

Autumn Centre Newsletter

August Edition

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your paperless copy online.



Chinese Buffet Luncheon



Join us for a delightful Chinese Buffet Luncheon and enjoy a special performance by the Sunflower Dance Group. Don't miss this celebration of culture, cuisine and community.

Menu: Vegetable spring rolls | Steamed vegetable dumplings | Char siu roast pork fillet | Honey and soy hokkien noodles | Crispy skin chicken | Fried rice | Steamed asian greens | Prawn crackers

Dessert: Mango lychee cheesecake

Date: Thursday 21 August

Time: Doors open 11am
Lunch served 11.45am

Where: Dining room

Cost: Members \$18
Members guests \$27

Morning Melodies



This month's performers will be two new members of the Autumn Centre, Joe and Wilma, who are excited to share their musical talent with our community.

Joe and Wilma have been performing together for years, bringing joy and nostalgia to aged care facilities, social clubs and community events. Their delightful repertoire of well-loved hits from 50s, 60s and 70s is sure to have you singing along and tapping your toes. Don't miss this feel-good musical morning. Mark your calendars and join us for a wonderful trip down memory lane.

Where: Dining room

When: Thursday 15 August

Time: 10am-11am

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

Bookings: At the Admin Office



Social Club events



July

Opshop Fun Run

This was another very successful event. The old adage 'shop till you drop' was the name of the game here with members having a ball.

Lunch at The Kwinana Local was a popular choice, with the steak special being the meal of choice.

August

Crown Casino

Date: Monday 4 August

Cost: \$5

This event is our most popular for members. It is fully booked, however we do have a waitlist if there are any cancellations.

Channel 9

Date: Tuesday 26 August

Cost: \$5

This is also a popular event that is fully booked, however we do have a waitlist if there are any cancellations.

September

Crown Casino

Date: Monday 22 September

Cost: \$5

Tickets will be on sale from Monday 11 August.

October

Miniature Village

Date: Monday 6 October

Cost: \$22

Brunswick Show

Date: Saturday 25 October

Cost: Yet to be finalised

Social Club Event Cancellations

Unfortunately, the Social Club recently had to cancel two planned events. If the Club is required to pay a deposit to book an event, and the deposit is non-refundable, cancelling the event is sometimes the best option, if interest from members is low. The Social Club always tries to find events that offer great value for money, especially with rising costs of living. We do have more events planned that we hope you will consider.

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

Ingrid, one of our much-loved volunteers, has spent the past three years giving her time, energy and warmth to the Centre and its members.

After moving from Queensland to Western Australia to be closer to her sister, Ingrid says joining the Centre was the best decision she made, as it has brought her so many wonderful friendships.

Ingrid is a friendly and familiar face at the front desk, where she assists members and visitors with their enquiries, answers phone calls and provides tours to newcomers. Her warm and welcoming manner helps people feel at home from the moment they arrive.

Ingrid also volunteers as a driver for the Rockingham Connect bus, helping seniors get to group outings and social events.

Ingrid doesn't stop there, she is an active member of the Springfield Retirement Village Residents Committee where she helps organise happy hours, craft groups and other community activities.

"I like staying involved", she says, "there is always something happening."

Ingrid is a proud Nana of 13 grandchildren. Family is very important to her and she treasures the time she spends with her loved ones.

Outside of family life, Ingrid has a wide range of interests that keep her busy and engaged. She enjoys dancing, listening to music, playing bowls and getting creative with crafts. Ingrid loves crocheting and diamond art, and is currently working on photo books from



her travels, a project that combines her love of memories and creativity.

Ingrid's kindness, enthusiasm and love of life make her a shining light

at the Autumn Centre and in the local community. Her contribution reminds us how powerful giving back can be.



From our activity groups

Book Club

Did you know the Autumn Centre Book Club enjoys fun with fiction on the second Wednesday of each month? Did you also know our books are supplied free of charge courtesy of the Rockingham Library?

Would you like to be our guest for our next book club gathering between 1pm-2pm on Wednesday 13 August in the Technology Room, to help you decide whether you'd like to join?

We would particularly like to encourage gentlemen to join us, so we can have male perspectives on our books. We are a friendly group of book minded people who like to share our thoughts and feelings on each book - the author, genre (which varies), plot, characters, setting, theme/s etc.



The picture collage shows the first six months of books for 2025. Are you curious what the next six books will be? If so, come and see.

Mexican Train Dominoes Group



Every Thursday morning, a cheerful group gathers in the Games Room for a fun and friendly round of Mexican Train Dominoes.

The name of the game comes from the special "Mexican Train" line in the game, that all players can build on, distinguishing it from their own private trains.

