

Cafe Specials \$15

Cafe is open Tuesdays & Thursdays for orders from 8.30am until 12.45pm

DECEMBER
Tuesday 17

Christmas Cafe Special

Turkey and ham pie, chips, salad. Includes sweets and tea or coffee
This is the last Cafe day for 2024 so come down and enjoy the day

JANUARY
Tuesday 7

Cafe Welcome Back Special

Chicken pesto parcel with salad, includes dessert and tea or coffee

FEBRUARY
Thursday 6

Cafe Friendship Special

Chicken mushroom lasagne with salad, includes dessert and tea or coffee
Bring a friend

Takeaway Meals

Takeaways are available

- Pre-order your takeaway at least 1 day prior
- Payment is required upon booking
- Please bring an insulated bag to put your takeaway in
- Pick up is from 12.30pm

What's on Morning Tea

If you are NEW to the Centre or just want to know more about what's going on, come along for morning tea. Everyone is welcome

Wednesday 29 January at 9.30am

Wednesday 26 February at 9.30am



Themed 3- Course Lunches

DECEMBER

International Day of People with Disability
Monday 2 December | \$18

Doors open 11.30am

Christmas Lunch

Wednesday 11 December | \$27

Celebrate a wonderful Christmas themed 3 course luncheon and entertainment.

Doors open 11am



JANUARY

Australia Day Lunch

Friday 24 January | \$18

Let's get together to celebrate Australia Day with a lovely 3 course meal.

Doors open 11.30am

FEBRUARY

Chinese New Year Lunch

Monday 3 February | \$18

Enjoy a 3 course meal to celebrate the Chinese New Year.

Doors open 11.30am

Art Classes WITH VICKI

Let's Draw

3 Week Course - \$30

Monday - 6, 13 & 20 January
1.30pm – 3.30pm

Suitable for beginners and more advanced students. We will be focusing on shape, form, blocking and shading.

Students to bring: A3 sketchpad, HB and 2B pencils

Limited spaces available

Portraits

4 Week Course - \$40

Monday - 3, 10, 17 & 24
February
1.30pm - 3.30pm

If you are struggling to draw faces then come join this course to gain an understanding of facial structure and proportions.

Students To Bring: A3 sketchpad, HB and 2B pencils, eraser
Limited spaces available



Christmas Centre Closure Dates

The last day of operation for 2024 is **Tuesday 24th December**

The centre will be **closed** from **Wednesday 25 December to Thursday 2 January** and will **re-open** on **Friday 3 January**, however, meals will not resume until **Monday 6 January**.

Please Note Other Centre Closure Dates

The centre will also be closed on **Friday 20 December 2024**
Monday 27 January 2025

Volunteer Thank You Lunch

We held our annual Thank You Volunteer Appreciation Luncheon on Friday 30 August

It was our pleasure to announce **Gabriele** as the winner of the **Volunteer of the Year Award**

Gabriele has dedicated 9 years to the Seniors Centre in our cafe making the delicious pizzas. Gabriele makes the pizza from scratch, dough, sauce and all. He also makes the amazing garlic bread.

If you see Gabriele around the centre, please be sure to congratulate him.



Free Information Sessions



Breast Screen WA

Free - Please register at reception

Thursday - 13 February
9.30am - 10.30am

An informative education session about breast health, and our breast cancer screening program. The session will cover a range of topics, including:

- what is breast cancer,
- risk factors for breast cancer,
- how to be breast aware, and
- our free screening program.

At the end of the session, they will answer questions and can make appointments for anyone eligible who would like to book a mammogram. We will also provide a range of free resources for attendees to take home.

Quiz

Friday 13 December, 10 January,
14 February
1.00pm -3.00pm

Prizes for the winning team. Come along on your own or with others and names for each table will be drawn at 1pm.



Friday 6 December, 17 January
and 21 February
1.00pm -3.00pm
\$2.50 per book
(3 or 6 books only)

Eyes down at 1.15pm