



Aerobics | \$4.50

Fridays | 9.30am-10.30am | Lehane Main Hall

Ballroom Dancing | Donation

Tuesdays | 7pm-9.45pm
Main Hall, Main Hall

Bingo | \$2 per book

Mondays and Fridays | 1pm – 3.45pm
Dining Room, Main Hall

Bowls (Carpet) | \$2

Wednesdays Social | 8.30am-12pm
Wednesdays Practice | 12pm-3.45pm
Thursdays | 8.45am-11.45am
Sundays | 12.45pm-3.45pm
Main Hall

Boxercize | \$4.50

Tuesday | 9.30am-10.30am | Yasmin Main Hall

Card Making | \$0.50

Wednesday | 8.30am-12pm
Wet Craft Room

Chi Ball | \$4.50

Mondays | 7.30am-8.30am
Thursday | 12pm-1pm
Main Hall

China Painting | \$4

Mondays | 1pm-3.30pm
Wet Craft Room

Singing | Donation

Tuesdays | 1pm-3.30pm
Dining Room

CJ's Line Dancing | Donation

Line Dance

Beginners

Saturdays | 9.30am-10.30am

Intermediate

Saturdays | 10.50am-11.50am
Main Hall

Crafty Friends | Free

Thursday | 8am-12pm
Dry Craft Room
Fridays | 8am-12pm
Wet Craft Room

Crochet/Patchwork | Free

Mondays | 9.45am-12pm
Wednesday | 9am-12pm
Dry Craft Room

Crochet/Knitting (Beginners) | Free

Mondays | 1pm-3.30pm
Dry Craft Room

Croquet & Golf Croquet | Free

Tuesday, Wednesday, Thursday and Saturdays | 8.30am-12pm
Croquet Lawns

Darts and Pool | Free

Mondays | 8.30am-11.30am
Games Room

Darts and Snooker | Free

Tuesdays & Wednesdays | 12pm-3.50pm

Thursday and Friday | 12.30pm-3.50pm
Games Room

Embroidery/Cross Stitch | Free

Fridays | 1pm-3pm
Dry Craft Room

Friendship group | Free

Wednesdays | 1pm-3pm
Dining room

Functional Movement | \$4.50

Tuesdays | 11am-12pm | Yasmin
Fridays | 10.45am-11.45am | Lehane Main Hall

IPad Workshops | Free

Tuesdays | 10am-12pm
Games Room

Machine Embroidery | Free

Thursdays | 8am-2pm
Wet Craft Room

Mah-jong | Free

Tuesdays | 9am-12pm
Thursdays | 12.15pm-3.30pm
Fridays | 9am-12pm
Dry Craft Room

Mosaics | \$3

Wednesdays | 12.30pm-3.30pm
Wet Craft Room

New Vogue Dance | Free

Ballroom

Mondays | 9.30am-11.30am
Alt. Fridays | 7pm-9.30pm
Alt. Saturdays | 7pm-9.30pm
Main Hall

Painting for Pleasure | Free

Mondays | 8am-11.45am
Wet Craft Room

Pilates | \$4.50

Tuesdays | 8am-9am | Karen
Main Hall

Playbacks Concert Group | Free

Thursdays | 2pm-5.30pm
Main Hall

Rocky Micro Flyers | Free

(Drones and model aircraft)
Sundays | 6pm-10pm
Main Hall

Rummiking | Free

Tuesdays | 12.30pm-3.30pm
Wet Craft Room

Scrabble | Free

Tuesdays | 1pm-3.30pm
Wet Craft Room

Scrapbooking | Free

Tuesdays | 8.30am-12pm
Wet Craft Room

Table Tennis

Mondays (Adv.) | 1pm-4pm | Donation
Wednesdays (social) | 8am-12pm | Free
Thursdays (Adv.) | 8.30am-12pm | Donation - Games Room

Table Tennis

Mondays Social | 6pm-9pm | Donation
Tuesdays Social | 12pm-4pm | Free
Wednesdays Intense | 4pm-5.30pm | Free
Main Hall

Tai Chi Class | \$4.50

Mondays | 3pm – 4pm
Wednesdays | 7.15am – 8.15am
Fridays | 8.15am – 9.15am
Main Hall

Tivoli/Nostalgia Rehearsals | Free

Games Room | Various times
For information contact Howard
9528 5609

Ukulele Playing Group | Free

6 week beginner course
Saturdays | 9am-11.30am
Dining Room and Games Room

Weight Busters | Donation

Mondays | 8.15am-9.30am
Dry Craft Room

Yoga | \$4.50

Mondays | 11.45am-1.15pm
Wednesdays | 6pm-7.30pm

Gentle Yoga

Mondays | 1.30pm-2.30pm
Main Hall

Support Groups

Alzheimer's Support | Free

1st Wednesday of month | 1pm-3.30pm
Dry Craft Room

Parkinson's Support | Free

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

Services

Café: Monday-Friday | 8.15am-3.30pm

See menu for options and pricing

Community Transport Connect Bus

Call **08 9528 8562** for more information

Hairdressing: Monday-Friday

By appointment only.

