

Autumn Centre Newsletter

August Edition

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your paperless copy online.



Taste of India Buffet



Join us for a delightful event celebrating the flavours and culture of India. Enjoy a delicious Indian-inspired lunch followed by a vibrant live performance featuring traditional music and dance.

Menu: Vegetable samosas | Chicken Korma | Beef Madras | Aloo Gobi | Coconut basmati rice | Naan bread | Fresh cucumber, tomato and mint salad | Pappadums | Mango chutney

Dessert: Pistachio cupcake topped with rose-water buttercream

Date: Thursday 13 August

Time: Doors open 11am
Lunch served 11.45am

Where: Dining room

Cost: \$19 member
\$28.50 member's guest

Bookings: At the Admin Office

Morning tea with a guest speaker



We are pleased to welcome a Community Speaker from **Arthritis WA** to present an informative session on ***Living Well with Arthritis.***

While there are over 100 conditions that fall under the umbrella of arthritis, this presentation will focus on the three most common types: **Osteoarthritis, Rheumatoid Arthritis and Gout.**

Participants will learn about symptoms, treatment options, self-management strategies and tips for maintaining a healthy and active lifestyle.

The session will run for approximately 45 minutes, followed by a 15 minute question and answer session.

Date: Thursday 27 August

Time: 10am-11am

Where: Dining room

Cost: Free (members only)

Bookings: At the Admin Office



Social Club events



Upcoming events

August

Op-Shop Run

Date: Monday 24 August

Cost: \$5

Casino

Date: Monday 31 August

Cost: \$5

Our regular Casino trips are always a good turnout, whether there are 'wins' or 'losses' everyone enjoys the day. As soon as the posters go up, get in early, put your name down, get your ticket and join the group.

Watch this space

A few events and activities are being planned for the remainder of the year, including:

September/October:

- Araluen Botanical Park

November:

- WA Maritime Museum
- Fremantle Prison

December:

- Perth Central Fire Station
- Royal Perth Hospital Museum

A reminder that reservations and deposits cannot be taken to hold a seat. All tickets must be paid for when booking (cash only). Please remember to check the board to the right of the Centre entrance for event posters and information updates.

There is a poster on both boards outlining our refund policy. Please familiarise yourself with it.

If you have an idea for future day trips that you think our members might like, please fill in a suggestion form and give it to a Social Committee member at the service table located in the foyer.



Autumn Centre Social Committee Booking Desk

Monday:	11.30am-1.30pm	Jos
Tuesday:	9.30am-11.30am	Sue
Wednesday:	10am-11.30am	Suzanne
Thursday:	9am-11.30am	Pauline
Friday:	9.30am-11.30am	Cheryl

Membership renewal reminder

Please note that the deadline for renewing memberships online is 16 August. If you have paid online, please come to the office to collect your new membership card.

If you applied for the concession rate, please bring your valid (not expired) concession card when collecting your membership card.

Please note that **Associate and Other Memberships** will not be renewed after the deadline of **16 August**.



Thank you for your cooperation.



From our activity groups

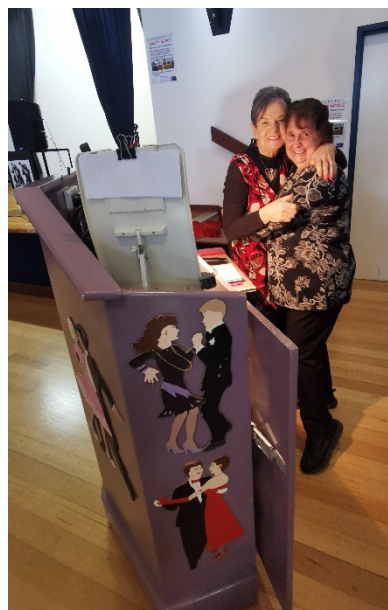
Many of you will already know our wonderful **New Vogue Dance Group**, one of the largest and most colourful groups at the Autumn Centre. Their energy, talent and friendship bring joy to our Centre and make every session a special occasion.



The group helps members stay active, keep fit and enjoy the benefits of music and dance. Through consistent practice and active participation, they continue to build confidence, maintain their wellbeing and share their love of music with others. Their stunning costumes, enthusiasm and impressive routines never fail to entertain and inspire. They prove that age is no barrier to learning new skills, staying active, making new friends and having fun.

The friendships within the group are just as important as the dancing. Members support and care for one another, both during dance sessions and at social gatherings. They create a welcoming environment where everyone feels valued and included. Many members regularly come together for social events, helping to strengthen the bonds that make the group so special.

The New Vogue Dance Group also demonstrates a remarkable commitment to the Centre and its members. On occasions when staff have not been available, members have stepped up to assist with first aid situations and even fire suppression incidents, responding calmly and professionally while looking after the wellbeing of others. Their willingness to help reflects the caring and responsible nature of the group.



A special thank you goes to Christine, the group leader, whose dedication and leadership over many years have helped make the group such a success.

