

Autumn Centre Newsletter

July 2026 Edition

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Christmas in July



Join us for a festive Australian Christmas in July luncheon. Celebrate with friends, enjoy a delicious meal and relax with live entertainment in a warm and welcoming atmosphere.

Menu: Roast ham | Roast turkey | Herb stuffing | Roast pumpkin and potatoes | Cauliflower cheese bake | Braised cabbage | Minted peas | Thick rich gravy | Cranberry sauce

Dessert: Plum pudding with vanilla custard

Dates: Wednesday 22 July and Thursday 23 July

Time: Doors open 11am
Lunch served 11.45am

Where: Dining room

Cost: \$19 members
\$28.50 members' guest

Bookings: At the Admin Office

Morning tea with a guest speaker

BETTER HEALTH CO. Coaching Service

The Better Health Coaching Service is available free to Western Australia adults (18+) to support the development of sustainable healthy lifestyle behaviours. Participants are paired up with their very own health coach and get access to 10 coaching calls to utilise over a six month period.

The team is there to support you achieve your health goals with common support areas including:

- Healthier food choices and increasing your physical activity
- Prevention or management of chronic conditions
- Better managing stress levels and mindfulness
- Sleep improvements and more.

Date: Tuesday 28 July

Time: 10am-11am

Where: Dining room

Cost: Free (members only)

Bookings: At the Admin Office



Social Club events



Our final event for June, visiting three Op Shops in Mandurah, was a wonderful success with all tickets sold, a fantastic result and a thoroughly enjoyable outing for everyone involved.

While our visit to the Guildford Medieval Fayre brought some unexpected challenges, it also provided useful learnings for future outings. The main difficulty arose with the shuttle transport service, which unfortunately could not operate as planned due to traffic access issues on the day. As a result, attendees were required to walk a longer distance than anticipated, which proved challenging for some of our members.

We appreciate the understanding and positivity shown by everyone and we will continue to work closely with transport providers to ensure accessibility needs, particularly around transport arrangements, are reliably met for future events.

Upcoming events

July

Casino

Date: Monday 20 July

Cost: \$5

Tickets sold out but waitlists are available.

Watch this space

We are also trying to organise a trip to 'The Airforce Museum' in Bull Creek in the next couple of months and more good ones to follow.

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

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 |



Volunteer spotlight - Cathy

We are delighted to shine the spotlight on Cathy, a valued member of our Centre community and a dedicated volunteer.



Cathy joined our volunteer team in February 2025, although she has been a familiar and friendly face at the Centre for over two years. Since stepping into her volunteer role, she has become an essential part of the team, contributing her time and skills twice a week in both the kitchen and café.

Cathy fits in wonderfully with the team and is always willing to lend a hand. Whether it's stepping in at short notice or covering for someone who is unavailable, Cathy consistently shows how reliable and committed she is. Her willingness to go above and beyond reflects her desire to give back to the community.

With a background as a chef in a childcare centre and having completed her Certificate III in Education and Care, Cathy brings valuable experience and knowledge to her role. She uses these skills to provide the best possible service to our members. Cathy is known for being highly organised in the kitchen and café and she treats

everyone, colleagues and members with respect and kindness.

Outside of her volunteer work, Cathy has a wide range of hobbies. She has a special passion for tapestry embroidery, a skill her mum taught her when she was very young. Cathy enjoys creating beautiful, peaceful cottage scenes through her embroidery. She also knits teddy bears for charities, loves doing jigsaw puzzles and enjoys travelling. Cathy has a love for music and the arts, particularly musicals and enjoys listening to 60s music, ABBA and country tunes.

Cathy is a family-oriented person, very close to her two sons and their partners and very present in their lives. She loves to help and support her family and friends, often house sitting and looking after plants and animals whenever needed.

Staying active is also an important part of Cathy's life. She participates in a variety of activities including aerobics, boxercise, ballroom dancing, line dancing and jive. And a fun fact not to be underestimated, Cathy also holds a black belt in Jujitsu.

Cathy says that joining the Autumn Centre has been a great decision. She loves being part of the Centre, has made many friends and finds real satisfaction in helping others, giving back to the community and making members happy.

We are truly grateful to have Cathy as part of our volunteer team, her positivity, dedication and caring nature make a wonderful difference.



Let the Music Live Forever

The Playbacks Group once again delighted audiences with two sold out performances in June, delivering nearly three hours of music, laughter, elegant dances and unforgettable entertainment.



Behind the scenes, months of dedication went into preparing an impressive program of 36 musical numbers. Meeting weekly on Thursdays, the group worked tirelessly to perfect every detail. Costumes, video presentations and choreography were carefully planned, resulting in a polished and engaging production that flowed seamlessly from one act to the next.

A standout feature of the performances was the way members brought legendary artists to life. With vibrant costumes, humour and confidence, performers captured the spirit and style of well known music icons.

