



Groups and Activities

Aerobics | \$5 | Main Hall
Fridays | 9.30am-10.30am | Deb

Backgammon | Free | Foyer
Tuesdays | 12pm-3pm

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 | Kate

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

Fitness for Fun | \$5 | Main Hall
Tuesdays | 4.15pm-5.30pm

Friendship Group | Free | Dry Craft Room
Wednesdays | 1pm-3pm

Functional Movement | \$5 | Main Hall
Tuesdays | 10.45am-11.45am | Kate

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

Mexican Trains Game | \$1 | Games Room
Thursdays | 9am-11.30am

Mosaics | \$3 | Wet Craft Room
Wednesdays | 12.30pm-3.30pm

New Vogue Dances | \$5 | Main Hall
Mondays | 9.30am-11.30am
Alternate Fridays | 7pm-9.30pm
Alternate Saturdays | 7pm-9.30pm

New Vogue Dancing Beginners Lessons | \$5 | Main Hall
Fridays | 5.30pm-6.30pm

Nostalgia Singers | Free | Dining Room
Thursdays | 6pm-9pm

Painting for Pleasure | Free | Wet Craft Room
Mondays | 8am-12pm

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-Wednesdays | 12.30pm-3.50pm
Thursdays-Fridays | 11.30am-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 | Kathy

Table Tennis | Donation | Main Hall
Mondays | 6pm-9pm [Social]
Tuesdays | 12pm-4pm [Social]
Wednesdays | 4pm-5.30pm [Intense]

Table Tennis | \$2 | Hillman Hall
Wednesdays | 9am-12pm [Social]

Tai Chi | \$5 | Main Hall
Mondays | 3pm-4pm
Mondays | 4pm-5pm [Beginners]
Wednesdays | 7.15am-8.15am [Advanced]
Fridays | 8.15am-9.15am

Travel Buddies | Free | Dry Craft Room
Alternate Tuesdays | 1pm-2pm

Ukulele Playing Group | Free | Dining Room and Games Room
Saturdays | 9am-11.30am

Weight Busters | Donation | Dry Craft Room
Mondays | 8.15am-9.30am

Writers Group | Free | Dry Craft Room
Fridays | 12.30pm-2.30pm

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 | 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 for GP Care Plans.

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 \$9 to \$12. 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-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-3pm Backgammon
12pm-4pm Table Tennis [Social]
12.30pm-3pm Rummikg
12.30pm-3pm Scrabble
12.30pm-3.50pm Snooker
1pm-3pm Singing
1pm-2pm Travel Buddies - alternate Tuesdays
Fitness for Fun

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 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 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
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

Sundays

12.30pm-3.30pm Carpet Bowls [Social]
6pm-8pm 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

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

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

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)

2026
Version 6



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