The game is simple to pick up and offers plenty of fun and friendly competition. It's a relaxed way to spend the morning, filled with laughter, strategy and great company.

If you've never played before, don't worry - this small but welcoming crew is happy to teach newcomers the ropes.

Where: Games room

When: Every Thursday

Time: 9am-11.30am

Cost: Free



New group: Qi Gong for health

Qi ("energy") Gong ("work") is over 5,000 years old and is a form of Tai Chi. It has over 1,000 styles and is an ancient Chinese practice that combines mindful movements, meditation, controlled breathing and body-posture exercises. It is used for various purposes, including health, spirituality, and martial arts training. It is also considered a system for working with the body's natural energy, aligning physical movement and awareness to enhance overall wellbeing.

Our focus at the Autumn Centre is to understand and cultivate Qi Gong for health. Join this class to start your Qi Gong journey or enhance your current Tai Chi practice.

Our instructor Maree has expanded her knowledge through study on this ancient practice, linking in with Traditional Chinese Medicine and Taoism. Maree looks forward to sharing her "scratching the surface" knowledge and making members' introduction to Qi Gong/Tai Chi informative and enjoyable.

Where: Main Hall

When: Every Friday (starting on Friday 5 September)

Time: 7.30am

Cost: \$5

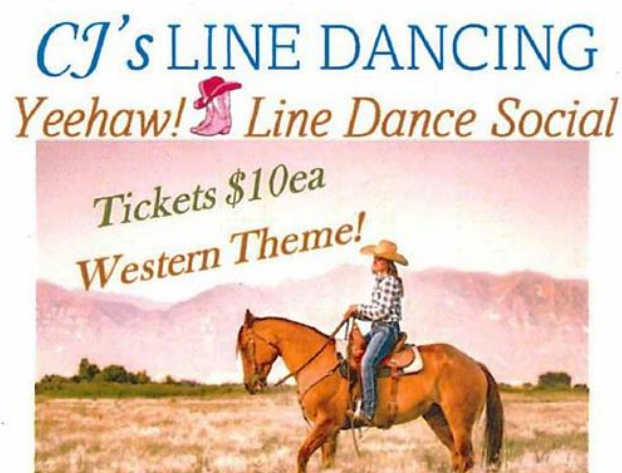


CJ's Line Dancing

Dust your boots, grab your hats and get ready to two-step the night away.

CJ's Line Dancing group is hosting a western-themed social event and they would love you to join for an evening full of fun, laughter and line dancing.

Whether you are a seasoned dancer or just starting out, this is a great chance to enjoy the company of our wonderful CJ's Line Dancing group.



Where: Main Hall

When: Saturday 9 August

Time: 6.30pm-10pm

Cost: \$10 (members only)

Tickets available from Janet on 0421 083 724 or at the door.

There will be door and raffle prizes and a money board fundraiser

Please bring a plate to share.



Stitched with love

Crochet and Knitting group members and volunteers deliver blankets and



toys to “Wheelchairs for Kids”.

The talented group has once again

shown how creativity, compassion, and community spirit can make a powerful difference. Recently, a group of dedicated ladies and volunteers packed the bus with handmade gifts and made the trip from Rockingham to Wangara to deliver a heartfelt donation to the charity.



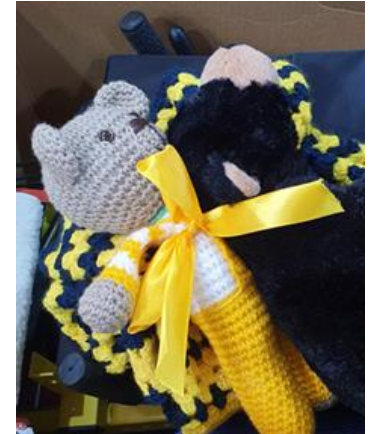
This Perth-based organisation provides custom-built wheelchairs to children living with disabilities around the world. Each wheelchair is accompanied by a colourful, handcrafted blanket, and thanks to the group’s generosity, many of these blankets have been lovingly made at our Centre.

But the giving didn’t stop there. Alongside the blankets, the group also created and donated a collection of soft, knitted toys, thoughtfully made to bring smiles and comfort to children receiving their new wheelchairs.



Every item was stitched with care, colour, and love. The group’s hard work and kind hearts are a true reflection of the spirit of our Centre, showing that a simple act, like knitting a square or crocheting a toy, can wrap a child in warmth, joy, and hope.

Special thanks to Monica, the dedicated group leader, for guiding and inspiring the team with her passion and commitment. Under her leadership, the group continues to spread kindness, one stitch at a time.



We are incredibly proud of this wonderful team and thank them for their time, talent, and generous support of “Wheelchairs for Kids”. Their beautiful creations will surely bring happiness to many little hearts.



