

# Autumn Centre Newsletter

## February Edition

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### Valentine's Day High Tea



Join us as we celebrate Valentine's Day.

Entertainment will be provided by Chrissy who will be singing some beautiful love songs.

The high tea will consist of freshly baked scones with jam and cream, and an assortment of sweet and savoury treats for all to enjoy.

**Date:** Friday 14 February

**Time:** Doors open 11am  
High tea served 11.45am

**Where:** Dining room

**Cost:** Members \$18 | \$27 visitors  
Bookings essential

### Happy Dance



We are bringing you another date for the popular Happy Dance events.

No steps to learn, no partners needed and no active wear, just dance.

There's a new playlist with music from the 50's, 60's and 70's to have you reminiscing those dance floor moves of years ago. Tables and chairs are set up for when you need a break. Bring your own drinks and snacks (no alcohol).

So come along any time between 6pm-9pm, join in the fun, get the good mood vibes and a chance to exercise in a joyful way.

**Where:** Main Hall

**When:** Saturday 8 February

**Time:** Anytime between 6pm-9pm

**Cost:** \$5 (members only)

Book at the Admin Office.



## Social Club events



Warm New Year's greetings to everyone from the Autumn Centre Social Club Committee.

Tickets for events and trips only go on sale once advertised on posters on the social committee notice board.

### February

Trip to the Supreme Court

Date: Thursday 20 February  
Cost: \$25

Public transport and lunch at Brookfield Place (at member's own expense).

### March

Tour of Channel 9 studios

Date: Tuesday 25 March  
Cost: \$5

Public transport and lunch at Brookfield Place (at member's own expense).

### April

Tour of Quarantine Station

Date: Monday 7 April  
Cost: \$30

Includes a two hour tour, morning tea and transport to and from Woodman Point.

## Upcoming Events

We have plans in the making for the following dates:

- Sunday 4 May - Moondyne Joe festival, Toodyay
- Monday 19 May – Casino, Burswood

These dates are to be confirmed, please keep an eye on the social committee notice board for posters and more information.

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.

All suggestions are considered, don't be shy.



### Autumn Centre Social Committee Booking Desk

<b>Monday:</b>	11.30am-1.30pm <b>Jos</b>
<b>Tuesday:</b>	8.30am-11.30am <b>Annie</b> (front desk)
<b>Wednesday:</b>	9.30am-11.30am <b>Elaine</b>
<b>Thursday:</b>	9.30am-11.30am <b>Sue</b>
<b>Friday:</b>	9.30am-11.30am <b>Cheryl</b>





## From our groups

### Playbacks: A festive showcase of talent and joy

We had the pleasure of attending the Playbacks' Christmas show, and were absolutely amazed by the professionalism and brilliance of their performance.



The event, which drew an audience of 180, was a spectacular celebration of music, dance and camaraderie. The energy in the room was infectious, with lovely melodies, delightful choreography, and a light-hearted atmosphere that brought smiles to everyone's faces.

The audience thoroughly enjoyed the show, applauding enthusiastically for each number. The group's stunning costumes and impeccable coordination truly showcased their dedication and hard work. It was evident that the Playbacks pour their hearts into every detail, making their performances unforgettable.

The Playbacks group meet weekly, rehearsing every Thursday to perfect their routines. We deeply admire the way this group, comprising members

aged 65 to 93, comes together to create something so special. Their commitment to creativity, fun, and social connection is a shining example of what makes our centre such a vibrant place.



For many seniors, social isolation can be a significant challenge, and groups like the Playbacks offer a vital antidote. Through their shared passion for music and performance, these members find joy, build friendships and stay active. It's truly inspiring to see them singing, dancing, sharing laughter, or just enjoying lunch together.



Their talent, dedication, and sense of togetherness are truly inspiring, and their performances are a testament to the power of creativity and connection. We can't wait to see what they have in store for us in the future.



## Discover the therapy of Mosaics

Every Wednesday, the wet craft room comes alive with the vibrant energy of our mosaics group. It's not just the sound of tiles being cut and arranged that fills the room, it's also the laughter, lively conversations, and shared passion for creativity that make this group so special.

The group transforms broken plates, cups, and tiles into breathtaking works of art.



Their creations include everything from elegant house numbers, decorative wall clocks, colourful plant pots, intricate bowls, and stunning tile art. To add an extra touch of charm, they often incorporate beads, buttons, and pearls into their designs.

Nature and the ocean serve as key inspirations for the group. Beautiful motifs of local flowers, birds, dolphins, and other marine life feature prominently in their work, with colour combinations and patterns that are simply mesmerising.

Each piece is a testament to their talent and creativity, rivalling that of professional artists. But mosaics is about more than just creating art, it's a therapeutic experience.



The process of piecing together fragments into something whole and beautiful promotes relaxation, reduces stress, and fosters a deep sense of satisfaction. Members often describe their time in the group as rejuvenating, offering a break from everyday worries and a chance to focus on something truly rewarding.

