

Autumn Centre Newsletter

April Edition

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ANZAC Commemoration



Come together with us to honour and remember them.



Lest we forget

Our ANZAC commemoration will feature special guests including Mayor Lorna Buchan, members of the 10th Light Horse Regiment, our veterans and a dignified, respectful service.

Brunch Buffet Menu

Sausage | Bacon | Veggie frittata bake | Garlic mushrooms | Wilted spinach | Cherry tomatoes | Warm bread and butter | Mini danish | Anzac biscuits | Fruit salad | Coffee, tea and fruit juices

Date: Thursday 23 April

Time: Doors open at 9am
Service at 9.30am
Brunch to follow

Where: Dining room

Cost: \$18 (members)
\$27 (members' guests)

Morning Melodies



Charlie is a talented local entertainer who brings the classics of the 50s, 60s and 70s to life with his guitar and his beautiful singing voice. He is also a dedicated support worker for

one of Autumn Singers group members, making his presence even more special within our community.

You will often find Charlie at the Centre on Fridays, playing guitar and singing with his warm, engaging voice and it doesn't take long before our members join in. His music fills the centre with joy, nostalgia and a wonderful sense of togetherness. Come along, sing along and enjoy the magic of Morning Melodies.

Date: Thursday 16 April

Time: 10am-11am

Where: Dining room

Cost: \$10 (members)
\$15 (members' guests)
Morning tea included

Bookings: At the Admin office



Social Club events



The Channel 9 tour that was scheduled for Tuesday 24 March has been cancelled at their request due to executives visiting. It has been re-scheduled to Tuesday 12 May. All members' payments for the March tour are carried over to May. There is a waiting list in case of cancellations.

April

Perth Mint

Date: Thursday 9 April

Cost: \$25

Tickets selling now.

Harvey Show

Date: Sunday 26 April

Cost: \$45

Tickets selling now.

May

Wheelchair for kids has been postponed at this stage.

Channel 9

Date: Tuesday 12 May

Cost: \$5

Waitlist (fully booked).

Guildford Medieval Fayre

Date: Sunday 17 May

This event is still in the early stage of planning. Please check the poster board.

Please remember to check the board to the right of the Centre entrance for event posters and information updates.

A reminder that we cannot take any reservations or deposits to hold a seat. All tickets must be paid for when booking (cash only).

There is a poster on both boards outlining our refund policy. Please familiarise yourself with it.

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.



The Social Club has a new committee member, Suzanne, who will be on the desk on Wednesdays from 10am -11.30am.

Welcome Suzanne. We look

forward to your input and ideas and hope you will enjoy your time with us.



Autumn Centre Social Committee Booking Desk

| | | |
|-------------------|----------------|----------------|
| Monday: | 11.30am-1.30pm | Jos |
| Tuesday: | 9.30am-11.30am | Sue |
| Wednesday: | 10am-11.30am | Suzanne |
| Thursday: | 9.30am-11.30am | Pauline |
| Friday: | 9.30am-11.30am | Cheryl |



Volunteer spotlight



Marie has recently been honoured with a special plaque and recognition from the City for an incredible ten years of service with the Autumn Centre.

For a decade, she has been a

cheerful and reliable presence in our café and kitchen, always greeting members with her bright smile and caring attitude. She is a true social butterfly who loves cooking, entertaining friends and making everyone around her feel welcome. Her warmth, friendliness and compassion have made her an essential part of the experience for everyone who walks through our doors.

Marie's journey with the Autumn Centre began ten years ago when she joined as a member during a difficult time in her life after the loss of her husband. The Centre became a place where she could socialise, heal and rebuild her sense of community. Here, she found new friendships and a sense of belonging and in return she has given so much of herself through her volunteer work.

Marie's life story is as vibrant as her personality. She came to Australia in 1980 at just 26 years old, arriving with two young children and building a new life with courage and determination.

Over the years, she worked as a personal assistant for a local business, where she was known for her dedication and positivity – qualities she has brought to the Centre. She loves reading and music, especially Bruce Springsteen. Her lovely Scottish accent, still strong after more than 46 years in Australia, adds to her charm and makes her instantly recognisable.

A lover of travel, Marie has explored the world and enjoyed many cruises, collecting memories and stories along the way. Deeply family-oriented and community-minded, she brings warmth, connection and joy wherever she goes. She is not just a volunteer; she is a treasured part of our community and a wonderful ambassador for the Autumn Centre.

Marie's dedication, kindness and joyful spirit have touched countless lives and we are proud to celebrate her remarkable ten years of service.