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 27 August

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

Cost: \$15 at the door

Booking: At the Admin Office

Upcoming events – save the date

Celebrating Fathers Luncheon



Join us for a stylish James Bond 007 themed Luncheon to celebrate Fathers. Dress to impress in your most suave, Bond-worthy attire: tuxedos, sharp suits, glamorous dresses, whatever says “license to thrill”.

Get ready for great food, classy vibes and a celebration worthy of MI6.

Entertainment by Charlie Black, best dressed prizes and so much fun.

Can't wait to see you there.

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



Loneliness Awareness Week

Loneliness Awareness Week will run from 4 to 10 August 2025. The theme for this year's Loneliness Awareness Week is "Moments Matter".

The week shines a spotlight on the shared experience of loneliness and calls on all Australians to take action to reduce loneliness and create more opportunities for meaningful connections.



Loneliness is more than just being alone, it's the feeling of being disconnected or isolated from others, even when people are around. It can affect anyone, but it often becomes more common as we age due to life changes such as a retirement, health challenges or the loss of loved ones.

Many older adults experience increased loneliness due to reduced social opportunities, mobility issues or living far from family. Studies have shown that chronic loneliness can lead to serious health issues, including depression and cognitive decline.

The good news is that there are many ways to stay connected and protect your emotional wellbeing:

- Stay active in your community: join groups, or activities offered right here at the Autumn Centre.

- Keep in touch: reach out to friends and family regularly. Phone calls, video chats or even a handwritten letter can brighten your day.
- Volunteer: helping others is a great way to find purpose and build new friendships.
- Talk about it: if you're feeling lonely, don't hesitate to speak to someone, a friend, a staff member, or a professional. You're not alone.

Loneliness is something many of us face at some point, but by staying connected and supporting one another, we can help make our community a warm and welcoming place.



Autumn Centre Friendlies Group

Let's use Loneliness Awareness Week as a reminder to check in with ourselves and each other. A small conversation can make a difference.

This Loneliness Awareness Week, as a way to promote meeting new people and building connections, the City of Rockingham is showcasing some of the different groups and activities available at our community facilities. Flyers listing all the events are available at the entrance of the Autumn Centre.



Photos of happy moments at the Centre



NAIDOC Week celebrations



Talented singers



Snooker winners



Bingo using the new AV system



Christmas in July



Knitting for charity



Great chef – delicious food



Gill's caring and sharing



August 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.

Friday 1

Roast beef or vegetable pie* with roast vegetables and horseradish \$11.50

Sticky date pudding and cream

Monday 4

Crispy chicken burger with chips and salad \$8.50

Mixed berry crumble and custard

Tuesday 5

Beef stroganoff with mashed potato and vegetables \$10.50

Cinnamon and apple turnover with fresh cream

Wednesday 6

Lamb hotpot with pumpkin and green beans \$10.50

French vanilla cheesecake

Thursday 7

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

Peach cream slice

Friday 8

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

Matchsticks

Monday 11

Teriyaki crispy skin chicken thighs, jasmine rice and Asian vegetables \$10.50

Lemon meringue pie

Tuesday 12

Spring vegetable frittata, with chips and salad \$8.50 (v)

Self-saucing choc pudding and ice cream

Wednesday 13

Beef stew with dumplings and steamed vegetables \$10.50

Rhubarb and apple crumble and custard

Thursday 14

Lambs fry and bacon, creamy mash potato, baby peas and carrots \$8.50

Biscoff cheesecake

Friday 15

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

Choc mint brownie

Monday 18

Chicken Maryland with baked ratatouille and sweet potato mash \$10.50

Berry cobbler and custard

Tuesday 19

Cottage pie or vegetable pie, roast vegetables, gravy \$10.50

Fresh cream and fruit Swiss roll

Wednesday 20

Homemade quiche Lorraine with wedges and salad \$8.50

Carrot cake

Thursday 21

Chinese Buffet

Friday 22

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

Lemon drizzle cake and cream

Monday 25

Chicken Kiev with wedges and salad \$10.50

Creamy rice custard and berry coulis

Tuesday 26

Pork ribs with potato bake and coleslaw \$10.50

Pavlova with fresh cream and fruit

Wednesday 27

Shepherd's pie with roast vegetables and gravy \$10.50

Apple strudel and cream

Thursday 28

Spinach and ricotta cannelloni, mix salad, garlic bread \$8.50 (v)

Black forest cake

Friday 29

Roast chicken Maryland or veg pie* with roast potatoes, pumpkin, cabbage and rich gravy \$11.50

Raspberry white chocolate cheesecake

Soup \$3 Dessert \$6

***Vegetarian option \$8.50**