

NOVEMBER 2023
ISSUE 11
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

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Thursday Pub Grubs

Friday Outings

November Events



12 Coombe Avenue, Armadale - Monday to Friday 8.30am to 4.00pm
www.dalecottages.com.au - 9399 5393

THURSDAY PUB GRUBS - November 2023*

16th November 2023

Golden Ponds Cafe

Mundijong Road, Baldivis

Set Seniors Menu - (Menu at Greendale)

2 Course - \$25.00

3 Course - \$29.00

(Minimum of 10 people required)

Small Bus Event



30th November 2023

Elizabethan Village (Last Drop Pub)

Canns Road, Bedfordale

Small 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 - November 2023*

10th November 2023

Museum of Natural History, Guildford

Swan River Hotel, Ascot

Large Bus Event

See next page for outing information



24th November 2023

Roger May Machinery Museum, Pinjarra

Ravenswood Hotel

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 10th November 2023

Museum of Natural History, Guildford

Swan River Hotel, Ascot

Our Dale Cottages bus will leave the Greendale Centre at 9.00a.m. and head off to visit the Museum of Natural History in Guildford. You will never forget your visit to this world-class display of hundreds animals, birds, fish and reptiles (including Australian native animals).

Hundreds of exhibits have been patiently and expertly reproduced by Michael Buzza through his association with several official sites including the Department of Parks and Wildlife which contracts Michael to help protect and conserve the state's natural environment.

(Open daily from 10am to 5pm – Cost \$6 entry fee). There is access for wheelchairs and an accessible toilet).

Following the museum visit, the bus will take you onto lunch at Swan River Hotel in Ascot, before returning back to the centre, to arrive back approx. 4.00p.m.



Friday 24th November 2023

Roger May Machinery Museum, Pinjarra

Ravenswood Hotel, Ravenswood

Our bus will leave the Greendale Centre at 9.00a.m. and head off to Pinjarra to visit Roger May Machinery Museum.

Entry Fee is by gold coin donation.

Following the Museum visit, you will then head onto Ravenswood to enjoy lunch at the Ravenswood Hotel, on the banks of the beautiful Murray River. Bus will return to the Greendale Centre following lunch, to arrive back approx. 4.00p.m.



Greendale Centre

Tuesday 7th November 2023

Doors open 11.00am

Race at 12.00pm

\$30.00 per ticket.

Sweeps, Raffles, Lucky door prize.

Best Hat Parade.

Beautiful two course Luncheon, following the Race.

Soft Drink Included.

BYO alcohol.



**Bookings at the Greendale Centre,
9399 5393 or via website, www.dalecottages.com.au**



Greendale Centre

Neighbourhood Watch Information Session

Come along and listen to June from Armadale Neighbourhood Watch. June will inform you of simple steps you can take to improve your own personal safety as well as better protect your home and your community.

Greendale Centre

Wednesday 22nd November 2023

10.00am-11.00am

Tea and Coffee available.



NHW Armadale Inc. works with the Police to improve safety and perceived safety in the City of Armadale.

The group advises people on how to report crime. It is vital to report crime to local Police so they are aware of target areas. This effects where they patrol and how they can better service the community.

Neighbourhood Watch encourages connections between neighbours to:



Look out for each other



Help each other



Keep an eye on local spaces



Share information with each other and Police

**Hearing Clinic
at the Greendale Centre
Tuesday 21st November 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 21/11/2023 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

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.**



PILATES IN THE PARK @ DALE COTTAGES

CHANGE HAPPENS

THROUGH MOVEMENT AND

MOVEMENT HEALS

Sessions will run weekly,
for 6 weeks on Tuesdays
from October 24th,
till December 5th, 2023.

\$15.00 per class

Laws Cres. Parkland

4.30 - 5.20 pm

all abilities catered for

Lynda Rose 0407060007

REMEMBRANCE DAY

Greendale Centre

Closed for Saturday 11th November Service

Lest we forget



GREENDALE CENTRE

MENU - NOVEMBER 2023



Mon	Tue	Wed	Thu	Fri
		1 Roast Herb Chicken with Vegetables & Gravy Bread and Butter Pudding	2 *MOW & TA ONLY Mild Lamb Curry Broken Jelly	3 Battered Fish Fillets w/ Tartare Sauce & Lemon Crème Caramel
6 Shepherd's Pie Sago Pudding with Peaches	7 # Melbourne Cup Luncheon	8 Roast Pork with Vegetables, Apple Sauce & Gravy Sticky Date Pudding with Butterscotch Sauce	9 *MOW & TA ONLY Beef Lasagna Rice Pudding	10 Battered Fish Fillets w/ Tartare Sauce & Lemon Meringue Nest w/ Fresh Fruit
13 Butter Chicken Sago Pudding	14 Beef Sausage in Onion Gravy Mango Cheesecake	15 Roast Beef with Vegetables & Gravy Two Fruits	16 *MOW & TA ONLY Baked Cajun Chicken Pavlova	17 Battered Fish Fillets w/ Tartare Sauce & Lemon Apple Crumble
20 Beef and Potato Goulash Blueberry & Apricot Rice Pudding	21 Chicken Parmigiana Apple Strudel	22 Roast Lamb with Vegetables, Gravy & Mint Sauce Mango Cheesecake	23 *MOW & TA ONLY Penne Bolognese Chocolate Mousse	24 Battered Fish Fillets w/ Tartare Sauce & Lemon Butterscotch Banana Pudding
27 Chicken Satay Panna Cotta with Berry Coulis	28 Beef and Mushroom Pie Coconut Sago Pudding	29 Roast Herb Chicken with Vegetables & Gravy Bread & Butter Pudding	30 *MOW & TA ONLY Mild Lamb Curry Broken Jelly	

Greendale Centre Dining Room Dine In 2 Course Meal (\$13.00)

12 noon - Monday, Tuesday, Wednesday & Friday

#Function Meals (\$30.00 per person), **BBQ Meals (\$15.00 per person)

*Meals on Wheels (\$15.00), Take Away - Available by Pre-Order (\$13.00)

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
1st November 2023, details available
at the Greendale Centre