*To book call **0478 952 821***

Library: Monday-Friday | 8.30am-4pm

Run in alignment with City Libraries

Meals: Dine In: Monday-Friday |

serving 11.45am

Mains price range from \$7 to \$10.

Desserts \$5. Take away meals available, container 50c. See menu for prices. Pay upon booking.

Bookings essential (up until 10am on the day)

Outings and Events:

See notice boards and newsletters for more information. Bookings are required via office.

Technology Room:

Monday-Friday | 7.15am - 4pm

Bookings required for computer / technology assistance. See notice in room.

Social Club:

Monday-Friday | Various times

The Social Club is open to new members to help facilitate events and trips for the benefits of all Autumn Centre members. Proceeds are put back into subsidised future events.

Days at a Glance

Monday

7.30am-8.30am	Chi Ball
8am-11.45am	Painting for Pleasure
8.15am-9.30am	Weight Busters
8.30am-11.30am	Darts and Pool
8.30am-2.40pm	Podiatry Services
9.30am-11.30am	New Vogue Dance
9.45am-12pm	Crochet/Patchwork
11.45am-1.15pm	Yoga
1pm-3.30pm	Crochet/Knitting
1pm-3.30pm	China Painting
1pm-3.45pm	Bingo
1pm-4pm	Table Tennis
(Advance)	
1.30pm-2.30pm	Gentle Yoga
3pm – 4pm	Tai Chi
6pm-9pm	Table Tennis
(Social)	

Tuesday

8am-9am	Pilates
8.30am-12pm	Scrapbooking
9am-4pm	Bowen Therapy
9am-12pm	Mahjong
9am – 1pm	Golf Croquet
9.30am-10.30am	Boxercize
10am-12pm	iPad Workshop
11am-12pm	Functional
Movement	
12pm-3.50pm	Darts and Snooker
12pm-4pm	Table Tennis
(Social)	
12.30pm-3.30pm	Rummiking
12.30pm-3.30pm	Scrabble
1pm-3.30pm	Singing
1.15pm-3.45pm	Chess
7pm-9.45pm	Ballroom Dancing

Wednesday Activities

7.15am-8.15am	Tai Chi
8am-12pm	Table Tennis (Social)
8.30am-12pm	Card Making
8.30am-12.10pm	Podiatry Services
8.30am-3.45pm	Carpet Bowls
8.30am-12pm	Croquet
9am-12pm	Crochet/Patchwork
12pm-3.50pm	Darts and Snooker
12.30pm-3.30pm	Mosaics
1pm-3pm	Friendship group
1pm-3.30pm	Alzheimer's Support
4pm-5.30pm	Table Tennis (Intense)
6pm-7.30pm	Yoga

Thursday Activities

8am-2pm	Machine Embroidery
8am-12pm	Crafty Friends
8.30am-12pm	Table Tennis Adv.
8.45am-11.45am	Carpet Bowls
9am – 1pm	Golf Croquet
12pm-1pm	Chi Ball
12.15pm-3.30pm	Mahjong

12.30pm-3.50pm

1pm-3pm

2pm-5.30pm

Darts and Snooker

Parkinson's Support

Playback Rehearsals

Opening Hours

Centre Hours

Monday-Friday | 7.15am-4pm

Office Hours

Monday-Friday | 8.30am-3.30pm

Contact information

32 McNicholl Street, Rockingham

T: **08 9528 8560**

E: customer@rockingham.wa.gov.au

W: rockingham.wa.gov.au/facilities/autumn-centre

Membership information

Joining Fee | \$15.00

Annual Membership

1 July to 30 June

Pensioner/Concession | \$36.00

Full Member | \$50.00

Pro Rata Membership

1 January to 30 June

Pensioner/Concession | \$18.00

Full Member | \$25.00

Non-Member Visitor Fee

Daily fee | \$8.00

Staff

Brett McDonald | Coordinator

Tina Gjordeni | Assistant Coordinator

Lizzie Keys | Membership and Bookings

Josey Young | Centre Assistant

Natalie Owen | Head Cook

Joy Forster | Assistant Cook

Friday Activities

8.15am-9.15am

8am-12pm

9am-12pm

9.30am-10.30am

10.45am-11.45pm

Movement

12.30pm-3.50pm

1pm-3pm

Stitch

1pm-3.45pm

7pm-9.30pm Alt

Saturday Activities

8.30am-12pm

9am-11.30am

9am-11.30am

9am-11.30am

9.30am-10.30am

10.50am-11.50am

7pm-9.30pm Alt

Sunday Activities

12.45pm-4pm

6pm-8pm

Tai Chi

Crafty Friends

Mahjong

Aerobics

Functional

Darts and Snooker

Embroidery/Cross

Stitch

Bingo

New Vogue Dance

Croquet

Ukulele (Beginners)

Ukulele (Intermediate)

Ukulele (Advance)

Line Dance (Beg)

Line Dance (Int)

New Vogue Dance

Carpet Bowls

Rocky Micro Flyers

2023

Version 6



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.

For information on our courses, events and outings, please speak to one of our friendly staff members or volunteers.

Age-friendly initiatives for over 60's

Classes may be subject to change or cancellation without notice. Please contact the Centre to confirm your class.