



Groups and Activities

Aerobics | \$5 | Main Hall

Fridays | 9.30am-10.30am | Deb

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

Boxercise | \$5 | Main Hall

Tuesdays | 9.30am-10.30am | Yasmin

Card Making | Free | Wet Craft Room

Wednesdays | 8am-12pm

Carpet Bowls | \$2 | Main Hall

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

Machine Embroidery | Free | Wet Craft Room

Thursdays | 8am-2pm

Mahjong | 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 [Intermediate]

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

Mexican Trains Game | \$1 | Games Room

Thursdays | 9am-12pm

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

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 Room

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 foyer is open

Monday to Friday mornings - cash only.

Stretch and Strength | \$5 | Main Hall

Thursdays | 12pm-1pm | Yasmin

Table Tennis | Donation | Main Hall

Mondays | 6pm-9pm [Social]

Tuesdays | 12pm-4pm [Social]

Wednesdays | 4pm-5.30pm [Intense]

Tai Chi | \$5 | Main Hall

Mondays | 3pm-4pm

Wednesdays | 7.15am-8.15am

[Advanced]

Fridays | 8.15am-9.15am

Travel Buddies | Free | Dry Craft Room

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 Room

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

Wellness Therapies

Bowen Therapy | By appointment

Tuesdays | 12.30pm-4pm | 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 | 8.15am-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

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
9am-12.30pm Pool
9.30am-11.30am New Vogue Dances
9.45am-12pm Crochet/Knitting
11.45am-1.15pm Yoga
12.30pm-3.50pm Snooker
1pm-3.30pm 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-12pm Mahjong
9.30am-10.30am Boxercise
10am-12pm iPad Workshops
11am-12pm Functional Movement
12pm-4pm Table Tennis [Social]
12.30pm-3pm Rummikg
12.30pm-3pm Scrabble
12.30pm-3.50pm Snooker
12.30pm-4pm Bowen Therapy
1pm-3pm Singing
1pm-3pm Travel Buddies - alternate Tuesdays
7pm-9.45pm 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
1pm-3pm 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-12pm Golf Croquet
9am-12pm Mexican Trains Game
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

6pm-9pm

Fridays

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
7pm-9.30pm Beginners Lessons
New Vogue Dances - alternate Fridays

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

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

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

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 4





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