



Activities and Groups

Aerobics | \$5 | Main Hall

Fridays | 9.30am-10.30am | Lehane

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

Bowls (Carpet) | \$2 | Main Hall

Wednesdays **Social** | 8.30am-12pm

Wednesdays **Practice** | 12pm-3.45pm

Thursdays **Social** | 8.45am-11.45am

Sundays | 12.45pm-3.45pm

Boxercize | \$5 | Main Hall

Tuesdays | 9.30am-10.30am | Yasmin

Card Making | \$0.50 | Wet Craft Room

Wednesdays | 8.30am-12pm

Chess | Free | Wet Craft Room

Tuesdays | 1pm-3.30pm

Chi Ball | \$5 | Main Hall

Mondays | 8am-9am | Deb

China Painting | \$4 | Wet Craft Room

Mondays | 1pm-3.30pm

CJ's Line Dancing | Donation | Main Hall

Saturdays 9.30am-10.30am **Beginners**

Saturdays 10.50am-11.50am **Intermediate**

Core Flow | \$5 | Main Hall

Tuesdays | 8am-9am | Deb

Crafty Friends | Free |

Thursdays | 8am-12pm | Dry Craft

Fridays | 8am-12pm | Wet Craft

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 Lawns

Wednesdays and Saturdays | 8.45am-12pm

Darts | Free | Games Room

Wednesdays | 12.30pm-3.50pm

Thursdays | 12.30pm-3.50pm

Empowered | \$5 | Main Hall

Fridays | 10.45am-11.45am | Lehane

Friendship group | Free | Dining Room

Wednesdays | 1pm-3pm

Functional Movement | \$5 | Main Hall

Tuesdays | 11am-12pm | Yasmin

Golf Croquet | Free | Croquet Lawns

Tuesdays and Thursdays | 9am-12pm

iPad Workshops | Free | Games Room

Tuesdays | 10am-12pm

Machine Embroidery | Free | Wet Craft Room

Thursdays | 8am-2pm

Mah-jong | Free | Dry Craft Room

Tuesdays | 9am-12pm

Thursdays | 12.15pm-3.30pm

Fridays | 9am-12pm

Meditation | \$5 | Wednesdays

7.45am-8.45am | Dry Craft Room

9am-10am | Technology Room

Mosaics | \$3 | Wet Craft Room

Wednesdays | 12.30pm-3.30pm

New Vogue Dancing Beginners Lessons | \$3 | Main Hall

Fridays | 5.30pm-6.30pm

New Vogue Dances | \$3 – Main Hall

Mondays | 9.30am-11.30am

Alternate Fridays | 7pm-9.30pm

Alternate Saturdays | 7pm-9.30pm

Nostalgia Singers | Free | Dining Room

Thursdays | 6pm-9pm

Painting for Pleasure | Free

Wet Craft Room

Mondays | 8am-11.45am

Playbacks Concert Group | Free

Main Hall

Thursdays | 2pm-5.30pm

Pool | Free | Games Room

Mondays | 8.30am-11.30am

Rocky Micro Flyers | Free | Main Hall

(Drones and model aircraft)

Sundays | 6pm-8pm

Rummiking | Free | Wet Craft Room

Tuesdays | 12.30pm-3.30pm

Scrabble | Free | Wet Craft Room

Tuesdays | 12.30pm-3.30pm

Scrapbooking | Free | Wet Craft Room

Tuesdays | 8.30am-12pm

Sewing for Pleasure | Free | Wet Craft Room

Room

Saturdays | 9am-1pm

Singing | Donation | Dining Room

Tuesdays | 1pm-3pm

Snooker | Free | Games Room

Mondays-Fridays | 12.30pm-3.50pm

Social Club

Monday-Friday mornings for bookings

Committee members who organise

exciting social outings.

Spanish Conversation | Free | Wet

Craft Room

Fridays | 2.45pm-3.45pm

Stretch and Strength | \$5 | Main Hall

Thursdays | 12pm-1pm | Yasmin

Table Tennis | Main Hall

Mondays **Social** | 6pm-9pm | Donation

Tuesdays **Social** | 12pm-4pm | Free

Wednesdays **Intense** | 4pm-5.30pm | Free

Travel Buddies | Free | Dry Craft Room

Alternate Tuesdays | 1-3pm

Tai Chi Class | \$5 | Main Hall

Mondays | 3pm-4pm

Wednesdays | 7.15am-8.15am **Advanced**

Fridays | 8.15am-9.15am

Ukulele Playing Group | Free | Dining Room and Games Room

Saturdays | 9am-11.30am

Weight Busters | Donation | Dry Craft

Mondays | 8.15am-9.30am

Yoga | \$5 | Main Hall

Mondays | 11.45am-1.15pm

Wednesdays | 6pm-7.30pm

Gentle Yoga | \$5 | Main Hall

Mondays | 1.30pm-2.30pm

Support Groups

Alzheimer's Carers Support | Free

Dry Craft Room

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

Call 1300 667788 to register attendance

Parkinson's Support | Free | Dining

Room

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

Services

Community Transport Connect Bus:

Services to and from Autumn Centre on

Mondays and Fridays.

