

By appointment call 0478 952 821



Days at a Glance

Mondays

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

Tuesdays

8am-9am Core Flow  
8.30am-12pm Scrapbooking  
9am-12pm Golf Croquet  
9am-3pm Bowen Therapy  
9am-12pm Mahjong  
9.30am-10.30am Boxercise  
10am-12pm iPad Workshops  
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  
1pm-3pm Travel Buddies - alternate Tuesdays  
Ballroom Dancing

Wednesdays

7.15am-8.15am Tai Chi [Advanced]  
7.45am-8.45am Meditation [Intermediate]  
8am-12pm Card Making  
8.30am-12pm Carpet Bowls [Social]  
8.30am-12pm Croquet  
9am-10am Meditation [Beginners]  
9am-12pm Crochet/Patchwork  
9am-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  
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  
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  
Playbacks Concert Group  
2pm-5.30pm

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  
12.30pm-3.50pm Snooker  
1pm-3.45pm Bingo  
5.30pm-6.30pm New Vogue Dancing  
Beginners Lessons  
New Vogue Dances - alternate Fridays  
7pm-9.30pm

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

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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](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

CJ's Line Dancing [Absolute Beginners - Beginners]  
Nostalgia Singers

Qi Gong  
Crafty Friends  
Tai Chi  
Mahjong  
Massage Therapy  
Aerobics  
Chair Yoga  
Snooker  
Bingo  
New Vogue Dancing  
Beginners Lessons  
New Vogue Dances - alternate Fridays

Sewing for Pleasure  
Croquet  
Ukulele Playing Group  
CJ's Line Dancing [Absolute Beginners - Beginners]  
CJ's Line Dancing [Improvers and Intermediate]  
New Vogue Dances - alternate Saturdays

Carpet Bowls [Social]  
Rocky Micro Flyers (Drones and Model Aircraft)

2025  
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 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