

Autumn Centre Newsletter

September Edition

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Celebrating Fathers Luncheon



Join us for a stylish James Bond 007 themed luncheon to celebrate Father's Day. Dress to impress in your most suave, Bond-worthy attire: tuxedos, sharp suits, glamorous dresses, whatever says "license to thrill". Entertainment by Charlie Black, best dressed prizes and so much fun.

Menu: Slow cooked beef brisket | Roast vegetable pasta | Creamy potato bake | Buttered corn on the cob | Coleslaw | Onion gravy | Bread rolls with butter

Dessert: Salted caramel brownie

Date: Friday 5 September

Time: Doors open 11am
Lunch served 11.45am

Where: Dining room

Cost: Members \$18
Members guests \$27

Morning Melodies

Be part of a special morning filled with music and joy as our very own Chrissy, beloved volunteer, member and songbird of the Centre, brings the best of her delightful repertoire to share with us all.



Well known for her radiant smile and enchanting voice, Chrissy will lift our spirits with timeless tunes, favourite singalongs and a touch of charm that only she can deliver.

Date: Thursday 25 September

Time: 10am-11am

Where: Dining room

Cost: Members \$10
Members guests \$15
Morning tea included

Bookings: At the Admin Office



Social Club events



August

Crown Casino

Our August Casino visit was fully booked, and like all Casino trips was very successful. Whether one wins or loses, a good time was had by all.



The above photo is of Martin, one of our regular bus drivers, and Annie, a Social Club Committee member, taken by Ingrid, another of our regular bus drivers and front desk volunteer. They all do such a wonderful job ensuring our members have a safe and comfortable ride to and from events.

Channel 9

Our visit to Channel 9 is always popular and sold out quickly. We hope to organise another tour towards the end of the year.

September

Crown Casino

Date: Monday 22 September

Cost: \$5

Tickets are now on sale for this event.

Upcoming events

October

Miniature Village Mandurah

Date: Monday 6 October

Cost: \$20

Brunswick Show

Date: Saturday 25 October

Cost: \$45

November and December

Events for November and December are still in the planning stage. Details will be in our next newsletter.

Ticket bookings for Social Club Events

Tickets for outings organised by the Social Committee will not be sold until the posters are placed on the notice board. Tickets must be paid for when booking.

No reservations can be accepted without payment. Thank you for your understanding.

If you have an idea for future day trips that you think our members might like, please fill in a suggestion form and give it to a Social Committee member at the service table located in the foyer.





Autumn Centre Social Committee Booking Desk

Monday: 11.30am-1.30pm **Jos**
Tuesday: 8.30am-11.30am **Sue**
Wednesday: 9.30am-11.30am **Annie**
Thursday: 9.30am-11.30am **Pauline**
Friday: 8.30am-10.30am **Pauline**



The Social Club needs members to join their group to help with the planning, execution

and continuation of future events. If you are interested, please get in touch with one of the members.

Volunteer Spotlight - Jodie

We're proud to feature Jodie in this month's Volunteer Spotlight. Jodie is a kind-hearted, dedicated team member who has been volunteering at our Centre for an incredible seven years.



Jodie lends a helping hand two days a week, supporting the kitchen team with pride and enthusiasm.

Known affectionately as our "Dishwasher

Queen", Jodie is always ready to roll up her sleeves and assist wherever needed. Her strong work ethic, beautiful smile, and quiet dedication

make her a much-valued part of our volunteer family. Jodie is one of our quiet achievers who is always reliable, thoughtful and proud of the work she does. She enjoys being part of a team and finds joy in contributing to something meaningful.



Outside of her volunteering role, Jodie is very family-focused. She shares a close bond with her partner and two lovely daughters, who are the heart of her world. She's also a passionate animal lover, especially when it

comes to her much-loved dachshund.

To unwind, Jodie enjoys listening to music and watching her favourite shows. Downton Abbey is a top pick.

Jodie's long-standing commitment to the Centre was formally recognised two years ago when she received a contribution award and plaque from Mayor Deb Hamblin for her five years of service, an achievement she holds with pride.

Thank you, Jodie, for your ongoing kindness, dedication, and quiet strength. You are truly appreciated.



From our activity groups

Stepping through the years - New Vogue Dance group

What started as a small dance group 32 years ago at the old Autumn Centre in Read Street, has grown into one of the most vibrant and active groups of the Centre. The New Vogue Dance Group has not only stood the test of time but continues to thrive with around 155 dancers, making it one of the largest groups at the Centre.



The journey began with Joyce and Charlie who laid the foundation by offering Monday morning learning classes, Thursday afternoon social dancing and alternate Saturday social nights. Their passion sparked a movement that many others have carried forward.

In the years that followed, Joan and Jim introduced a Friday night dance session, designed to be less complex and more accessible. Cathie and Bill also ran popular dances for 10 years with David and Maureen taking over for two more years, assisted by Cathie and Bill.

