



Groups and Activities

Aerobics | \$5 | Main Hall

Fridays | 9.30am-10.30am | Deb

Ballroom Dancing | Donation | Main Hall

Tuesdays | 7pm-9.45pm

Bingo | \$2 per book

Mondays | 1pm-3.45pm | Dining Room

Fridays | 1pm-3.45pm | Main Hall

Book Club | Free | Technology Room

2nd Wednesday of the month | 1pm-2pm

Boxercise | \$5 | Main Hall

Tuesdays | 9.30am-10.30am | Kate

Card Making | Free | Wet Craft Room

Wednesdays | 8am-12pm

Carpet Bowls | \$2 | Main Hall

Wednesdays | 8.30am-12pm [Social]

Wednesdays | 12pm-3.45pm [Practice]

Thursdays | 8.45am-11.45am [Social]

Sundays | 12.30pm-3.30pm [Social]

Chair Yoga | \$5 | Main Hall

Fridays | 10.45am-11.45am | Deb

Chi Ball | \$5 | Main Hall

Mondays | 8am-9am | Karen

China Painting | \$4 | Wet Craft Room

Mondays | 1pm-3.30pm

CJ's Line Dancing | \$3 | Main Hall

Thursdays | 6pm-8pm [Absolute

Beginners - Beginners]

Saturdays | 9.30am-10.30am [Absolute

Beginners - Beginners]

Saturdays | 11am-12pm [Improvers and Intermediate]

Core Flow | \$5 | Main Hall

Tuesdays | 8am-9am | Deb

Crafty Friends | Free

Thursdays | 8am-12pm | Dry Craft Room

Fridays | 8am-12pm | Wet Craft Room

Crochet/Knitting | Free | Dry Craft Room

Mondays | 9.45am-12pm

Mondays | 1pm-3.30pm [Beginners]

Crochet/Patchwork | Free | Dry Craft Room

Wednesdays | 9am-12pm

Croquet | Free | Croquet Court

Wednesdays | 8.30am-12pm

Saturdays | 8.30am-12pm

Darts | Free | Games Room

Wednesdays | 12pm-3pm

Thursdays | 12pm-3pm

Friendship Group | Free | Dry Craft Room

Wednesdays | 1pm-3pm

Functional Movement | \$5 | Main Hall

Tuesdays | 10.45am-11.45am | Kate

Golf Croquet | Free | Croquet Court

Tuesdays | 9am-12pm

Thursdays | 9am-12pm

iPad Workshops | Free | Games Room

Tuesdays | 10am-12pm

Machine Embroidery | Free | Wet Craft Room

Thursdays | 8am-2pm

Mahjong | Free | Dry Craft Room

Tuesdays | 9am-12pm

Thursdays | 12.15pm-3.30pm

Fridays | 9am-12pm

Meditation | \$5 | Technology Room

Tuesdays | 9am-10am [Beginners]

Wednesdays | 9am-10am [Intermediate]

Mexican Trains Game | \$1 | Games Room

Thursdays | 9am-11.30am

Mosaics | \$3 | Wet Craft Room

Wednesdays | 12.30pm-3.30pm

New Vogue Dances | \$3 | Main Hall

Mondays | 9.30am-11.30am

Alternate Fridays | 7pm-9.30pm

Alternate Saturdays | 7pm-9.30pm

New Vogue Dancing Beginners

Lessons | \$3 | Main Hall

Fridays | 5.30pm-6.30pm

Nostalgia Singers | Free | Dining Room

Thursdays | 6pm-9pm

Painting for Pleasure | Free | Wet Craft Room

Mondays | 8am-12pm

Playbacks Concert Group | Free | Main Hall

Thursdays | 2pm-5.30pm

Pool | Free | Games Room

Mondays | 9.30am-12.30pm

Wednesdays | 9.30am-12.30pm

Qi Gong | \$5 | Main Hall

Fridays | 7.30am-8.15am

Rocky Micro Flyers (Drones and Model Aircraft) | Free | Main Hall

Sundays | 6pm-8pm

Rummiking | Free | Wet Craft Room

Tuesdays | 12.30pm-3pm

Scrabble | Free | Wet Craft Room

Tuesdays | 12.30pm-3pm

Scrapbooking | Free | Wet Craft Room

Tuesdays | 8.30am-12pm

Sewing for Pleasure | Free | Wet Craft Room

Saturdays | 8am-1pm

Singing | Donation | Dining Room

Tuesdays | 1pm-3pm

Snooker | Free | Games Room

Mondays-Wednesdays | 12.30pm-3.50pm

Thursdays-Fridays | 11.30am-3.50pm

Social Club

Committee members who organise

interesting and fun social outings.

