



Activities | Support Groups and Services

No bookings required to attend, speak to group leader for more information



Aerobics | \$4.50

Tuesdays | 9.30am-10.30am | Yasmin
Fridays | 9.30am-10.30am | Lehane
Main Hall

Ballroom Dancing | Donation

Tuesdays | 7pm-9.45pm
Main Hall

Bingo | \$2 per book

Mondays and Fridays | 1pm – 3.45pm
Dining Room

Bowls (Carpet) | \$2

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

Card Making | \$0.50

Wednesday | 8.30am-12pm
Wet Craft Room

Chess| Free

Tuesday | 1.15pm-3.45pm
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

Choir (Singing for Love) | Donation

Tuesdays | 1pm-3.30pm
Dining Room

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 | Free

Wednesdays and Saturdays | 8.30am-12pm
Croquet Lawns

Darts and Pool | Free

Mondays | 8.30am-11.30am
Games Room

Darts/Pool/Snooker | Free

Tuesdays and Wednesdays | 12pm-3.50pm
Thursday and Friday | 12.30pm-3.50pm
Games Room

Embroidery/Cross Stitch | Free

Fridays | 1pm-3pm
Dry Craft Room

Functional Movement | \$4.50

Tuesdays | 10.45am-11.45am | Yasmin
Fridays | 10.45am-11.45am | Lehane
Main Hall

iPad Workshops | Free

Tuesdays | 10am-12pm
Games Room

Line Dance (Urban Cowboys) | \$10

Fridays | 1pm-3pm
Main Hall

Machine Embroidery | Free

Thursdays | 8am-2pm
Wet Craft Room

Mahjong | Free

Tuesdays | 9am-12pm
Thursdays | 12.15pm-3.30pm
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
Line Dance (Waitlist)
Beginners Saturdays | 9.30am-10.30am
Intermediate Saturdays | 11am-12pm
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

TNT Fitness Class | \$4.50

Friday | 8.15am-9.15am | Lehane
Main Hall

Tivoli/Nostalgia Rehearsals | Free

Thursdays | 6pm-9pm
Main Hall

Ukulele Playing Group | Free

6 week beginner course \$35
Saturdays | 9am-12pm
Games Room, Wet and Dry Craft Room

Walking Football | \$5

Mondays | 10am-11am
Thursdays | 10am-11am
Croquet Lawns

Weight Busters | Donation

Mondays | 8.15am-9.30am
Dry Craft Room

Yoga | \$4.50

Yoga Mondays | 11.45am-1.15pm
Wednesdays | 6pm-7.30pm
Gentle Yoga Mondays | 1.30pm-2.30pm
Wednesdays | 7.20am-8.20pm
Main Hall

Support Groups

Alzheimer's Support | Free

1st Wednesday of the month | 1pm-3.30pm
Dining Room

Cancer Support | Free

Thursdays | 10am-12pm
Counselling Room

Parkinson's Support | Free

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

Services

Café: Monday-Friday | 8am-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-3.30pm
Run in alignment with City Libraries

Meals: Dine In: Monday-Friday | serving 11.45am
\$8 Mains and \$4 Desserts
Bookings essential (up until 10am on the day)
Take away meals available (*pay upon booking*)

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

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
 9.30am-11.30am New Vogue Dance
 9.45am-12pm Crochet/Patchwork
 10am-11am Walking Football
 11.45am-1.15pm Yoga
 1pm-3.30pm Crochet/Knitting (Beg)
 1pm-3.30pm China Painting
 1pm-3.45pm Bingo
 1pm-4pm Table Tennis (Advance)
 1.30pm-2.30pm Gentle Yoga
 6pm-9pm Table Tennis (Social)

