

MARCH 2024  
ISSUE 3  
Greendale Centre Newsletter



## WHAT'S ON AT THE GREENDALE CENTRE

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

**Inside this Issue:**

**March 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 GRUB - March 2024\***

**14th March 2024**

**Ogdens Hotel**

Albany Hwy, Gosnells

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 - March 2024\***

**8th March 2024**

**Kalamunda History Village**

**Railway Road, Kalamunda**

Large Bus Event

See next page for outing information

**22nd March 2024**

**Swan Valley- Old Guilford Gaol/**

**Vintage Shops Tour, Guilford**

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\***

### **Kalamunda History Village**

**Friday 8th March 2024**



For a \$7.00 entry fee you are able to visit the largest folk museum in WA. On the site is the original Upper Darling Range Railway Station built in the 1890's.

Following time at the Museum, you will then visit the Best Last Drop Pub and enjoy a meal for lunch. Cost of lunch is \$20.00.

### **Swan Valley - Old Guildford Gaol/Vintage Shops Tour**

**Friday 22nd March 2024**

Our Dale Cottages bus will leave the Greendale Centre at 9.00am and head off to the Swan Valley to visit Guildford's Historic Gaol. Entry fee is \$5.00.



This is followed by "brunch" at the Post Cafe.

To complete our outing we will have a trip down memory lane at the "Old Shops" in James Street.



**\*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 wheely walker at time of booking.**

*Morning Melodies*  
*Don Russell Performing Arts Centre*  
**Tina Turner Tribute Show**



**Wednesday 20th March 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.**





## *Easter Luncheon*

**Wednesday 27th March 2024**

**11:30AM**

**Greendale Dining Room**

**Two course Easter Luncheon.**

**Prize for the best Easter Bonnet.**

**Tickets \$20.00 Per Person.**

**Includes soft drink, games and raffles.**

**Bookings are Essential**

**Telephone 9399 5393 or at the Greendale Centre**

**Please note that the Greendale Centre will be closed  
Friday 29th March and Monday the 1st April 2024, for  
Easter public holidays.**





## *Lunchtime Quiz*

**Wednesday 13th March 2024**

**All Saints Anglican Church Hall, Gosnells**

**12.00pm - 2.00pm (Bus Departs at 11.30am from the Greendale Centre)**

**\$20.00 per person includes Quiz and Lunch & Bus**

**Tea and coffee with scones  
and dainty sweet treats.**

**Bookings at the Greendale Centre, 9399 5393  
or via website [www.dalecottages.com.au](http://www.dalecottages.com.au)**

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## *Saint Patrick's Day*

**Join us at the Greendale Centre Dining Room  
for morning tea, to celebrate Saint Patrick's Day.**

**Thursday 14th March 2024**

**10.00am - 11.00am**

**Morning Tea - Gold coin donation please.**





- 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 19/03/2024 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.**



# GREENDALE CENTRE



## MENU - MARCH 2024

| Mon  | Tue   | Wed   | Thu   | Fri  |
|--|---|---|---|--|
|  |   |   |   | <b>1</b><br>Battered Fish<br>Fillets w/ Tartare<br>Sauce & Lemon<br>Panna Cotta with<br>Berry Coulis |
| <b>4</b><br>Spinach and<br>Ricotta<br>Cannelloni<br>(Rice Pudding<br>with Rosewater) | <b>5</b><br>Pork Meatball<br>Ragu<br>Mango<br>Cheesecake          | <b>6</b><br>Roast Beef with<br>Gravy<br>Pavlova with<br>Berry Sauce                     | <b>7</b><br><b>*MOW &amp; TA<br/>ONLY</b><br>Lamb and Five<br>Bean Casserole<br>Panna Cota            | <b>8</b><br>Battered Fish<br>Fillets w/ Tartare<br>Sauce & Lemon<br>Apple Crumble                    |
| <b>11</b><br>Beef Sausage<br>in Onion Gravy<br>Berry Crumble                         | <b>12</b><br>Chicken<br>Parmigiana<br>Pavlova with<br>Berry Sauce | <b>13</b><br>Roast Lamb with<br>Mint Sauce<br>Mango<br>Cheesecake                       | <b>14</b><br><b>*MOW &amp; TA<br/>ONLY</b><br>Beef<br>Bourguignon<br>Eton Mess                        | <b>15</b><br>Battered Fish<br>Fillets w/ Tartare<br>Sauce & Lemon<br>Panna Cotta                     |
| <b>18</b><br>Chicken Satay<br>Panna Cotta<br>with Berry Coulis                       | <b>19</b><br>Beef and<br>Potato Goulash<br>Tiramisu               | <b>20</b><br>Roast Herb<br>Chicken with<br>Gravy<br>Mango<br>Cheesecake                 | <b>21</b><br><b>*MOW &amp; TA<br/>ONLY</b><br>Spinach &<br>Ricotta Ravioli<br>Coconut Rice<br>Pudding | <b>22</b><br>Battered Fish<br>Fillets w/ Tartare<br>Sauce & Lemon<br>Two Fruit Trifle                |
| <b>25</b><br>Shepherd's Pie<br>Meringue Nest<br>with Fresh Fruit                     | <b>26</b><br>BBQ Chicken<br>Maryland<br>Apricot Cream<br>Jelly    | <b>27</b><br>Roast Pork with<br>Apple Sauce and<br>Gravy<br>Pavlova with Berry<br>Sauce | <b>28</b><br><b>*MOW &amp; TA<br/>ONLY</b><br>Beef Lasagna<br>Rice Pudding                            | <b>29</b><br>GOOD FRIDAY<br>PUBLIC<br>HOLIDAY  |

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

12 noon - Monday, Tuesday, Wednesday & Friday (closed Public Holidays)

#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.