The group is also a hub of friendship and camaraderie. As the tiles come together to create stunning art, so do the members, building connections and supporting one another through shared stories and laughter.

Whether you're a seasoned artist or just looking to try something new, the mosaics group welcomes everyone. Join them on Wednesdays and discover the joy, creativity, and therapy that mosaics can bring into your life.





## Proud of our people

### Knitting and crochet group supporting the community

Members of our knitting and crochet group are very passionate people, whose dedication and craft are weaving a web of kindness and support for those in need. Through their knitting and crochet needles, they are not only creating beautiful blankets, beanies and toys but also making a significant difference in the lives of people facing challenges. They support different causes from local charities to international humanitarian efforts. Their projects are a testament to the power of community and the spirit of generosity.

One of their ongoing initiatives involves donating handmade blankets to Ronald McDonald House, bringing comfort to children battling cancer and offering warmth to their families during difficult times. Alongside these, they craft colourful cuddly toys to bring joy to sick kids, offering them moments of relief from the hardships they endure.

Their efforts don't stop there. Recognising the struggles faced by those without shelter, these ladies also create blankets and beanies for homeless people, providing warmth and care to those most vulnerable during the coldest months.

Their thoughtful contributions extend to dialysis patients, where they make vibrant blankets to bring some colour and comfort to those spending long hours undergoing treatment. More recently, the group's compassion has extended beyond borders.

Through a collaboration with Wheelchairs for Kids Australia, these ladies have been knitting small, warm blankets for children in wheelchairs. These blankets are set to be sent to countries such as Kenya, Zambia, Myanmar and Indonesia where they will help bring comfort to children in need. This international project highlights not only the talent of these women but also the global impact their efforts are having, one stitch at the time.



Our knitting and crochet groups are a shining example of how simple acts of kindness can create waves of change. Their ability to come together, share their skills and use their time to make the world a better place is inspiring.

With every blanket, beanie and toy they create, they remind us that no act of kindness is ever too small, and that through compassion and creativity, we can truly make a difference in the lives of others.



## Volunteer spotlight

### Chris and his amazing contribution



At the Autumn Centre, we're lucky to have many wonderful volunteers, and Chris is truly one of them. For over seven years, Chris has been

helping us maintain our alfresco area and the surrounding grounds. With the assistance of his dedicated support workers, Graham and Michael, Chris is a vital part of our team every Monday and Thursday.



Chris's tasks include watering plants, blowing away leaves, and ensuring that the alfresco area remains a beautiful and welcoming spot for our members. Thanks to his hard work, members can sit outdoors, enjoy a cuppa, a meal, and a chat while admiring the thriving greenery and vibrant flowers that Chris diligently cares for.

Chris is known for his polite and friendly nature. He gets along wonderfully with

members, other volunteers, and staff, always brightening the day with his positive attitude.

In his spare time, Chris is very active and enjoys playing sports such as basketball, minigolf and bowling. He loves jigsaw puzzles, animals and never says no to a good ice cream.

A big thank you to Chris, Graham, and Michael for their ongoing efforts in making our centre a pleasant and welcoming place for everyone. Your dedication doesn't go unnoticed.

## Thank a Volunteer Day

### Message from our volunteers

A great afternoon out with a lovely bunch of 'Gal Pals' at the WA Volunteers Garden Party.



It was held in the gorgeous Government House Gardens on a wonderful sunny Thursday.

A fitting place to acknowledge and honour some 750

volunteers from 80 different organisations.

A big thank you to City of Rockingham Community Development Volunteer Officers, Jo and Niloufer for organising this lovely afternoon for all of us City of Rockingham volunteers and for their help with the bus to and from the event.





## RESPECT Values Award

Congratulations to Natalie for receiving the recent City of Rockingham RESPECT Award.



Below is the nomination information:

Natalie consistently goes above and beyond to ensure our members enjoy their day, particularly during our themed luncheon events. She puts incredible effort

into creating memorable experiences from decorations to entertainment and food, all contributing to an authentic cultural atmosphere.

For example, at the Greek luncheon, she invited a Bouzouki player and a Greek singer, who not only performed traditional music but also engaged our members in dances like Zorba, enriching their experience.

Natalie herself takes part in the theme by dressing up, whether as a Spanish senorita or a Greek goddess, and her bubbly personality radiates joy and positivity throughout the centre. Her dedication truly brightens our senior members' day, making each event a special occasion.

This award was well deserved, congratulations Natalie.

## Morning Tea Talks

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



- retirement
- age pension
- transfer from disability pension to age pension.

**When:** Thursday 13 February

**Where:** Dining Room

**Time:** 10am–11am

**Cost:** Free

Please book at Admin Office for catering purposes. Members only.

