



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 [Beginners]

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

Mexican Trains Game | \$1 | Games Room

Thursdays | 9am-11.30am

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 | 9.30am-12.30pm

Wednesdays | 9.30am-12.30pm

Qi Gong | \$5 | Main Hall

Fridays | 7.30am-8.15am

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

Alternate Tuesdays | 9am-3pm | 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 | 8.30am-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  
  
9.30am-11.30am New Vogue Dances  
9.30am-12.30pm Pool  
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-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  
7pm-9.45pm Ballroom Dancing

Wednesdays

7.15am-8.15am Tai Chi [Advanced]  
7.45am-8.45am Meditation [Beginners]  
8am-12pm Card Making  
8.30am-12pm Carpet Bowls [Social]  
8.30am-12pm Croquet  
9am-10am Meditation [Intermediate]  
9am-12pm Crochet/Patchwork  
9.30am-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-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  
2pm-5.30pm Playbacks Concert Group

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  
  
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

Membership information  
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 8

  
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