

FEBRUARY 2024  
ISSUE 2  
Greendale Centre Newsletter



## WHAT'S ON AT THE GREENDALE CENTRE

- Venue Hire
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- Meals
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- Outings
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### Inside this Issue:

**February 2024**

**Events and Outings**



**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 - February 2024\***

**8th February 2024**

**King Road Brewing Company**

King Road, Oldbury

Small Bus Event

**29th February 2024**

**Lakers Tavern**

Murdoch Road, Thornlie

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 - February 2024\***

**2nd February 2024**

**WA Maritime Museum**

Victoria Quay Road, Fremantle

Large Bus Event

See next page for outing information

**16th February 2024**

**Kings Park and Perth City Tour**

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.)**

# **Friday Outings\***

## **WA Maritime Museum**

**Friday 2nd February 2024**

**For a \$10.00 entry fee you are able to engage with the whole museum and appreciate its collection.**

**Following time at the Museum, you will then visit Gauge Road Brewing Company Fremantle, and sit by the water and watch iconic container ships go by, listen to good tunes, chill in the beer garden and enjoy a meal for lunch.**



## **Kings Park and Perth City Tour**

**Friday 16th February 2024**

**Our Dale Cottages bus will leave the Greendale Centre at 9.00am and head off to Perth City and surrounds before travelling through Kings Park to enable you to enjoy the park and a spectacular view of the City.**

**Once you've had a tour of Kings Park you can enjoy lunch at Zamia Café, May Drive, West Perth. Lunch Menu options range between \$23 to \$30. For example, Quiche and Salad is \$25.**

**\*Big Bus will leave the centre at 9.00am and return approx. 4.00pm. Cost is \$20.00 per person for bus and you are required to pay your own Entry Fee (if applicable), and purchase your lunch and/or refreshments.**

**Please note numbers are limited to 23 people.**

**Please advise if you have a wheeled walker at time of booking.**



## *Valentine's Day Luncheon*

**Wednesday 14th February 2024**

**Greendale Centre Dining Room**

**12.00pm - 2.00pm**

**\$30.00 per person**

**Entertainment and Soft Drink included**

**BYO Alcohol**

**Bookings at the Greendale Centre, 9399 5393**

**or via website [www.dalecottages.com.au](http://www.dalecottages.com.au)**

## *Waitangi Day*

**Join us at the Greendale Centre Dining Room  
for morning tea,  
to celebrate New Zealand's Waitangi Day.**

**Tuesday 6th February 2024**

**10.00am - 11.00am**

**Complimentary Morning Tea**





***Morning Melodies***  
***Don Russell Performing Arts Centre***  
**Roy Orbison Tribute Show**



**Wednesday 21st February 2024**

**10.00am - 12.00pm**

**Includes Morning Tea before the  
performance commences at 11.00am.**

**Bus will leave Greendale Centre at 9.30am.**

**Cost is \$33.00 per person.**

**which includes bus, morning tea and show.**

**Payment is required at time of booking and is non  
refundable should you need to cancel.**

**This is a small bus event, numbers are limited  
and we will be unable to take wheelie walkers.**





- Hearing issues?
- 1 in 3 Australian 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 20/02/2024 from 10am\*\***

Contact us anytime Monday to Friday, 8.00am to 4.00pm 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.

# **CYBERSCAM FORUM FOR SENIORS,**

**How to protect yourself  
from online scammers.**

*Hosted by Dr Tony Buti MLA, Member for Armadale /  
and Minister for Commerce, Hon Sue Ellery MLC.*

**This important information session with a  
question- and-answer segment will be presented  
by MS Patricia Blake, Commissioner for  
Consumer Affairs.**

**When:** Friday 23 February 2024

**Where:** Greendale Centre Dining Room,  
12 Coombe Avenue, Armadale.

**Time:** 9.00am -10.30am

## MENU - FEBRUARY 2024



Mon	Tue	Wed	Thu	Fri
			<b>1</b> <b>*MOW &amp; TA ONLY</b> Beef Lasagna Rice Pudding	<b>2</b> Battered Fish Fillets w/ Tartare Sauce & Lemon Panna Cotta with Berry Coulis
<b>5</b> Spinach and Ricotta Cannelloni (Rice Pudding with Rosewater)	<b>6</b> Pork Meatball Ragu Mango Cheesecake	<b>7</b> Roast Beef with Gravy Pavlova with Berry Sauce	<b>8</b> <b>*MOW &amp; TA ONLY</b> Lamb and Five Bean Casserole Panna Cota	<b>9</b> Battered Fish Fillets w/ Tartare Sauce & Lemon Apple Crumble
<b>12</b> Beef Sausage in Onion Gravy Berry Crumble	<b>13</b> Chicken Parmigiana Pavlova with Berry Sauce	<b>14</b> St. Valentine's Day Luncheon Chicken with Chips & Salad Cheesecake	<b>15</b> <b>*MOW &amp; TA ONLY</b> Beef Bourguignon Eton Mess	<b>16</b> Battered Fish Fillets w/ Tartare Sauce & Lemon Panna Cotta
<b>19</b> Chicken Satay Panna Cotta with Berry Coulis	<b>20</b> Beef and Potato Goulash Tiramisu	<b>21</b> Roast Herb Chicken with Gravy Mango Cheesecake	<b>22</b> <b>*MOW &amp; TA ONLY</b> Spinach & Ricotta Ravioli Coconut Rice Pudding	<b>23</b> Battered Fish Fillets w/ Tartare Sauce & Lemon Two Fruit Trifle
<b>26</b> Shepherd's Pie Meringue Nest with Fresh Fruit	<b>27</b> BBQ Chicken Maryland Apricot Cream Jelly	<b>28</b> Roast Pork with Apple Sauce and Gravy Pavlova with Berry Sauce	<b>29</b> <b>*MOW &amp; TA ONLY</b> Beef Lasagna Rice Pudding	

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.



# Let's Talk Mental Health

HelpingMinds and the Greendale Centre are holding Mental Health talks about Boost Your Wellbeing, Mental Health Basics, Social Media & Mental Health over 3 workshops.

Tuesday, 13 February | 20 February | 27 February 2024  
9:30am - 10:30am

The workshop series will cover the  
following topics:

**Boost Your Wellbeing:** Explores coping and resilience strategies to improve mental wellbeing. Explores risk factors and protective factors. Where to access mental health support services.

**Mental Health Basics:** Looks at a general overview of mental health, signs, symptoms of mental health challenges and how and where to access mental health support services.

**Social Media & Mental Health:** Relationship between mental health & social media; identifying risks; safe use.

**Location:** Greendale Centre

**Time:** 9:30am - 10:30am

**New – Justice of the Peace service at the Greendale Centre.**



Commencing on Thursday 1 February 2024 a free Justice of the Peace service will be available at Greendale Centre.

**Justice of the Peace Name: Ms Jan Cable**

**Day: Thursdays**

**Time: 1.30pm-3.00pm**

**Location: Greendale Centre Front Office  
(near Reception Desk)**

**JP's can witness affidavits, statutory declarations and certify documents.**

**Please note this service will be a Volunteer Service to the patrons of Greendale Centre.**

**At this stage no appointment necessary, however, this will be reviewed depending on the demand for the service.**