Her presence enriches our Centre every day and we are grateful for all she brings to our community.



From our activity groups

Croquet news



Our croquet courts received a full refresh throughout March, with a range of

maintenance tasks carried out to keep the playing surface in excellent condition. The work included grooming and dethatching of both courts, herbicide treatment, liquid fertilising and top-dressing the extension area near the carpark hut along with other small areas across the courts. Thanks to this combined effort, the courts are now looking fantastic and ready for plenty of enjoyable play.

The croquet groups warmly welcome new players and encourage anyone interested to come along and join in. Play sessions are held on Wednesdays and Saturdays from 8.30am-12pm, with Golf Croquet also available on Tuesdays from 9am-12pm.

Croquet is a wonderful activity for seniors, offering gentle physical exercise that supports balance, mobility and coordination. It also provides mental stimulation through strategy and focus, along with the social benefits of connecting with others in a relaxed, friendly outdoor setting. Combined with the peaceful lakeside atmosphere, it's an ideal way to stay active, engaged and part of a welcoming community.

Wednesday Crochet Group - crafting, connecting and caring

What begins as a simple crochet session quickly becomes something much richer: a room filled with laughter, shared stories, warm cuppas and the quiet joy of creating something beautiful.



The group is made up of wonderfully skilled individuals who bring colour, creativity and heart to every project. Their handcrafted pieces are not only beautifully made but also crafted with care. This spirit of generosity extends far beyond the walls of the centre. The group regularly connects with the wider community through various projects and this month they completed something truly special, donating handmade blankets to the local nursing home. Each blanket carries hours of work, love and thoughtfulness, offering comfort to those who need it most.

Group leader Diana does an exceptional job guiding the group, encouraging creativity and serving as a warm and reliable contact for community partnerships. Her leadership helps make the Wednesday Crochet Group a place where friendships grow, skills flourish and kindness is stitched into every creation.



Book Club

The Book Club is thriving with new members joining regularly and bringing fresh perspectives to each gathering. The group meets every second Wednesday of the month from 1pm-2pm, creating a friendly and relaxed space where readers can connect, share ideas and enjoy lively discussion.



In March, the club had the pleasure of hosting Karin Jarvis, author of *With Every Goodbye*. Her book tells the powerful true story of a first generation Australian woman who bravely chose to rewrite her own destiny. Members were captivated by Jarvis's insights into her writing journey and the themes explored in the book. In a generous gesture she donated copies of her book to the club, which was warmly appreciated by everyone.

The visit sparked thoughtful and heartfelt conversation among members. Many reflected on their own life experiences, drawing meaningful parallels to the challenges, resilience and personal transformation portrayed in Jarvis's story. The discussion created a strong sense of connection within the group and highlighted just how powerful shared storytelling can be.

New Group - Autumn Writers

Thanks to the strong interest, we're now moving ahead with this new group.

Start Date: Friday 17 April
Time: 12.30pm-2.30pm
Where: Dry craft room
Group Leader: Nada Lubay

Proud of our people

Throughout February, Annette and Sandy (both valued members of the Autumn Centre) joined forces with Annette's daughters, Sarah and Fiona, to take on The Big Bold Swim in support of Breast Cancer Trials. Their commitment and teamwork made for an inspiring effort. As team "Still Making Waves", they set a fundraising target of \$500. Thanks to the generosity of supporters, they didn't just reach that goal, they tripled it. Together, the team swam 28 kilometres and raised an impressive \$1,509.

A special acknowledgement goes to the Autumn Singers group, whose contributions helped bring Annette's personal fundraising goal to \$294.45. Their support was deeply appreciated.

Breast Cancer Trials operates Australia's only independent clinical trials research program, uniting more than 980 researchers across hospitals and medical institutions in Australia and New Zealand. Their work is vital. Every day 56 people are diagnosed with breast cancer and sadly nine lives are lost to the disease. The team's efforts help ensure that research continues, treatments advance and hope grows stronger for those affected.



Autumn Centre shines at Volunteers Sundowner

The City recently hosted its annual Volunteers Sundowner, an evening dedicated to honouring the remarkable individuals who give their time, energy and compassion to support our community.

This year, the Autumn Centre was especially well represented, with its volunteers making up almost half of the City's entire volunteer base. Their strong presence at the event was a wonderful reflection of the Centre's ongoing contribution to the wellbeing of residents.



The Autumn Centre continues to be a place of connection, support and belonging for older community members and its volunteers are the heart of that mission. Their dedication ensures that every member who walks through the doors feels welcomed and valued.

Seeing so many Autumn Centre volunteers and staff come together at the Sundowner highlighted just how significant their impact is across Rockingham.

