Machine Embroidery | Free | Wet Craft Tai Chi | \$5 | Main Hall **Groups and Activities** Room Mondays | 3pm-4pm Aerobics | \$5 | Main Hall Thursdays | 8am-2pm Wednesdays | 7.15am-8.15am Fridays | 9.30am-10.30am | Deb Mahjong | Free | Dry Craft Room [Advanced] **Ballroom Dancing | Donation | Main** Tuesdays | 9am-12pm Fridays | 8.15am-9.15am 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**

Carpet Bowls | \$2 | Main Hall

Tuesdays | 9.30am-10.30am | Yasmin Card Making | Free | Wet Craft Room Wednesdays | 8am-12pm

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 | 11am-12pm | Yasmin **Golf Croquet | Free | Croquet Court**

Tuesdays | 9am-12pm Thursdays | 9am-12pm

iPad Workshops | Free | Games Room

Tuesdays | 10am-12pm

Thursdays | 12.15pm-3.30pm

Fridays | 9am-12pm

Meditation | \$5

Wednesdays | 7.45am-8.45am | Dry Craft Room [Intermediate]

Wednesdays | 9am-10am | Technology Room [Beginners]

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-11.45am

Playbacks Concert Group | Free | **Main Hall**

Thursdays | 2pm-5.30pm Pool | Free | Games Room

Mondays | 9am-12.30pm

Wednesdays | 9am-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

Saturdays | 8am-1pm

Singing | Donation | Dining Room

Tuesdays | 1pm-3pm

Snooker | Free | Games Room Mondays-Fridays | 12.30pm-3.50pm

Social Club

Committee members who organise interesting and fun social outings. Bookings desk at back of fover is open Monday to Friday mornings - cash only.

Stretch and Strength | \$5 | Main Hall Thursdays | 12pm-1pm | Yasmin

Mondays | 6pm-9pm [Social] Tuesdays | 12pm-4pm [Social] Wednesdays | 4pm-5.30pm [Intense]

Table Tennis | Donation | Main Hall

Travel Buddies | Free | Dry Craft

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

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-11.45am Painting for Pleasure Weight Busters 8.15am-9.30am Podiatry - alternate 8.30am-2.40pm **Mondays** 9am-12.30pm Pool 9.30am-11.30am New Vogue Dances Crochet/Knitting 9.45am-12pm 11.45am-1.15pm Yoga 12.30pm-3.50pm Snooker 1pm-3.30pm China Painting Crochet/Knitting 1pm-3.30pm [Beginners] 1pm-3.45pm Bingo 1.30pm-2.30pm Yoga (Gentle) 3pm-4pm Tai Chi Table Tennis [Social] 6pm-9pm **Tuesdays** 8am-9am Core Flow 8.30am-12pm Scrapbooking **Golf Croquet** 9am-12pm **Bowen Therapy** 9am-3pm 9am-12pm Mahjong 9.30am-10.30am Boxercise iPad Workshops 10am-12pm 11am-12pm **Functional Movement** 12pm-4pm Table Tennis [Social] 12.30pm-3pm Rummiking 12.30pm-3pm Scrabble 12.30pm-3.50pm Snooker 1pm-3pm Singing Travel Buddies -1pm-3pm alternate Tuesdays 7pm-9.45pm **Ballroom Dancing** Wednesdays 7.15am-8.15am Tai Chi [Advanced] Meditation [Intermediate] 7.45am-8.45am 8am-12pm Card Making Carpet Bowls [Social] 8.30am-12pm 8.30am-12pm Croquet 9am-10am Meditation [Beginners] Crochet/Patchwork 9am-12pm 9am-12.30pm Pool 12pm-3pm **Darts** 12pm-3.45pm Carpet Bowls [Practice] 12.30pm-3.30pm Mosaics Snooker 12.30pm-3.50pm 1pm-2pm Book Club - 2nd Wed of the month Alzheimer's Carers 1pm-3pm 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 12pm-1pm Stretch and Strength 12pm-3pm **Darts** 12.15pm-3.30pm Mahjong 12.30pm-3.50pm Snooker 1pm-3pm Parkinson's Support -2nd Thu of the month 2pm-5.30pm Playbacks Concert Group

6pm-8pm CJ's Line Dancing [Absolute Beginners -Beginners] 6pm-9pm Nostalgia Singers **Fridays** 7.30am-8.15am Qi Gong Crafty Friends 8am-12pm 8.15am-9.15am Tai Chi Mahjong 9am-12pm 9am-2pm Massage Therapy 9.30am-10.30am Aerobics 10.45am-11.45am Chair Yoga 12.30pm-3.50pm Snooker 1pm-3.45pm Bingo 5.30pm-6.30pm **New Vogue Dancing** Beginners Lessons New Vogue Dances -7pm-9.30pm alternate Fridays **Saturdays** 8am-1pm Sewing for Pleasure 8.30am-12pm Croquet Ukulele Playing Group 9am-11.30am 9.30am-10.30am CJ's Line Dancing [Absolute Beginners -Beginners] CJ's Line Dancing 11am-12pm [Improvers and Intermediate] New Vogue Dances -7pm-9.30pm alternate Saturdays Sundays 12.30pm-3.30pm Carpet Bowls [Social] Rocky Micro Flyers 6pm-8pm (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/facilities/autumn-centre
Opening Hours
Centre Hours

Monday-Friday | 7.15am-4pm

Office Hours

Monday-Friday | 8.30am-3.30pm



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