



# Autumn Centre Newsletter

## May Edition



### Celebrating Mothers Luncheon



Mothers hold a special place in our hearts. Let's get together to celebrate them.

#### Menu

**Complimentary:** Mocktail on arrival

**Main:** Herbed crumbed fish fillets | Sticky chicken wings | Vegetable quiche | Creamy potato bake | Fresh garden salad | Crusty french bread with butter | Lemon wedges | Tartare sauce

**Dessert:** Raspberry tiramisu

**When:** Friday 10 May

**Cost:** \$17 members | \$25.50 visitors

**Where:** Dining room

**Time:** Doors open at 11am  
Luncheon served at 11.45am

### Australia's Biggest Morning Tea



Every dollar raised helps support those impacted by cancer. Raffle prizes, lucky



numbers, games and much more. Live entertainment by Chrissy Jackson.

Sweet and savoury buffet. Tea and filtered coffee included.

**When:** Thursday 23 May

**Cost:** \$17 members | \$25.50 visitors

**Where:** Dining room

**Time:** Doors open at 9am  
Buffet available from 10.15am



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## Social Club events



### April

The Parliament House Taste and Tour on 8 April was a resounding success. Everyone who participated said the tour was very informative and the three course silver service was amazing.

### May

#### Moondyne Joe Festival in Toodyay

**Date:** Sunday 5 May

**Cost:** \$40 per person (for bus)

Food and drink at members expense.

Join in the celebrations of the 40th Anniversary Festival. Shopping, market stalls and dancing plus much more.

### June

#### Tour of Channel 9 Studios

**Date:** Tuesday 11 June

**Cost:** \$5 per person

Unfortunately, this event is sold out but we do have a cancellation list available.

The Social Club will be having a hiatus around July due to the winter weather. The club members will be working on details for some exciting new trips we have planned. Things like Araluen Gardens, Waroona Show, Maritime Museum and E-shed, and Channel 9 Tour 2. No tickets are sold until all details are finalised and the posters are on the boards.

Thanks to all Autumn Centre members who have joined us on our trips so far this year. The positive feedback is amazing. If anyone has any thoughts on day trips, let the Social Club know. We are open to suggestions.

## Volunteer of the month



Jo is an incredible asset to our team, bringing dedication, enthusiasm, and a heartwarming spirit to everything she does.

With her keen eye for detail, Jo ensures that everything runs smoothly and efficiently. Her team player attitude fosters a collaborative environment, inspiring those around her to work together towards our shared goals.

Jo's availability and friendly attitude make her a joy to work with. Her smiling face brightens up the centre creating a welcoming atmosphere for both volunteers and members.

Outside of her volunteer work, Jo is a proud nanna and a great grandmother who cherishes her family deeply. Her family-oriented mindset reflects her nurturing personality, emphasising the importance of love, care and connection.

The sponsor of the Volunteer of the Month is the Bingo Group. The certificate of appreciation and the \$100 gift card was presented by Steph Shaw.







## News from our activity groups and services

### Discover the Art of China Painting

Have you ever been captivated by the delicate beauty of hand-painted porcelain? Do you find joy in expressing your creativity through intricate designs and vibrant colors? If so, we invite you to join our China Painting group.



China painting, also known as porcelain painting, is a traditional art form that involves painting on porcelain objects such as plates, vases, and tiles. Using specialised paints and techniques, artists can create stunning designs that are both beautiful and durable.

Getting started is easy. Simply join us on any Monday afternoon from 1pm to 3.30pm to learn more about our group. We welcome beginners and experienced painters alike, and our first lesson is always complimentary.

After that, you can attend for just \$4 per session, which includes some quality supplies to get you started. Our talented artists will guide you through various techniques to paint on porcelain, allowing you to create useful items for display or daily use.

June has been the head of our China Painting group for an impressive twenty years, bringing her expertise and passion to guide our community. Lorraine serves as our dedicated facilitator, ensuring that each session runs smoothly and everyone feels welcomed.



The painted porcelain will be fired in our kiln at 800 degrees celsius, ensuring that the paint is fused under the glaze, making it durable and safe to use.