The Monday morning sessions were eventually taken over by Reg and Mary, followed by Ron and Christine in 2016. Reg and Mary also managed Saturday nights before passing the torch to Ron and Christine, who continue to run both Friday and Saturday night socials.



Over time, various couples have helped sustain the Friday night classes, ensuring the rhythm never stopped.

In 2024, a new chapter began with Phil starting a beginners class, which was later followed by an intermediate class, both held every Friday night. Phil is supported by a dedicated team of Ron, Liz and Barbara.

More than just dancing, the New Vogue Dance Group offers members a place to stay active, enjoy music, build friendships and embrace the joy of movement.



It's not just about steps and routines, it's about connection, community and keeping happy and healthy through dance.



Spring into Croquet

Are you looking for a relaxing and social way to stay active? Spring is the perfect season to try something new, and croquet might be just what you are looking for.



We are very fortunate to have two beautifully maintained croquet courts nestled beside the park with sweeping views of greenery and the nearby lake. It's a wonderful place to spend a morning with peaceful surroundings, fresh air and the gentle sounds of mallet clicking and friendly banter in the background.

Our croquet groups are lively and very welcoming. Whether you are a seasoned player or a complete beginner you will feel right at home. Free lessons are available for beginners and croquet group leaders and members are always happy to share tips and encouragement.



Our regular sessions include:

- Association Croquet: Wednesday and Saturday morning 8.30am-12pm
- Golf Croquet: Tuesday and Thursday morning 9am-12pm

Croquet is a fantastic way to stay active. It provides just the right amount of physical movement while also challenging the mind with strategy and precision.

For seniors, it's a great way to maintain balance, coordination and focus, all while enjoying the outdoors and having a great time. But croquet is also about companionship, conversation and community. Alongside the game, there is plenty of time for morning tea, friendly chats and laughter.



So why not come along, enjoy the beautiful weather, get active and make new friends?

It's a wonderful way to start the day with purpose, positivity and a sense of connection. You will leave feeling refreshed, uplifted and maybe even with a new hobby.

Dust your sunhat, wear comfortable shoes and come and see what croquet is all about. We would love to see you on the courts.



Autumn Centre Redevelopment Information Session

We invite all members to attend an information session regarding the upcoming Centre redevelopment. The session will be led by the Manager Community and Leisure Facilities Richard Hardy and the Manager Community Infrastructure Planning Matthew Emmott who will discuss:

- the scope of the project
- the benefits for members and the community.

This is a great opportunity to stay informed and ask questions about the Centre redevelopment.

When: Thursday 11 September

Where: Dining room

Time: 10am–11am

Cost: Free, members only
Morning tea provided

Please book at Admin Office for catering purposes.

Online Membership renewals

For members who have renewed their membership online, we warmly invite you to visit the Centre and collect your membership cards at your convenience. Our friendly admin staff are always happy to assist. We look forward to welcoming you back and sharing another wonderful year of activities, events, and services with you.

Morning tea talks



A Community Engagement Officer and a Financial Officer from Services Australia (Centrelink) will be visiting with information on:

- understanding the age pension
- income and assets test including deeming.

This is a valuable opportunity to learn more about these services, ask questions and get direct guidance from official representatives.

When: Wednesday 17 September

Where: Dining room

Time: 10am–11am

Cost: Free, members only
Morning tea provided

Please book at Admin Office for catering purposes.

Public Holiday - Centre Closed

Please note that the Autumn Centre will be closed on Monday 29 September.



Workshops

“Vibe and Thrive” - A Sound Health Celebration hosted by Chrissy of Body Song



Get ready to laugh, play, and heal. This interactive sound wellness session blends joyful musical play and activities (think drums, shakers, and chimes) with sound

healing frequencies and music that help calm the nervous system, boost your mood, and support emotional balance.

These therapeutic vibrations and guided interactive activities are designed to release tension, reset your energy, and reconnect you with your inner child, leaving you smiling from the inside out.

Everybody is welcome. Perfect for all ages and experience levels, this heart-opening gathering invites you to connect, energise, and uplift through rhythm, fun, and vibration in an encouraging and joyful space.

Bring your water bottle and an open heart and join the fun, laughter, and shenanigans. Your body, mind, and spirit will thank you.

Where: Dining room

When: Wednesday 24 September

Time: 1.30pm–2.30pm (please arrive at least 10 minutes early)

Cost: \$15 at the door

Booking: At the Admin Office

Sound Bath by Body Song Wellness



Finish off your week in a state of zen. Escape the hustle and bustle of everyday life and find soothing solace in the healing power of sound. Sink into a state of rest and relaxation, and allow your nervous system to rebalance, restore and rejuvenate.

Sound Healing Therapy has been shown to reduce stress, anxiety and depression, decrease heart rate and blood pressure, improve sleep and digestion as well as increasing focus, attention and neural connectivity.

No need to bring anything, just take a seat and let the sound gently cleanse and nurture your mind, body and soul.

