

Autumn Centre Newsletter

July 2025 Edition

Use your camera to scan
the QR code to receive
your paperless copy online.



Christmas in July Luncheon



Celebrate with friends and enjoy a festive and fun Christmas in July with entertainment from Chrissy.

Menu: Roast ham | Roast turkey | Herb stuffing | Minted peas | Roast pumpkin and potatoes | Cauliflower cheese bake | Braised cabbage | Thick rich gravy | Cranberry sauce

Dessert: Traditional pavlova

Dates: Tuesday 15 July
Thursday 17 July

Time: Doors open 11am
Lunch served 11.45am

Where: Dining room

Cost: Members \$18
Members guests \$27

Bookings: At the Admin Office

Morning Melodies



Hilary has a passion for music that is uplifting, positive and vibrant. She has been entertaining people with her style of music for over 50 years and

is a regular at the "Tuesday Morning Show" at the Perth Town Hall.

Songs from artists such as Petula Clark, Dusty Springfield, Barbra Streisand, Shirley Bassey, Carpenters and many others are part of her repertoire.

Hilary's presentation is professional and you will surely have a fun time listening and maybe even joining in some songs with her.

Where: Dining room

When: Thursday 24 July

Time: 10am-11am

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

Bookings: At the Admin Office



Social Club events



July

Opshop Fun Run

Date: Monday 7 July

Cost: \$5

This event is sold out but there is a wait list available in case of cancellations.

Native Animal Rescue and Malaga Markets

Date: Friday 25 July

Cost: \$40 (this covers cost of coach and entry to the Sanctuary)

A two hour talk/walk at the sanctuary followed by lunch and browsing at the Malaga Markets.

Tickets are on sale now.

August

Crown Casino

Date: Monday 4 August

Cost: \$5

Tickets will be on sale from 16 June. As with all events, if tickets are sold out, a wait list will be available.

Channel 9

Date: Tuesday 26 August

Cost: \$5

This very popular event is on again with tickets on sale from Tuesday 1 July.

September

We are in the early stages of organising a day out at Araluen Botanical Park. This will hopefully be on Thursday 18 September.

Tickets cost \$75 and will be available in the first week of July. Please look at the boards for the poster which will include all the details.

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:	9.30am-11.30am	Cheryl



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.



NAIDOC Week Celebration

This year, NAIDOC Week marks a powerful milestone: Fifty years of honouring and elevating Indigenous voices, culture, and resilience.



The theme for 2025 is "The Next Generation: Strength, Vision & Legacy".

Held across the country from 6-13 July 2025, NAIDOC Week will celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

Join us and our guests, Timothy Kelly and his sons, who will be performing Aboriginal cultural dancing with didgeridoo playing.



Where: Dining room

When: Thursday 10 July

Time: 10am-11am

Cost: Free

Bookings: At the Admin Office

Morning tea with guest speakers and Wise Young Things movie screening

Join us and our guest speakers as they promote the Story for the Ages Writing Competition and screening of the Wise Young Things movie.

Wise Young Things: Rockingham is the local storytelling project by Asha Cornelia Cluer that turned seven Autumn

Centre members' childhood memories into a hit film.



Join us to watch these stories of family, friends, culture, language, immigration to Australia, and life in Rockingham play out on the big screen.



You will hear the voices of the Autumn Centre's very own members sharing their stories, which are performed by a group of local young actors between 13 and 17 years old, a perfect way to pass on wisdom to the next generation. Don't miss out on this heartfelt, funny, and charming film celebrating your community.

(Photo credit: Georgi Ivers 2024)

Where: Dining room

When: Thursday 31 July

Time: 9.30am-11am

Cost: Free, members only

Bookings: At the Admin Office



Workshops

Stories for the Ages Contest

The City of Rockingham wants to share the way older people make our community a better place to live.

Tell a positive story about life at an older age, or an older person you know, for a chance to see your work published and win up to \$500.

The Rockingham Writers Centre are running free workshops at the Autumn Centre to support members who want to enter the contest. The workshops will provide creative tips and helpful tools to help everyone to capture their story.

Contest details:

- The contest is open from 15 August to 30 September 2025
- Authors can be any age
- Stories must be less than 2,000 words and match the theme.

Theme:

- The value and impact that older people have on communities, lives, family and knowledge, or
- The benefits and positive aspects of older age/seniority.

Where: Games room

When: Friday 11 July and
Thursday 24 July

Time: 9am-11am

Cost: Free, members only

Bookings: 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 18 July

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

Cost: \$15 at the door

Bookings: At the Admin Office



Volunteer Spotlight - Peter

This month, we're proud to shine the spotlight on Peter, a quiet achiever and a truly valued part of our Autumn Centre community.

Peter has been a Centre member for five years and a dedicated kitchen volunteer for the past three years, giving his time three days a week.



Always calm, friendly, and dependable, he brings a quiet strength and genuine care to everything he does.

