

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

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

Room

Thursdays | 8am-12pm | Dry Craft Room Fridays | 8am-12pm | Wet Craft Room Crochet/Knitting | Free | Dry Craft

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

iPod Worksham | Free |

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]

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

Saturdays | 8am-1pm

Singing | Donation | Dining Room

Tuesdays | 1pm-3pm

Snooker | Free | Games Room

Mondays-Fridays | 12.30pm-3.50pm

Social Club

Room

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 8am-11.45am 8.15am-9.30am

8.30am-2.40pm

9am-12.30pm 9.30am-11.30am New Vogue Dances 9.45am-12pm 11.45am-1.15pm Yoga 12.30pm-3.50pm 1pm-3.30pm 1pm-3.30pm

1pm-3.45pm 1.30pm-2.30pm 3pm-4pm

6pm-9pm **Tuesdays**

8am-9am 8.30am-12pm 9am-12pm 9am-12pm 9.30am-10.30am 10am-12pm 11am-12pm 12pm-4pm 12.30pm-3pm 12.30pm-3pm 12.30pm-3.50pm 12.30pm-4pm 1pm-3pm

7pm-9.45pm Wednesdays

1pm-3pm

7.15am-8.15am 7.45am-8.45am 8am-12pm 8.30am-12pm 8.30am-12pm 9am-10am 9am-12pm 9am-12.30pm 12pm-3pm

12pm-3.45pm 12.30pm-3.30pm 12.30pm-3.50pm 1pm-2pm

1pm-3pm

1pm-3pm 4pm-5.30pm 6pm-7.30pm **Thursdays**

8am-12pm 8am-2pm 8.45am-11.45am 9am-12pm 12pm-1pm 12pm-3pm 12.15pm-3.30pm 12.30pm-3.50pm

1pm-3pm

2pm-5.30pm

6pm-9pm

Chi Ball

Painting for Pleasure Weight Busters Podiatry - alternate

Mondays Pool

Crochet/Knitting Snooker China Painting Crochet/Knitting

[Beginners] Bingo

Yoga (Gentle) Tai Chi

Table Tennis [Social]

Core Flow Scrapbooking **Golf Croquet** Mahjong Boxercise iPad Workshops **Functional Movement** Table Tennis [Social]

Rummiking Scrabble Snooker **Bowen Therapy**

Singing Travel Buddies alternate Tuesdays

Ballroom Dancing

Tai Chi [Advanced] Meditation [Intermediate]

Card Making Carpet Bowls [Social] Croquet

Meditation [Beginners] Crochet/Patchwork

Pool **Darts**

Carpet Bowls [Practice]

Mosaics Snooker

Book Club - 2nd Wed of the month

Alzheimer's Carers Support - 2nd Wed of the

month Friendship Group

Table Tennis [Intense] Yoga

Crafty Friends Machine Embroidery Carpet Bowls [Social]

Golf Croquet Stretch and Strength

Darts Mahjong Snooker

Parkinson's Support -2nd Thu of the month Playbacks Concert

Group

Nostalgia Singers

Fridays

8am-12pm Crafty Friends 8.15am-9.15am Tai Chi 9am-12pm Mahjong Massage Therapy 9am-2pm 9.30am-10.30am Aerobics Chair Yoga 10.45am-11.45am Snooker 12.30pm-3.50pm Bingo 1pm-3.45pm 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 9am-11.30am Ukulele Playing Group CJ's Line Dancing 9.30am-10.30am

> [Absolute Beginners -Beginners]

CJ's Line Dancing 11am-12pm

[Improvers and Intermediate]

7pm-9.30pm New Vogue Dances alternate Saturdays

Sundays

12.30pm-3.30pm 6pm-8pm

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

Membership information

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 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