A special moment of the evening was the recognition of several Autumn Centre volunteers for their years of service. Marie marked an incredible 10 years of service and six volunteers celebrated an impressive five year milestone: Chrissy, Trish, Steph, Jo, Judy and Chris.



Each of them has contributed countless hours of kindness, patience and support to the community.



Although Chris couldn't attend due to medical treatment, her award was warmly acknowledged. We send her our heartfelt wishes for strength and a smooth recovery and she remains very much in our thoughts.

We are incredibly proud of all our volunteers, not only for the time they have given, but for the spirit of generosity they bring to the City. Their efforts enrich the lives of others every day and their service is deeply appreciated.

To every volunteer at the Autumn Centre and across the City: thank you for all that you do.



Easter celebration: Thursday 2 April



With the Centre closing for Easter, we're adding thoughtful touches to make the occasion feel

special, bringing people together to share good food, friendly company and a bit of Easter fun. A hearty lamb roast lunch will be served in the dining room and you'll find Easter eggs and cheerful surprises popping up around the Centre throughout the day.

Autumn Centre Closures

Please note the following upcoming public holiday closures:

- **Easter Closures:**
 - Friday 3 April
 - Monday 6 April
 - Tuesday 7 April
- **ANZAC Day**
 - Monday 27 April

Thank you to Pat



We offer our heartfelt thanks to Pat, who has brought eggs to the Centre every Friday for nearly 20 years. Her kindness and generosity have meant so much to our community. As she moves into a nursing home, we will miss her visits and hold her in our thoughts.

We are deeply grateful for all Pat has given and wish her comfort and strength in this next chapter.

Biggest Morning Tea: Thursday 21 May



Get ready for our Biggest Morning Tea on Thursday 21 May.

As we look ahead to May, we're thrilled to share that this year's Autumn Centre Biggest Morning Tea will be our largest and most exciting yet. We'll be hosting the event in the main hall, giving us plenty of space to come together as a community and support an important cause.

Our goal this year is to raise \$10,000 for the Cancer Council. These funds help provide vital support services, research and resources for people and families affected by cancer. To help us reach this goal, we are inviting members and the wider centre community to contribute donations. Items for raffles, hampers or fundraising activities are warmly welcomed and can be dropped off at the admin office throughout April and May.

A big Thank You to everyone who has contributed in past years. Your generosity has made a real difference and we're excited to build on that spirit once again.

Let's make this year's Biggest Morning Tea truly memorable and stand together for a cause that touches so many lives.



April Lunch Menu



Freshly prepared by our staff cooks for Centre members and their guests only.

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.

Wednesday 1 April

Fish and chips or vegetable schnitzel* mushy peas and tartare sauce \$11.50
Lemon Mousse

Thursday 2 April

Easter roast lamb or vegetable pie* with roast vegetables and mint sauce \$11.50
Easter brownie slice

Friday 3 April

Centre Closed

Monday 6 April

Centre Closed

Tuesday 7 April

Centre Closed

Wednesday 8 April

Creamy chicken and leek pie with mashed potato and vegetables \$10.50
Fresh fruit salad and ice cream

Thursday 9 April

Mild creamy beef korma rice and naan bread \$10.50
Carrot cake

Friday 10 April

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

Monday 13 April

Beef burger with cheese, chips and coleslaw \$8.50
Lemon meringue pie and cream

Tuesday 14 April

Satay chicken casserole rice and vegetables \$10.50
Chocolate mousse

Wednesday 15 April

Lambs fry and bacon, mashed potato with vegetables \$8.50
Mandarin jelly and ice cream

Thursday 16 April

Roast vegetable frittata, potato bake and peas \$8.50 (v)
Apple crumble and custard

Friday 17 April

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

Monday 20 April

Cottage pie with seasonal vegetables \$10.50
Pavlova with fresh cream and fruit

Tuesday 21 April

Zucchini slice with wedges and salad \$8.50
Cinnamon teacake with cream

Wednesday 22 April

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

Thursday 23 April

ANZAC Brunch

Friday 24 April

Roast beef or vegetable pie* with roast vegetables and horseradish \$11.50
Rhubarb and apple crumble and custard

Monday 27 April

Centre Closed

Tuesday 28 April

Chicken parmigiana with potato wedges and salad \$10.50
Sorbet and fresh fruit

Wednesday 29 April

Lamb hotpot with pumpkin and green beans \$10.50
Matchsticks

Thursday 30 April

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

Soup \$3 Dessert \$6
***Vegetarian option \$8.50**