Call **9528 8562** for more information

Café: Monday-Friday | 8.15am-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

Wellness Therapists

Podiatry: Alternate Mondays

Medicare and Health fund rebates and

significant seniors' discounts.

Bowen Therapy: Tuesdays 1pm-3pm

A gentle form of body work to stimulate

the body's natural responses bringing

about self-healing on all levels.

Massage-Stephanie: Fridays

Remedial and gentle massage for relief in

muscular aches, pains and joint stiffness.

Physiotherapy: Alternate Wednesdays

Health fund rebates and significant

senior's discounts.

Book Therapists at the Admin Office

or call **9528 8560 appointment only**

Days at a Glance

Monday Activities

8am-9am	Chi Ball
8am-11.45am	Painting for Pleasure
8.15am-9.30am	Weight Busters
8.30am-2.40pm alt	Podiatry Services
9.30am-11.30am	New Vogue Dance
9.45am-12pm	Crochet/Knitting
11.45am-1.15pm	Yoga
12pm-3.50pm	Snooker
1pm-3.30pm	Crochet/Knitting
1pm-3.30pm	China Painting
1pm-3.45pm	Bingo
1.30pm-2.30pm	Gentle Yoga
3pm-4pm	Tai Chi
6pm-9pm	Table Tennis (Social)

Tuesday Activities

8am-9am	Core Flow
8.30am-12pm	Scrapbooking
12pm-4pm	Bowen Therapy
9am-12pm	Mahjong
9am-12pm	Golf Croquet
9.30am-10.30am	Boxercize
10am-12pm	iPad Workshop
11am-12pm	Functional Movement
12pm-3.50pm	Snooker
12pm-4pm	Table Tennis (Social)
12.30pm-3.30pm	Rummiking
12.30pm-3.30pm	Scrabble
1pm-3.30pm	Chess
1pm-3pm alt	Travel Buddies
1pm-3pm	Singing
7pm-9.45pm	Ballroom Dancing

Wednesday Activities

7.15am-8.15am	Tai Chi Advanced
7.45am-8.30am	Meditation
8.30am-12pm	Card Making
8.30am-12.30pm alt	Physiotherapy
8.30am-3.45pm	Carpet Bowls
8.30am-12pm	Croquet
9am-10am	Meditation Beginners
9am-12pm	Crochet/Patchwork
12pm-3.50pm	Snooker
12.30pm-3.50pm	Darts
12.30pm-3.30pm	Mosaics
1pm-3pm monthly	Alzheimer's carers
1pm-2pm monthly	Book Club
1pm-3pm	Friendship group
4pm-5.30pm	Table Tennis (Advanced Training)
6pm-7.30pm	Yoga

Thursday Activities

8am-2pm	Machine Embroidery
8am-12pm	Crafty Friends
8.45am-11.45am	Carpet Bowls
9am-12pm	Golf Croquet
12pm-1pm	Stretch and Strength
12pm-3.50pm	Snooker
12.15pm-3.30pm	Mah-jong
12.30pm-3.50pm	Darts
1pm-3pm monthly	Parkinson's Support
2pm-5.30pm	Playback Concert
6pm-9pm	Group Nostalgia Singers

Membership information

Joining Fee | \$17

Annual Membership

1 July to 30 June

Pensioner/Concession | \$40

Full Member | \$56

Pro Rata Membership

1 January to 30 June

Pensioner/Concession | \$20

Full Member | \$28

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/facilities/autumn-centre

Opening Hours

Centre Hours

Monday-Friday | 7.15am-4pm

Office Hours

Monday-Friday | 8.30am-3.30pm

Friday Activities

8.15am-9.15am	Tai Chi
8am-12pm	Crafty Friends
9am-12pm	Mah-jong
9am-2pm	Massage Therapy
9.30am-10.30am	Aerobics
10.45am-11.45am	Empowered
12.30pm-3.50pm	Snooker
1pm-3.45pm	Bingo
2.45pm-3.45pm	Spanish Conversation
5.30pm-6.30pm	New Vogue Dance lessons
7pm-9.30pm alt	New Vogue Dance

Saturday Activities

8.30am-12pm	Croquet
9am-1pm	Sewing for pleasure
9am-11.30am	Ukulele
9.30am-10.30am	Line Dance (Beginners)
10.50am-11.50am	Line Dance (Intermediate)
7pm-9.30pm alt	New Vogue Dance

Sunday Activities

12.45pm-3.45pm	Carpet Bowls
6pm-8pm	Rocky Micro Flyers

2024

Version 10



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**