You are welcome to showcase your finished products for sale in the Autumn Centre's display cabinet where you can share your creations with the members of our community and visitors.



Join our China Painting group today and embark on a creative journey filled with inspiration, learning, and friendship.





## Let's craft and connect at the Wednesday Card Making group

Looking for a place to let your creativity bloom while enjoying some friendly company? Look no further than the Wednesday Card Making Group. Led by Michelle, our gatherings every Wednesday morning from 8am to 12pm are a delightful mix of crafting and friendship.



Our handmade cards are simply stunning – each one unique and perfect for any occasion. You can find them displayed at the card rack in the foyer, and they're super affordable, starting from just \$3.

But it's not just about crafting – it's about connections. We're like a little family here, sharing stories, giving tips, and enjoying each other's company. We share a cuppa or morning tea together, maybe even a birthday cake.

So, if you're looking for a welcoming group where you can unleash your creativity and make some new friends, join us any Wednesday morning between 8am and 12pm.

Bring your crafting supplies and your favorite mug. We can't wait to craft and chat with you.

## Welcome to the wonderful world of Mosaics



If you are thinking of joining our group or are an existing member, the following are a few helpful guidelines:

- You are welcome to spend a session observing and seeing what it is all about, or come along and try a small, basic piece to get a feel for tiles, cutting, gluing and grouting, using our supplies and tools. Seniors are most welcome with a carer.
- After this you are asked to supply your own tools, glue and pay a donation of \$3 per session, which is used to replenish supplies. We have a selection of small cut-outs, or alternatively provide your own substrates (bases) and tiles/glass.
- Safety to yourself and others is paramount. Therefore safety goggles are supplied. We also take care



when using tools, cutting ceramics and/or glass. Above all, we have fun creating beautiful works of art

like the clock in the alfresco area donated by our mosaics group to the Autumn Centre.







## Explore what the Autumn Centre Library has to offer

We're excited to share all the amazing things you can find at the Centre Library. Whether you love stories, movies, or staying updated on the news, we've got something for everyone.

**Borrow and return books easily:** The Autumn Centre Library is part of the City of Rockingham libraries. You can borrow books from our big collection whenever you want. Books can be sourced from all the City's libraries.

Just reserve the ones you like, borrow them, and return or renew if needed.

Books from any of the City's libraries can be returned at the Autumn Centre library. A text or email reminder will be sent to you for overdue and/or reserved books.

**New books all the time:** We're always adding new books to our shelves. There's always something new for you to read.

**Listen and watch:** We have audio books and movies too. Whether you like listening to stories or watching movies, we've got you covered.

**Join the library:** Becoming a member is easy. It lets you borrow books and other items as well as accessing the IT room to use computers and printer. A library card is required at all times to utilise these services.

**Friendly help:** Our volunteers are here to make things easy for you. If you need help getting your library card, they're happy to assist you. Just bring photo ID with you, such as a driver's licence or other identification.

**Read the news:** Stay up to date with a copy of the West Australian newspaper available for you to read.

**BorrowBox app available:** This app makes it easy to browse, borrow and read or listen to library's eBooks and Audiobooks anywhere, everywhere.

Borrow eBooks and eAudiobooks online or with our library app.



Our Centre Library is more than just a place for books. It's a fun place to explore and learn new things. Come visit us soon and see for yourself.





## Happy reading

## Celebrating 15 years of dedicated community service



Margaret has shown a great dedication to our community for an impressive 15 years. She began her journey as a City of Rockingham volunteer, and over time, has transitioned to the Autumn Centre library where she has been a consistent and valued presence every Monday.

Margaret assists members with borrowing and returning books, ensuring the smooth operation of the library. Additionally, she lends a helping hand in the IT room, supporting members with their PC access, printing and photocopying needs.

Beyond her volunteer work, Margaret finds joy in simple pleasures like walking along the beach with her beloved border collie, her faithful companion.

Her creative spirit shines through her passion for handcrafts such as knitting, crochet, sewing, and book folding, where she creates beautiful pieces of art.

Margaret's thoughtful touches, like decorating the centre with crocheted flowers for special occasions like ANZAC Day, demonstrate her commitment to bringing warmth and beauty to the community space.



