

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 [Beginners]
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-4pm Table Tennis [Social]
12.30pm-3pm Rummikg
12.30pm-3pm Scrabble
12.30pm-3.50pm Snooker
1pm-3pm Singing
1pm-3pm Travel Buddies - alternate Tuesdays
4.30pm-6pm Fitness for Fun
7pm-9.45pm Ballroom Dancing

Wednesdays

7.15am-8.15am Tai Chi [Advanced]
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 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 Parkinson's Support - 2nd Thu of the month

2pm-5.30pm

Playbacks Concert Group

6pm-8pm

CJ's Line Dancing [Absolute Beginners - Beginners]

Nostalgia Singers

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
11.30am-3.50pm Snooker
12.30pm-2.30pm Writers Group
1pm-3.45pm Bingo
5.30pm-6.30pm New Vogue Dancing

Qi Gong

Crafty Friends

Tai Chi

Mahjong

Massage Therapy

Aerobics

Chair Yoga

Snooker

Writers Group

Bingo

New Vogue Dancing

Beginners Lessons

New Vogue Dances - alternate Fridays

7pm-9.30pm

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

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

Sundays

12.30pm-3.30pm Carpet Bowls [Social]
6pm-8pm Rocky Micro Flyers (Drones and Model Aircraft)

Carpet Bowls [Social]

Rocky Micro Flyers

(Drones and Model Aircraft)

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

Contact information

32 McNicholl Street, Rockingham

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Opening Hours

Centre Hours

Monday-Friday | 7.15am-4pm

Office Hours

Monday-Friday | 8.30am-3.30pm

2026
Version 4



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