Highlights included Jeannie's hilarious and unforgettable Freddie Mercury, Joyce's lively Cher performance complete with playful sailor dancers, and a dazzling Tina Turner who lit up the stage in red. Throughout the afternoon, a variety of stars appeared, each greeted with warm appreciation from the audience. In addition to the character performances, the group impressed with their portrayal of

musicians and their beautifully coordinated and elegant dances. Whether mimicking instruments or moving gracefully in time with the music, the performers demonstrated strong timing, creativity and attention to detail, creating an authentic and captivating stage experience.

Teamwork was at the heart of the production's success. Members supported one another with costume changes and stage preparation, ensuring everything ran smoothly. Special thanks go to Pam for coordinating the music and video and for entertaining the audience with funny jokes while the actors prepared for the next number.

A special mention goes to Rod, the group's oldest member at 95, whose enthusiasm and commitment continue to inspire both fellow performers and audiences.

Beyond the performances, the Playback Group represents something much deeper. It offers a welcoming space for seniors to connect, build friendships, express creativity and share laughter. It is a shining example of how the Centre fosters a sense of belonging, purpose and wellbeing within the community.



Wellness Therapies: Bowen Therapy Now weekly on Tuesdays from 9am-3pm



Carmel Bell is the founder of Belleden Therapies in the Perth Hills. Her journey began in 2004 when she created natural lip balms for her daughter, who was allergic to many common ingredients.

What started as a simple act of care grew into a passion for natural healing,

inspired her to study and qualify as a Bowen Therapist. In 2015, she established Belleden Therapies, combining her love of natural remedies with hands-on therapy.

Over the years, Carmel has expanded her natural product range to include luxury skincare. As a qualified practitioner, she also stocks and recommends tissue salts, supporting her clients' health and wellbeing from within.

Today, she is an accredited Bowen Therapist, offering Bowen Therapy, Canine Bowen Therapy, McLoughlin Scar Tissue Release (MSTR) and Bioenergy Meridian Massage. She is the only practitioner of this modality in Western Australia. These gentle, hands-on therapies help the body restore balance and promote healing through subtle movements over muscles and connective tissue.

Upcoming Changes to Podiatry Billing

Step Ahead Podiatry has advised of an upcoming change to podiatry billing arrangements.

Due to recent changes to Medicare requirements, along with increased administrative processes, Step Ahead Podiatry will no longer be able to offer bulk-billed podiatry appointments from **1 August 2026**.

From this date, all podiatry consultations will incur a fee of **\$70** payable at the time of the appointment.

For clients who have a current **GP Management Plan and Team Care Arrangement (Care Plan)** that includes podiatry, Step Ahead Podiatry will continue to process the Medicare rebate on their behalf. From **1 July 2026**, the Medicare rebate is **\$63.40**, which will be paid directly into the client's nominated bank account. This will result in an out-of-pocket cost of **\$6.60**.

Step Ahead Podiatry acknowledges that changes such as these may impact residents and members and has advised they have worked hard to maintain bulk billing for as long as possible. However, ongoing Medicare changes and associated administrative requirements mean this is no longer sustainable.

If you have any questions or would like more information, please speak with the Step Ahead Podiatry team.



Thank You to Nino



At the end of June, we said a heartfelt thank you to one of our much-loved group leaders, Nino, who stepped down from his role on 28 June, after many years of dedicated service to the centre.

Nino has been the driving force behind our Tuesday night ballroom dancing group, bringing enthusiasm, warmth and a passion for dance that has enriched the lives of so many members. His sessions were more than just dance classes. They were a place for connection and joy where friendships flourished and confidence grew.

Over the years, Nino's commitment and generosity have made a lasting impact on our centre. His ability to create a welcoming and inclusive environment will be greatly missed in his role as group leader.

While Nino is stepping back from leading the group, we are delighted that he will continue to be a valued member of the centre and will still be attending and participating in other activities. We look forward to continuing to see him around and staying connected.

Nino is also looking forward to dedicating more time to one of his other great passions, painting and we wish him every happiness and creativity as he enjoys this next chapter.

On behalf of all staff and members, we sincerely thank Nino for his incredible contribution over the years.

Proud of our people

It's that time of year again. Our staff member Natalie is taking on the MACA Cancer 200, riding an incredible 200km over two days in support of the Harry Perkins Institute of Medical Research.

This year marks the 15th anniversary of the MACA Cancer 200 - an amazing milestone for an event that has made a real and lasting impact by raising vital funds for cancer research across Western Australia.

Natalie has been putting in the time and effort to prepare for this challenge and every kilometre she rides is helping to make a difference. The funds raised go towards improving treatments, supporting breakthroughs in research and providing hope for individuals and families affected by cancer.

Let's get behind Natalie as she takes on this inspiring ride. Your encouragement and support mean so much and help drive this important cause forward.



Membership renewals

From 1 July we will be commencing membership renewals for the new financial year.

