gravy Mango Cheesecake	18 Roast Pork with Apple Sauce & Gravy Two Fruits	19 <b>*MOW &amp; TA ONLY</b> Baked Cajun Chicken Pavlova	20 Battered Fish Fillets w/ Tartare Sauce & Lemon Apple Crumble
23 Beef and Potato Goulash Blueberry & Apricot Rice Pudding	24 Chicken Parmigiana Apple Strudel	25 Roast Lamb with Mint Sauce Mango Cheesecake	26 <b>*MOW &amp; TA ONLY</b> Penne Bolognaise Chocolate Mousse	27 Greendale Centre **Halloween BBQ
30 Chicken Satay Panna Cotta with Berry Coulis	31 Beef and Mushroom Pie Coconut Sago Pudding			

Greendale Centre Dining Room Dine In 2 Course Meal (\$10.00)

12 noon - Monday, Tuesday, Wednesday & Friday

#Function Meals (\$25.00 per person) BBQ Meals (\$10.00 per person)

\*Meals on Wheels (\$12.00), Take Away - Available by Pre-Order (\$10.00)

Salads available by Pre-Order. All bookings by 10.00am on the day – 9399 5393

Please note this menu is subject to change without notice.

In this event we apologise for any inconvenience.

**Please note new Menu Price List to commence  
1st November 2023, details available  
at the Greendale Centre**