Bookings desk at back of foyer is open

Monday to Friday mornings - cash only.

Stretch and Strength | \$5 | Main Hall

Thursdays | 12pm-1pm | Kathy

Table Tennis | Donation | Main Hall

Mondays | 6pm-9pm [Social]

Tuesdays | 12pm-4pm [Social]

Wednesdays | 4pm-5.30pm [Intense]

Tai Chi | \$5 | Main Hall

Mondays | 3pm-4pm

Mondays | 4pm-5pm [Beginners]

Wednesdays | 7.15am-8.15am [Advanced]

Fridays | 8.15am-9.15am

Travel Buddies | Free | Dry Craft Room

Alternate Tuesdays | 1pm-3pm

Ukulele Playing Group | Free | Dining Room and Games Room

Saturdays | 9am-11.30am

Weight Busters | Donation | Dry Craft Room

Mondays | 8.15am-9.30am

Yoga | \$5 | Main Hall

Mondays | 11.45am-1.15pm

Wednesdays | 6pm-7.30pm

Yoga (Gentle) | \$5 | Main Hall

Mondays | 1.30pm-2.30pm

Support Groups

Alzheimer's Carers Support | Free | Dining Room

2nd Wednesday each month | 1pm-3pm
| Call 1300 66 77 88 to register attendance

Parkinson's Support | Free | Dining Room

2nd Thursday of the month | 1pm-3pm

Wellness Therapies

Bowen Therapy | By appointment

Alternate Tuesdays | 9am-3pm | A gentle form of body work to stimulate the body's natural responses bringing about self-healing on all levels.

Massage Therapy | By appointment

Fridays | 9am-2pm | Remedial and gentle massage for relief in muscular aches, pains and joint stiffness.

Podiatry | By appointment

Alternate Mondays | 8.30am-2.40pm | Medicare and Health fund rebates and significant seniors' discounts.

Book at the Admin Office or call 9528 8560.

Services

Community Transport Connect Bus:

Services to and from Autumn Centre on Mondays and Fridays. Call **9528 8562** for more information.

Café: Monday-Friday | 8.30am-3.30pm

Dine In Meals: Monday-Friday | lunch serving at 11.45am. Mains price range from \$8.50 to \$11.50. Desserts \$6. Take away meals available, container 50c. See menu for prices. **Bookings essential (up until 10am on the day)**

Library: Monday-Friday | 8.30am-4pm
Run in alignment with City Libraries.

Technology Room:

Monday-Friday | 7.15am-4pm

Hairdressing: Monday-Friday

By appointment call 0478 952 821

Days at a Glance

Mondays

8am-9am Chi Ball
 8am-12pm Painting for Pleasure
 8.15am-9.30am Weight Busters
 8.30am-2.40pm Podiatry - alternate Mondays
 9.30am-11.30am New Vogue Dances
 9.30am-12.30pm Pool
 9.45am-12pm Crochet/Knitting
 11.45am-1.15pm Yoga
 12.30pm-3.50pm Snooker
 1pm-3.30pm China Painting
 1pm-3.30pm Crochet/Knitting [Beginners]
 1pm-3.45pm Bingo
 1.30pm-2.30pm Yoga (Gentle)
 3pm-4pm Tai Chi
 4pm-5pm Tai Chi [Beginners]
 6pm-9pm Table Tennis [Social]