Tuesday

8am-9am Pilates
 8.30am-12pm Scrapbooking
 9am-4pm Bowen Therapy
 9am-12pm Mahjong
 9.30am-10.30am Aerobics
 10am-12pm iPad Workshop
 10.45am-11.45pm Functional Movement
 12pm-3.50pm Darts/Pool/Snooker
 12pm-4pm Table Tennis (Social)
 12.30pm-3.30pm Rummikg
 12.30pm-3.30pm Scrabble
 1.15pm-3.45pm Chess
 1pm-3.30pm Singing for Love Choir
 7pm-9.45pm Ballroom Dancing

Wednesday Activities

8am-12pm Table Tennis (Social)
 8.30am-12pm Card Making
 8.30am-12pm Podiatry Services
 8.30am-3.45pm Carpet Bowls
 8.30am-12pm Croquet
 9am-12pm Crochet/Patchwork
 12pm-3.50pm Darts/Pool/Snooker
 12.30pm-3.30pm Mosaics
 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 (Social)
 10am-11am Walking Football
 10am-12pm Cancer Support
 12pm-1pm Chi Ball
 12.15pm-3.30pm Mahjong
 12.30pm-3.50pm Darts/Pool/Snooker
 1pm-3pm Parkinson's Support
 2pm-5.30pm Playback Rehearsals
 6pm-9pm Tivoli/Nostalgia

Friday Activities

8.15am-9.15am TNT Fitness Class
 8am-12pm Crafty Friends
 9.30am-10.30am Aerobics
 10.45am-11.45pm Functional Movement
 12.30pm-3.50pm Darts/Pool/Snooker
 1pm-3pm Line Dance
 1pm-3pm Embroidery/Cross Stitch
 1pm-3.45pm Bingo
 7pm-9.30pm New Vogue Dance

Saturday Activities

8.30am-12pm Croquet
 9am-12pm Ukulele (Beginners)
 9am-12pm Ukulele (Intermediate)
 9am-12pm Ukulele (Advance)
 9.30am-10.30am Line Dance (Beg) (Waitlist)
 11am-12pm Line Dance (Int) (Waitlist)
 7pm-9.30pm New Vogue Dance

Sunday Activities

12.45pm-4pm Carpet Bowls (Social)
 6pm-8pm Rocky Micro Flyers
 (drones & model aircraft)

Opening Hours

Centre Hours

Monday-Friday | 7.15am-4pm

Office Hours

Monday-Friday | 8.30am-3pm

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

Annual Membership

1 July to 30 June | \$36.00

Pro Rata Membership

1 January to 30 June | \$18.00

Non-Member Visitor Fee

Daily fee | \$8.00

Staff

Brett McDonald | Autumn Centre Coordinator

Julie Miles | Autumn Centre Assistant

Joanne Dangerfield | Autumn Centre Assistant

Josey Young | Autumn Centre Assistant

Natalie Owen | Autumn Centre Head Cook

Lyn Sellin | Autumn Centre Assistant Cook



Allied Health Services

Podiatry

Alternate Mondays | 8.30am-3pm

Alternate Wednesdays | 8.30am-12pm

Step Ahead Podiatry providers take pride in providing you with a thorough, friendly and professional service. They offer Medicare and Health fund rebates as well as significant senior's discount which leaves a general fee of \$45

For all bookings call: 08 9528 8560

For more information call:

Step ahead Podiatry: 08 9528 4447

Bowen Therapy

Tuesdays | 9am-4pm

Bowen Therapy is a gentle form of bodywork that addresses not only the musculoskeletal framework, but also the fascia, nerves and internal organs that stimulates the body's natural responses to bring about self-healing on all levels.

Cost of \$30 for 30 mins and \$50 for 1 hour

For more information or to book call: 08 9528 8560

Massage

Fridays | 8.30am-4pm

Remedial and soft tissue massage therapy to treat muscles that are damaged, knotted, tense or immobile. Different manipulation techniques available including relaxation, deep tissue and myofascial. Improves your overall health and wellbeing.

Cost of \$30 for 30 mins and \$50 for 1 hour

For more information or to book call: 08 9528 8560



Welcome, enjoy the many activities on offer!

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.