We would like to remind all members that the current membership card (2025–2026) remains **valid until 16 August**.

Grandfathered and Associate members must renew within the designated period to maintain active membership, as late renewals will not be accepted and membership will be permanently forfeited.



When renewing, please remember to bring your **invoice** and, if you have one, your **concession card**.

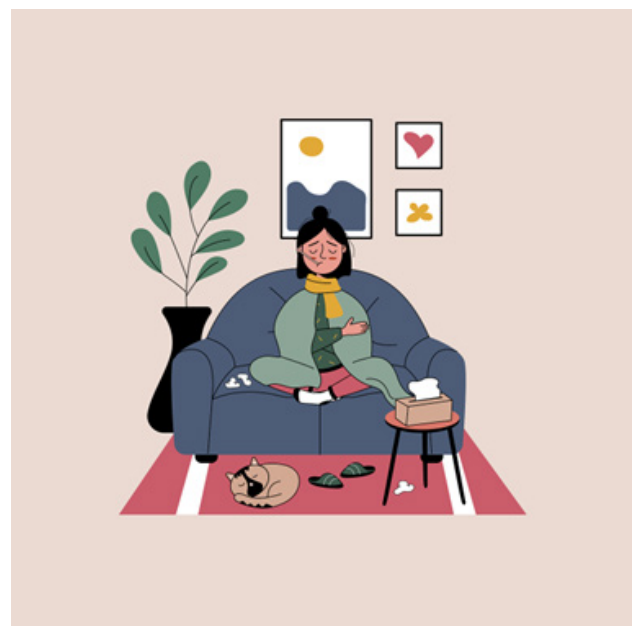


For your convenience, several renewal options are available, including paying online.

Thank you for your continued support. We look forward to another wonderful year together at the centre.

A friendly health reminder

At the Autumn Centre, we all play an important role in looking after one another's health and wellbeing. As we are now in the winter season when colds and flu are more common, we kindly ask all members, volunteers, staff and visitors to take extra care. If you are experiencing flu-like symptoms such as a cough, sore throat, fever, runny nose, or are generally feeling unwell, please stay home and rest until you are feeling better.



We understand that many people look forward to attending their activities and catching up with friends but staying home when unwell is one of the best ways to help protect our community. Some of our members may be more vulnerable to illness and even a common flu can have a significant impact on their health and wellbeing.

Thank you for your understanding, kindness and consideration for others. By taking care of yourself, you are also helping to take care of everyone around you.



July 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.

Wednesday 1 July

Homemade chunky beef and onion pie with mash and seasonal vegetables \$11
Pear and chocolate cake

Thursday 2 July

Lambs fry and bacon, mashed potato with vegetables \$9
Bread and butter pudding with ice cream

Friday 3 July

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

Peach cream slice

Monday 6 July

Chunky chicken and leek pie with roast potatoes, peas and gravy \$11

Lemon curd muffins

Tuesday 7 July

Spinach and ricotta tart with chips and coleslaw \$9 (v)
Carrot cake

Wednesday 8 July

Cottage pie with seasonal veg \$11
Trifle

Thursday 9 July

Lamb and rosemary burgers, wedges and salad \$9
Rhubarb and apple crumble and custard

Friday 10 July

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

Monday 13 July

Grilled fish with mashed potato, mushy peas and parsley sauce \$11

Fruit salad and thick vanilla yoghurt

Tuesday 14 July

Roast vegetable pasta bake with garlic bread \$9 (v)
Chocolate tart and cream

Wednesday 15 July

Homemade scotch eggs with beer battered chips and coleslaw \$9

Creamy rice pudding and fruit

Thursday 16 July

Beef stew with mash and steamed vegetables \$11
Apple pie and cream

Friday 17 July

Roast chicken Maryland or veg pie* with roast potatoes, pumpkin, cabbage and rich gravy \$12

Berry cobbler and custard

Monday 20 July

Thick pork sausages with mashed potato, veg and onion gravy \$9
Pavlova

Tuesday 21 July

Christmas in July (Carpet Bowls)

Wednesday 22 July

Christmas in July

Thursday 23 July

Christmas in July

Friday 24 July

Fish and chips or veg schnitzel* mushy peas and tartar sauce \$12
Sorbet and fresh fruit

Monday 27 July

Homemade savoury meatloaf with potato bake and vegetables \$11
Jellied two fruits and ice cream

Tuesday 28 July

Grilled salmon with parsley sauce, rice pilaf and vegetables \$12
Apple sponge and custard

Wednesday 29 July

Chicken parmigiana with chips and coleslaw \$11
Chocolate mud cake and cream

Thursday 30 July

Swedish meatballs in a cream sauce with mash and veg \$11
Lemon bars with cream

Friday 31 July

Roast beef or vegetable pie* with roast veg and horseradish \$12
Matchsticks

Soup \$3.50 Dessert \$6
***Vegetarian option \$9**