Tuesdays

8am-9am Core Flow
 8.30am-12pm Scrapbooking
 9am-10am Meditation [Beginners]
 9am-12pm Golf Croquet
 9am-12pm Mahjong
 9am-3pm Bowen Therapy
 9.30am-10.30am Boxercise
 10am-12pm iPad Workshops
 10.45am-11.45am Functional Movement
 12pm-4pm Table Tennis [Social]
 12.30pm-3pm Rummiking
 12.30pm-3pm Scrabble
 12.30pm-3.50pm Snooker
 1pm-3pm Singing
 1pm-3pm Travel Buddies - alternate Tuesdays
 7pm-9.45pm Ballroom Dancing

Wednesdays

7.15am-8.15am Tai Chi [Advanced]
 8am-12pm Card Making
 8.30am-12pm Carpet Bowls [Social]
 8.30am-12pm Croquet
 9am-10am Meditation [Intermediate]
 9am-12pm Crochet/Patchwork
 9.30am-12.30pm Pool
 12pm-3pm Darts
 12pm-3.45pm Carpet Bowls [Practice]
 12.30pm-3.30pm Mosaics
 12.30pm-3.50pm Snooker
 1pm-2pm Book Club - 2nd Wed of the month
 1pm-3pm Alzheimer's Carers Support - 2nd Wed of the month
 1pm-3pm Friendship Group
 4pm-5.30pm Table Tennis [Intense]
 6pm-7.30pm Yoga

Thursdays

8am-12pm Crafty Friends
 8am-2pm Machine Embroidery
 8.45am-11.45am Carpet Bowls [Social]
 9am-11.30am Mexican Trains Game
 9am-12pm Golf Croquet
 11.30am-3.50pm Snooker
 12pm-1pm Stretch and Strength
 12pm-3pm Darts
 12.15pm-3.30pm Mahjong
 1pm-3pm Parkinson's Support - 2nd Thu of the month
 2pm-5.30pm Playbacks Concert Group

6pm-8pm

6pm-9pm

Fridays

7.30am-8.15am Qi Gong
 8am-12pm Crafty Friends
 8.15am-9.15am Tai Chi
 9am-12pm Mahjong
 9am-2pm Massage Therapy
 9.30am-10.30am Aerobics
 10.45am-11.45am Chair Yoga
 11.30am-3.50pm Snooker
 1pm-3.45pm Bingo
 5.30pm-6.30pm New Vogue Dancing
 7pm-9.30pm Beginners Lessons
 New Vogue Dances - alternate Fridays

Saturdays

8am-1pm Sewing for Pleasure
 8.30am-12pm Croquet
 9am-11.30am Ukulele Playing Group
 9.30am-10.30am CJ's Line Dancing [Absolute Beginners - Beginners]
 11am-12pm CJ's Line Dancing [Improvers and Intermediate]
 7pm-9.30pm New Vogue Dances - alternate Saturdays

Sundays

12.30pm-3.30pm Carpet Bowls [Social]
 6pm-8pm Rocky Micro Flyers (Drones and Model Aircraft)

Membership information

Membership information

Joining Fee | \$17.50

Annual Membership

1 July to 30 June

Pensioner/Concession | \$41

Full Member | \$58

Pro Rata Membership

1 January to 30 June

Pensioner/Concession | \$20

Full Member | \$29

Non-Member Visitor Fee

Daily fee | \$9

Staff

Tina Gjordeni | Coordinator

Natalie Owen | Assistant Coordinator

Lizzie Keys | Membership and Bookings

Nova Ball | Centre Assistant

Joy Forster | Head Cook

Colleen Whitmarsh | Assistant Cook

Stephanie Innes | Assistant Cook

Contact information

32 McNicholl Street, Rockingham

T: **08 9528 8560**

E: customer@rockingham.wa.gov.au

W: rockingham.wa.gov.au/autumncentre

Opening Hours

Centre Hours

Monday-Friday | 7.15am-4pm

Office Hours

Monday-Friday | 8.30am-3.30pm

2026
Version 2



Autumn Centre

Timetable



The City of Rockingham Autumn Centre offers an active and social environment for people over the age of 60 to pursue personal interests and create support networks.

This brochure covers all of our regular activities, support groups and services.

For information on our activities, events and outings, please speak to one of our friendly staff members, a social club committee member or a volunteer.

Age-friendly initiatives
For over 60s