Christine not only leads the group but also prepares and manages the music, using her technical skills and attention to detail to ensure everything runs smoothly.

Christine is supported by a fantastic team, including Barbara, Phil, Shirley and many other dedicated members. Together, they organise social events, prepare food for the group functions, assist behind the scenes and help with the many tasks that keep the group running successfully. Their teamwork, generosity and commitment contribute greatly to the positive spirit of the Autumn Centre.



Croquet: more than just a game



For over 33 years, the **Croquet Group** has been a valued part of the Autumn Centre and remains one of its longest running activities. What started as a sporting group has grown into a vibrant community where members enjoy friendship, camaraderie and an active lifestyle.

Led by Graham, an approachable and dedicated Group Leader, the group prides itself on creating a welcoming and inclusive environment. Members enjoy the opportunity to develop their skills, share their knowledge and support one another both on and off the court.

We are fortunate to have two beautiful croquet courts overlooking the lake, providing a peaceful setting and stunning views that make every playing day a pleasure. The picturesque surroundings are just one of the many reasons members enjoy spending time at the club.

Members play Association Croquet every Wednesday and Saturday from 8.30am to 12pm.

This traditional form of the game combines strategy, concentration and precision, earning croquet the nickname "chess on grass."

We are also proud to have one of our members, Martin, who has held Australian Champion titles, showcasing the high standard of play within the group.

One of the greatest strengths of the Croquet Group is its strong social connection. Members regularly enjoy outings and social gatherings, building lasting friendships and a sense of belonging. The welcoming atmosphere ensures everyone feels part of the team.

The Autumn Centre also offers **Golf Croquet** every Tuesday and Thursday from 9am to 12pm, providing another enjoyable way for members to stay active and social.

Croquet offers many benefits for seniors, combining gentle physical activity with mental stimulation. The game helps improve coordination, concentration, balance and strategic thinking while encouraging participants to enjoy the outdoors and stay socially connected.

New members are always welcome and no experience is required. Free lessons are available and beginners are supported every step of the way by experienced players. Members are welcome to bring their own mallet or borrow one from the club, making it easy to come along and give the game a try.



Proud of our people



At the Autumn Centre, we are fortunate to have many members who make a meaningful difference and **Jill** is certainly one of them.

A valued member of the Autumn Centre for almost 25 years, Jill has dedicated countless hours to supporting our community.

Over the years, she has volunteered across many areas of the Centre, including the front desk, podiatry, café, kitchen and bingo sessions. She has also served on our Social Committee and is always willing to lend a helping hand wherever it is needed. Her generosity, kindness and caring nature have touched the lives of many members.

Jill's commitment to helping others extends far beyond the Autumn Centre. As **Chairperson of Coastal District Care Centre**, an Emergency Relief Centre supporting people experiencing homelessness and hardship throughout the Rockingham region, she has played a vital role in providing practical assistance, dignity and hope to those in need.

In recognition of her outstanding contribution to the community, Jill was awarded the **Senior Community Citizen of the Year** in the City of Rockingham's Australia Day Awards in 2020. She was recognised for her

dedicated community leadership and long-standing volunteer service, particularly through her work as Chairperson of Coastal District Care Centre.

Jill embodies the true spirit of community service. Whether she is volunteering at the Autumn Centre, supporting local initiatives, or helping people through difficult times, she consistently goes above and beyond. Her warmth, generosity and selfless dedication reflect the very best of our community.

We are incredibly proud to have Jill as part of the Autumn Centre family and grateful for the many contributions she has made over the years.



This month, Jill celebrates her 80th birthday. On behalf of our members, volunteers and staff, we wish Jill a wonderful birthday filled with happiness, laughter and treasured memories.

Thank you, Jill, for everything you do for the Autumn Centre and the wider Rockingham community. Your dedication, compassion and service continue to inspire us all.



We are delighted to recognise our **Head Cook Joy**, as the recipient of our team's Respect Award for the quarter April to June 2026.



Joy is an exceptional member of the Autumn Centre team and a wonderful example of the City of Rockingham's RESPECT values in action. As Head Cook, she plays a vital role in leading our kitchen and café operations, ensuring our members enjoy fresh, nutritious and delicious meals each day. Her commitment to quality and service has made a significant contribution to the positive experience our members enjoy at the Centre.

What truly sets Joy apart is her humble and selfless approach to her work. She never seeks recognition or praise for her efforts, instead focusing on supporting her colleagues and ensuring the success of the team. Her positive attitude, kindness and willingness to help others create a welcoming and supportive environment for both staff and volunteers.

Joy's passion for cooking is reflected in the consistently high standard of meals she prepares for our café, dining room, special events and catering functions. Members regularly share wonderful feedback about the quality, presentation and variety of her food,

which is a testament to her skill, creativity and attention to detail.

In addition to her culinary expertise, Joy is a valued mentor and leader within the team. She works closely with staff and volunteers, providing guidance, encouragement and practical support whenever needed. She is always willing to share her knowledge, lend a helping hand and contribute wherever she can to ensure things run smoothly.