In recognition of her 15 years of dedicated service, Margaret was honoured with a certificate and plaque by the City of Rockingham. This recognition is a testament to her commitment and the positive impact she has made to our community. Margaret, your long-time service and dedication are truly commendable.

Thank you for making a difference in the lives of others through your selfless contributions.







## Morning Tea with Guest Speaker



## SmartWatch Information Sessions



### Road safety



Join us for a relaxed information session by the RAC on Your Driving Future:

- Road safety facts and tips
- Safer cars and ANCP ratings
- Changing road conditions and road rules
- Alcohol, medication and the impact of health on driving
- Mobility for the future

**When:** Tuesday 7 May

**Time:** 10am-11am

**Where:** Dining room

**Cost:** Free (members only)

Please book at the Admin office for catering purposes.

SmartWatch service is a vehicle security patrol service and one of the City's safety initiatives. The vehicles conduct regular, coordinated patrols in targeted areas to deter criminal activity.

Sue from SmartWatch will set a table every month in the Autumn Centre Foyer to answer any and all SmartWatch queries.

**Time: 9am - 11am**

**When:**

- Tuesday 21 May
- Tuesday 18 June
- Thursday 18 July
- Friday 23 August
- Monday 23 September
- Tuesday 22 October
- Wednesday 20 November





## May lunch menu

All freshly prepared by our staff cooks in our kitchen. Please book prior to 10am on the day.

## Takeaway meals

A large variety of frozen meals are available from 8.30am–3.30pm at the administration office. Fresh takeaway meals are available through the Centre administration office and may be ordered up to two weeks in advance. There is a 50 cent surcharge for packaging. Collection for fresh takeaway meals is between 12.30pm and 3.30pm.

- Wed 1 Beef burger with cheese, chips and coleslaw \$8  
Lemon curd muffins
- Thu 2 Spinach and feta parcels with jacket potato and salad \$8  
Bread and butter pudding with ice cream
- Fri 3 Fish and chips or vegetable schnitzel\* with mushy peas and tartar sauce \$11  
Rhubarb crumble and custard
- Mon 6 Teriyaki crispy skin chicken thighs, jasmine rice and asian vegetables \$10  
Passion fruit and strawberry pavlova
- Tue 7 Tuna mornay pasta bake and garden salad \$8  
Lemon meringue pie
- Wed 8 Bangers and mash, onion gravy and peas \$8  
Sticky date pudding and cream
- Thu 9 Vegetable lentil coconut curry, rice and naan \$8  
Pear and chocolate cake
- Fri 10 **Celebrating Mothers Luncheon**
- Mon 13 Apricot chicken with rice and vegetables \$8  
Chocolate mousse

- Tue 14 Zucchini slice with wedges and salad \$8  
Violet crumble cheesecake
- Wed 15 Homemade beef lasagne with chips and garden salad \$11  
Custard tart
- Thu 16 Creamy chicken and leek pie with mashed potato and vegetables \$10  
Pecan coffee slice
- Fri 17 Fish and chips or vegetable schnitzel\* with coleslaw and tartar sauce \$11  
Sticky date pudding and cream
- Mon 20 Salt and pepper squid with chips, salad and tartar sauce \$10  
Raspberry white chocolate muffins
- Tue 21 Sticky teriyaki chicken wings with rice and broccoli \$8  
Chocolate mud cake and cream
- Wed 22 Quiche Lorraine with mixed salad and chips \$8  
Lemon cheesecake
- Thu 23 **Australia's Biggest Morning Tea**
- Fri 24 Roast beef or vegetable pie\* with roast vegetables and horseradish \$11  
Pavlova, fresh cream and fruit
- Mon 27 Devilled beef sausages with pumpkin mash and steamed vegetables \$8  
Strawberry mousse
- Tue 28 Vegetable parmigiana with chips and salad \$8  
Bread and butter pudding
- Wed 29 Sweet and sour pork, rice \$10  
Trifle
- Thu 30 Beef bourguignon with creamy mash and steamed veg \$10  
Matchsticks
- Fri 31 Seafood basket with chips and coleslaw \$11  
Peach cream slice

\*Vegetarian Option \$8

