

Activities | Support Groups and Services



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

CJ's Line Dancing
[Absolute Beginners -
Beginners]

6pm-9pm

Nostalgia Singers

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
7pm-9.30pm	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

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

2025

Version 8



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**