



## 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

2<sup>nd</sup> 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 | 7.30am-8.30am | 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

### Stretch and Strength | \$5 | Main Hall

Thursdays | 12pm-1pm | Yasmin

### 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 | Dry Craft Room

Saturdays | 9am-1pm

### Singing | Donation | Dining Room

Tuesdays | 1pm-4pm

### 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

### Table Tennis | Main Hall

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

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

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

Thursday **Advanced** | 6pm-9pm | 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

2<sup>nd</sup> Wednesday of the month | 1pm-3pm

Call 1300 667788 to register attendance

### Parkinson's Support | Free | Dining Room

2<sup>nd</sup> 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

7.30am-8.30am	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-4pm	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 Group
2pm-5.30pm	Playback Concert
6pm-9pm	Nostalgia Singers
6pm-9pm	Advanced Table Tennis

## 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

**Tina Damian** | Assistant Cook

## Contact information

32 McNicholl Street, Rockingham

T: **08 9528 8560**

E: [customer@rockingham.wa.gov.au](mailto:customer@rockingham.wa.gov.au)

W: [rockingham.wa.gov.au/facilities/autumn-centre](http://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 (Beginners)
9am-11.30am	Ukulele (Intermediate)
9am-11.30am	Ukulele (Advance)
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 6

  
Autumn Centre  
A City of Rockingham Community Facility



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 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**