Peter first came to Australia in 1987 with his parents, arriving at the age of 30. From that point on, he devoted himself to caring for them, driving them where they needed to go, preparing meals, and supporting them with love and patience. He learned to cook from his mother and still treasures her handwritten recipes, which he's carefully kept over the years.

Outside of volunteering, Peter enjoys walking by the ocean, playing chess, reading, and listening to music, especially the classics from the 60s, 70s, and 80s.

He also makes a conscious effort to live a healthy and active lifestyle, which reflects in his vibrant energy and positive outlook.

Peter is deeply connected to his faith, attending church regularly for over 30 years. His church has been not only a place of worship, but also a meaningful source of friendship and community. Many of the people he sees there each week have been part of his life for decades. Peter says his faith in Jesus Christ has helped bring him inner peace, hope, and confidence, guiding him in how to live and how to treat others with kindness and respect.

Peter's colleague Chrissy made a comment about him: "Peter, like King David is a man after God's own heart".

The Autumn Centre has become a second home for Peter, a place where he has made wonderful friendships and found a strong sense of belonging. He's a quiet presence, but one whose contribution speaks volumes.



Thank you, Peter, for your commitment, your kindness, and the warmth you bring to our Centre every week.

We're so grateful to have you as part of our community.



From our activity groups

A splash of colour and community Inside the Painting for Pleasure group

The Painting for Pleasure Group continues to delight and surprise with the talent and creativity on display.



A recent example is Brian's striking bird painting, all the more impressive considering he only began painting last November. His work, like that of many others in the group, showcases remarkable skills being nurtured in this supportive and relaxed environment.



Each week, the group explores different projects, with members producing a wide range of artwork, from landscapes and animals to abstract pieces. The atmosphere is one of encouragement and shared enjoyment, where creativity flourishes.



More than just an art group, Painting for Pleasure offers a strong sense of community. The craft room often echoes with laughter and conversation as members enjoy a cuppa and connect over their shared interest. It's a space where friendship are formed as easily as brushstrokes on a canvas.

The group meets every Monday from 8am-11.45am and all are welcome. Whether an experienced artist or a complete beginner, anyone looking to explore their creative side, or simply enjoy a friendly, welcoming atmosphere is encouraged to come along.



Letter of appreciation

We would like to share this wonderful letter of appreciation received recently.

“Dear Autumn Centre

I have just spent 11 weeks with my brother Keith and his partner Nola, I would like to thank the reception staff for the welcome and ease of membership, it was worth every cent. Also the lovely ladies in the hairdressers who cut my hair a couple of times, and of course the wonderful volunteers serving the lovely food and drinks, such great value.

A special thanks to the snooker boys, and table tennis boys and girls, who all made me feel so welcome. Keep up the great work and thanks.

Yours sincerely, Paul”

Take away frozen meals



If you don't fancy cooking dinner, why not check out our take away frozen meals.

See the list on the Autumn Centre Activity

Board and buy at the admin office.

Photos of happy moments



Members enjoying some lovely tunes with Chrissy and Charlie.



French themed event



Donating to charity



First barista coffee using our brand new coffee machine.



July 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.

Tuesday 1

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

Wednesday 2

Roast vegetable frittata potato bake and peas \$8.50 (v)
Tim Tam Cheesecake

Thursday 3

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

Rhubarb crumble and custard

Friday 4

Corned silverside with mustard sauce, mashed potato and seasonal vegetables \$10.50

Lemon drizzle cake and cream

Monday 7

Tuna Mornay pasta bake and garden salad \$8.50

Pavlova with fresh cream and fruit

Tuesday 8

Chicken massaman coconut mild curry and rice \$8.50

Trifle

Wednesday 9

Glazed meatloaf with mash, braised cabbage and veg \$10.50

Sticky date pudding, butterscotch sauce and cream

Thursday 10

Zucchini slice with wedges and salad \$8.50

Lemon meringue pie

Friday 11

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

Bread and butter pudding

Monday 14

Hawaiian burger, chips and salad \$8.50

Fresh fruit salad and ice cream

Tuesday 15

Christmas in July

Wednesday 16

Christmas in July (*Bowlers Group*)

Thursday 17

Christmas in July

Friday 18

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

Matchsticks

Monday 21

Chicken parmigiana with potato wedges and salad \$10.50

Blueberry muffin and cream

Tuesday 22

Sausage cassoulet with creamy mashed potato and green beans \$8.50

Apple crumble and custard

Wednesday 23

Vegetable and lentil korma, rice and naan bread \$8.50 (v)

Biscoff cheesecake

Thursday 24

Irish stew with steamed vegetables \$10.50

Key lime pie

Friday 25

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

Brownie slice

Monday 28

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

Creamy rice pudding and fruit

Tuesday 29

Beef stew with dumplings and steamed vegetables \$10.50

Rich chocolate mud cake and cream

Wednesday 30

Pork ribs with potato bake and coleslaw \$10.50

Fruit cobbler and custard

Thursday 31

Cottage pie with seasonal vegetables \$10.50

Lemon cheesecake

Soup \$3 Dessert \$6

***Vegetarian option \$8.50**