Beyond her daily responsibilities, Joy consistently goes above and beyond to support the Autumn Centre community. Whether accommodating special dietary requirements, helping prepare for major events or stepping in during busy periods, she approaches every task with professionalism, care and dedication. Her reliability and strong work ethic have earned the respect and appreciation of colleagues, volunteers and members.



Joy's commitment to excellent service, teamwork and supporting others makes her a highly deserving recipient of this award. She embodies the values we are proud to uphold at the Autumn Centre and makes a positive difference to those around her every day.



We are proud to celebrate the talents and generosity of our members, including **Gina**, whose handmade knitted hedgehogs are raising funds for a cause close to her heart.



Gina began knitting hedgehogs after her friend Stan was diagnosed with a brain tumour. She gifted him her first hedgehog, which he named George. The little companion brought Stan comfort throughout his illness and later became a treasured reminder of him for his grandchildren.

Inspired by this experience, Gina turned her hobby into a meaningful fundraising project. Today, she lovingly creates colourful, cuddly hedgehogs, with all proceeds donated to **Icon Cancer Centre Rockingham** to support cancer research, care and treatment in our local community.

Every hedgehog represents friendship, compassion and hope, bringing joy to others while supporting an important cause.



You can find Gina's hedgehogs in the **Arts and Crafts display cabinet** near the Centre entrance. Be sure to stop by and support this wonderful initiative.

Free hearing checks

Karen from **Hearing Australia** will be at the Centre offering free hearing checks on:



- Wednesday 5 August and
- Friday 7 August

Time: 10am-12pm

Cost: Free (members only)

Bookings: At the Admin Office

Info sessions

Robyn from **Clarity West Inc** will be available at the Centre from 10am-12pm on:

- Tuesday 11 August
- Wednesday 12 August
- Monday 17 August
- Thursday 20 August
- Friday 21 August

Clarity West Inc is a WA not-for-profit organisation that supports people with future planning, including Enduring Powers of Attorney, Enduring Powers of Guardianship and Advance Health Planning.

Robyn can provide information, guidance on completing forms and practical advice through individual or family discussions.



August Lunch Menu



Freshly prepared by our staff cooks for Centre members and their guests only.

Please book prior to 10am on the day.

Takeaway meals

A large variety of frozen meals are available from 8.30am to 3.30pm from the admin office. Fresh takeaway meals are available by pre-paying through the Centre admin office and may be ordered up to two weeks in advance. There is a 50 cent surcharge for packaging. Collection for fresh takeaway meals is between 12.30pm and 3.30pm.

Monday 3 August

Fish and chips or vegetable schnitzel* with mushy peas and tartar sauce \$12

Raspberry white choc muffins

Tuesday 4 August

Spinach and ricotta cannelloni with mixed salad and garlic bread \$9 (v)

Cinnamon and apple turnover with fresh cream

Wednesday 5 August

Beef stew with steamed vegetables and dinner roll \$11

Brownie slice

Thursday 6 August

Shepherd's pie with roast vegetables and gravy \$11

Berry cobbler and custard

Friday 7 August

Roast pork or vegetable pie* with roast veg and apple sauce \$12

Coconut and apple slice with cream

Monday 10 August

Chicken parmigiana with potato wedges and salad \$11

Carrot cake

Tuesday 11 August

Bangers and mash, onion gravy and peas \$9

Self-saucing choc pudding and ice cream

Wednesday 12 August

Mince and dumplings with roast vegetables \$11

Rhubarb and apple crumble and custard

Thursday 13 August

Taste of India buffet

Friday 14 August

Fish and chips or vegetable schnitzel* with coleslaw and tartar sauce \$12

Impossible pie

Monday 17 August

Peppercorn chicken, roast potato and vegetables \$11

Lemon meringue pie

Tuesday 18 August

Quiche Lorraine with mixed salad and chips \$9

Blueberry cheesecake and cream

Wednesday 19 August

Lamb hotpot with pumpkin and green beans \$11

Apple sponge and custard

Thursday 20 August

Fisherman's pie with seasoned vegetables \$12

Chocolate orange cake

Friday 21 August

Corned silverside with mustard sauce, mashed potato and seasonal vegetables \$11

Matchsticks

Monday 24 August

Toad in the hole with seasonal vegetables \$9

Pavlova with fresh cream and fruit

Tuesday 25 August

Pumpkin and cauliflower dahl with rice and garlic naan \$9 (v)

Apple crumble and custard

Wednesday 26 August

Lambs fry and bacon with creamy mash potato, baby peas and carrots \$9

Butterscotch self-saucing pudding

Thursday 27 August

Cornish pasty or vegetable pasty, chips, mushy peas and gravy \$11

Jellied two fruits and ice cream

Friday 28 August

Fish and chips or vegetable schnitzel* with coleslaw and tartar sauce \$12

Trifle

Monday 31 August

Chicken and leek casserole with mashed potato and veg \$11

Chocolate mousse

Soup \$3.50 Dessert \$6

***Vegetarian option \$9**