### Morning tea with Tina, the Centre Coordinator

Members are invited to share a cuppa with Tina and have a friendly talk about news and events happening at the



Centre. You are welcome to bring ideas and suggestions to make the Centre a better place for our members to socialise, develop connections, engage in activities and hobbies of their interest, and to keep healthy and active as well as enjoying their day.

**When:** Thursday 27 February

**Time:** 10am

**Cost:** Free

Please book at Admin office for catering purposes.



### 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:** Wet Craft room

**When:** Friday 21 February

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

**Cost:** \$10 at the door

**Bookings:** At the Admin Office

The Seniors Information Resource booklet is a new resource which helps Western Australian seniors navigate a wide range of state-wide services and concessions.

The Seniors Information Resource is an action of the [State Seniors Strategy 2023-2033](#) and was developed in response to feedback from older people across Western Australia who identified the need for clear, accessible information about services, programs and concessions available to them.

It includes information about housing, health, aged care services, elder abuse, technology and communication, transport, connecting with community, end of life planning and a range of other topics. It aims to increase awareness and uptake of existing services, concessions and programs for older people in Western Australia.

A limited number of booklets will be available at local governments, libraries, Community Resource Centres, [WA Seniors Card](#) Western Australian office and seniors' services across Western Australia.

A website for the Resource is currently in development and is scheduled for release in 2025.

If you have any questions or would like to provide feedback on the Resource, please contact the Department of Communities' Seniors and Ageing team on 1800 176 888 or email [seniors@communities.wa.gov.au](mailto:seniors@communities.wa.gov.au).





## Nick Brown is Retiring

Nick Brown, Manager of Community and Leisure Facilities (which includes the Autumn Centre) is retiring.

You will have seen Nick around the centre on one of his regular visits. He shares time with members, listening to any issues, while sharing a cup of tea from his bird mug. He is known for being an avid bird watcher and Liverpool football club supporter. He has been a great Manager and supporter for the centre staff, volunteers and members.

Nick commenced with the City of Rockingham as a new immigrant from Liverpool on 27 April 1993. His first position with the City was Assistant Parks Supervisor and he was successful in securing the position due to his extensive knowledge of Australian plants. It was a big move to leave Liverpool with his wife Dawn and start a new life in Australia.



Over Nick's nearly 32 years at the City, he has achieved (with his teams) some great outcomes for the City and the community including winning awards for

Best Beach, Best Natural Beach, Most Improved Beach and Best Maintained Parks and Gardens in the whole of Australia and New Zealand. On a huge personal achievement, he was awarded Manager of the Year across the whole of Australia in 2001.



We encourage him to continue with his Autumn Centre visits. There will always be a cup of tea, Friday fish and chips and a warm welcome here. All the very best for a happy retirement Nick.

## Farewell Morning Tea

The Autumn Centre will be hosting a farewell morning tea for Nick. We would like to invite members of the centre who know Nick, to come along and wish him all the best for this new chapter in his life.

**Where:** Dining Room  
**When:** Tuesday 11 February  
**Time:** 9.30am-11am  
**Cost:** Free

Please book at Admin Office for catering purposes. Members only.



## February 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 3

Grilled fish with mashed potato, mushy peas and parsley sauce \$10.50

Raspberry white chocolate muffins

### Tuesday 4

Apricot chicken with rice and vegetables \$8.50

Rich chocolate slice with cream

### Wednesday 5

Shepherds pie with roast vegetables and gravy \$10.50

Peach cobbler and custard

### Thursday 6

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

Cherry ripe cheesecake

### Friday 7

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

Trifle

### Monday 10

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

Lemon meringue pie and cream

### Tuesday 11

Spaghetti bolognese with garlic bread and salad \$10.50

Upside down caramel banana cake

### Wednesday 12

Zucchini slice with wedges and salad \$8.50

Sticky date pudding and cream

### Thursday 13

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

Fruit crumble and custard

### Friday 14

Valentine's High Tea

### Monday 17

Chicken schnitzel and mushroom sauce with a potato salad \$10.50

Custard tart

### Tuesday 18

Spinach, pumpkin and ricotta cannelloni with sweet potato wedges and coleslaw \$8.50 (v)

Bread and butter pudding

### Wednesday 19

Beef stew with dumplings and steamed vegetables \$10.50

Raspberry white chocolate cheesecake

### Thursday 20

Fisherman's basket with chips and coleslaw \$11.50

Vanilla slice

### Friday 21

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

Strawberry mousse

### Monday 24

Chicken parmigiana with chips and coleslaw \$10.50

Passion fruit and strawberry pavlova

### Tuesday 25

Vegetarian dahl with garlic naan \$8.50 (v)

Sticky date pudding and cream

### Wednesday 26

Rich beef and onion pie with mashed potato, carrots, peas and gravy \$10.50

Pecan pie

### Thursday 27

Tuna mornay pasta bake and garden salad \$8.50

Treacle sponge and custard

### Friday 28

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

Lemon cheesecake

**Soup \$3 Dessert \$6**

**\*Vegetarian option \$8.50**