

Hairdressing: Monday-Friday
By appointment call 0478 952 821

Days at a Glance

Mondays

8am-9am Chi Ball
8am-12pm 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
4pm-5pm Tai Chi [Level 2]
6pm-9pm Table Tennis [Social]

Tuesdays

8am-9am Core Flow
8.30am-12pm Scrapbooking
9am-10am Meditation [Beginners]
9am-12pm Golf Croquet
9am-12pm Mahjong
9am-3pm Bowen Therapy
9.30am-10.30am Boxercise
10am-12pm iPad Workshops
10.45am-11.45am Functional Movement
12pm-3pm Backgammon
12pm-3.30pm Table Tennis [Social]
12.30pm-3pm Rummikg
12.30pm-3pm Scrabble
12.30pm-3.50pm Snooker
1pm-2pm Travel Buddies - alternate Tuesdays

1pm-3pm Singing
4pm-5pm Fitness for Fun

Wednesdays

7.15am-8.15am Tai Chi
8am-12pm Card Making
8.30am-12pm Carpet Bowls [Social]
8.30am-12pm Croquet
9am-10am Meditation [Intermediate]
9am-12pm Crochet/Patchwork
9am-12pm Table Tennis at Hillman Hall [Social]
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
11.30am-3.50pm Snooker
12pm-1pm Stretch and Strength
12pm-3pm Darts
12.15pm-3.30pm Mahjong

1pm-3pm

2pm-5.30pm

6pm-8pm

6pm-9pm

Fridays

7.30am-8.15am
8am-12pm
8.15am-9.15am
9am-12pm
9am-2pm
9.30am-10.30am
10.45am-11.45am
11.30am-3.50pm
12.30pm-2.30pm
1pm-3.45pm
5.30pm-6.30pm

7pm-9.30pm

Saturdays

8am-1pm
8.30am-12pm
9am-11.30am
9.30am-10.30am

11am-12pm

7pm-9.30pm

Sundays

12.30pm-3.30pm
6pm-8pm

Parkinson's Support - 2nd Thu of the month
Playbacks Concert Group
CJ's Line Dancing [Absolute Beginners - Beginners]
Nostalgia Singers

Tai Chi - Qi Gong [All levels]

Crafty Friends
Tai Chi
Mahjong
Massage Therapy
Aerobics
Chair Yoga
Snooker
Writers Group
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)

Membership information

Joining Fee | \$18

Annual Membership

1 July to 30 June

Pensioner/Concession | \$42

Full Member | \$60

Pro Rata Membership

1 January to 30 June

Pensioner/Concession | \$21

Full Member | \$30

Member's Guest Fee

Daily fee | \$9.50

Contact information

32 McNicholl Street, Rockingham

T: 08 9528 8560

E: customer@rockingham.wa.gov.au

W: rockingham.wa.gov.au/autumncentre

Opening Hours

Centre Hours

Monday-Friday | 7.15am-4pm

Office Hours

Monday-Friday | 8.30am-3.30pm

2026
Version 7


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