Where: Dry craft room

When: Friday 19 September

Time: 1pm-2pm (please arrive at least 10 minutes early)

Cost: \$15 at the door

Bookings: At the Admin Office



Photos from recent activities



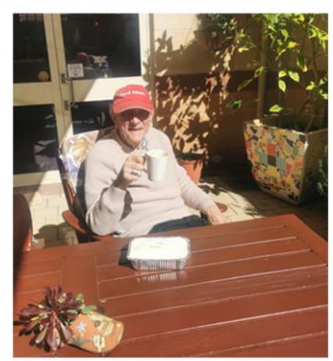
Enjoying a cuppa in good company



Keeping fit with Deb and Karen's classes



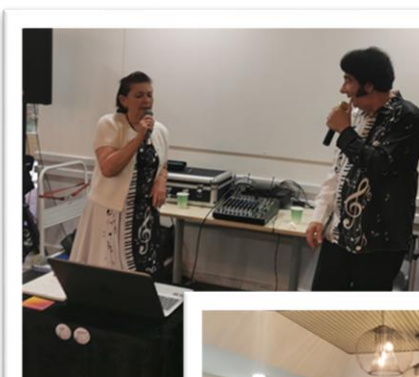
Welcoming members



Spring is here



Indoor Carpet Bowl Club with their new team jackets



Morning Melodies with Wilma and Joe



Handmade with love

Explore our members' creations

Our display units feature a stunning collection of handmade items, crafted with care and creativity by our talented members and neighbouring wood workers.



From intricate crafts to skilful woodworking pieces, each item reflects the passion and dedication of the people who made them. These creations aren't just beautiful, they make thoughtful and

unique gifts for friends, family, or special occasions.

All items are available for sale, and our friendly admin staff are happy to assist with your purchases. Take the time to explore our lovely cabinets.



Upcoming Events - Save the Date

Italian Luncheon



Join us for a special afternoon where we celebrate the flavours and spirit of Italy together. To make the day even more special, Frank, the fantastic accordion player, will perform lively Italian tunes to get everyone in the mood. Dance, sing along, or simply enjoy the wonderful ambiance as you savour the experience.

Save the date, dress up, and bring your appetite.

Menu: Rich beef lasagne | Penne pasta carbonara | Spinach and cheese arancini balls | Caprese salad | Roast mediterranean vegetable medley | Garlic bread

Dessert: Classic tiramisu

Date: Thursday 2 October

Time: Doors open 11am

Lunch served 11.45am

Where: Dining room

Cost: Members \$18

Members guests \$27



September 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 to 3.30pm from the administration office. Fresh takeaway meals are available by prepaying 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.

Monday 1

Classic fish and chips or vegetable schnitzel* with coleslaw \$11.50

Pavlova with fresh cream and fruit

Tuesday 2

Apricot chicken with rice and vegetables \$8.50

Triple chocolate muffins

Wednesday 3

Beef bourguignon with creamy mash and steamed veg \$10.50

Matchsticks

Thursday 4

Roast vegetable lasagne with chips and salad \$8.50 (v)

Apple crumble and custard

Friday 5

Celebrating Fathers Luncheon

Monday 8

Butter chicken, rice and steamed veg \$10.50

Chocolate mousse

Tuesday 9

Beef stroganoff with mashed potato and vegetables \$10.50

Pecan pie

Wednesday 10

Quiche Lorraine with mixed salad and chips \$8.50

Carrot cake

Thursday 11

Fish and chips or vegetable schnitzel* with coleslaw and tartar sauce \$11.50

Bread and butter pudding with ice cream

Friday 12

Roast lamb or vegetable pie* with roast vegetables and mint sauce \$11.50

Trifle

Monday 15

Creamy chicken carbonara pasta, garlic bread, mixed salad \$8.50

Custard tart

Tuesday 16

Bangers and mash, onion gravy and peas \$8.50

Berry and apple pie with ice cream

Wednesday 17

Chicken parmigiana with chips and coleslaw \$10.50

Passion fruit cheesecake

Thursday 18

Spinach and feta parcels with jacket potato and salad \$8.50 (v)

Chocolate mud cake and cream

Friday 19

Fish and chips or vegetable schnitzel* mushy peas and tartar sauce \$11.50

Creamy rice pudding and fruit

Monday 22

Porcupine meatballs in tomato sauce with mashed potato and vegetable batons \$10.50

Fresh fruit salad and ice cream

Tuesday 23

Roasted vegetable pasta bake with garlic bread \$8.50

Lemon delicious pudding

Wednesday 24

Crispy chicken burger with chips and salad \$8.50

Apple pie and custard

Thursday 25

Mild vindaloo beef curry with jasmine rice and vegetables \$10.50

Brownie slice

Friday 26

Roast pork or vegetable pie* with roast vegetables and apple sauce \$11.50

Matchsticks

Monday 29

Public Holiday - Closed

Tuesday 30

Thick pork sausages with mashed potato, vegetables and onion gravy \$8.50

Lemon curd muffins

Soup \$3 Dessert \$6

***Vegetarian option \$8.50**