

Autumn Centre Newsletter

June Edition

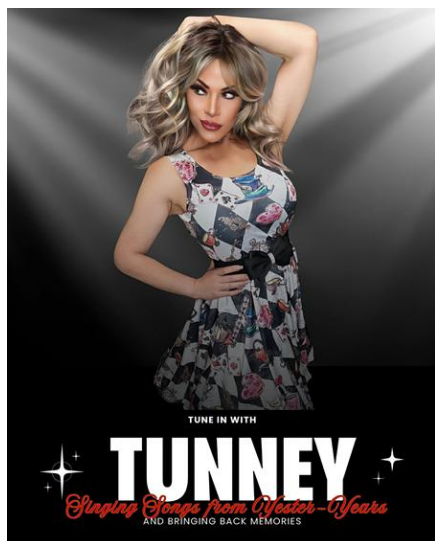
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Morning Melodies

Tune in with Tunney

Singing songs from yester-years and bringing back memories. This will be a joyful, interactive music show featuring classic hits from the 1920s to 1980s.



Tunney brings people together through sing-alongs, storytelling and nostalgic favourites that spark memories and lift spirits.

Date: Thursday 11 June
Time: 10am-11am
Where: Dining room
Cost: \$10 members
\$15 members' guests
Morning tea included

Upcoming events

🎄 Christmas in July 🎄

Our much loved **Christmas in July** celebrations are just around the corner and we would like to remind members to mark their calendars.

These mid year events are always a highlight, bringing everyone together for a cosy Christmas-style meal, entertainment and a great atmosphere during the winter months.

Please note the following dates for our main Christmas in July dining room events:

- **Wednesday 22 July**
- **Thursday 23 July**

We also have a dedicated Christmas in July celebration for our **Indoor Carpet Bowls members:**

- **Tuesday 21 July**

Bookings will open towards the end of June. More details are coming soon. Keep an eye out for posters.



Social Club events



June

Op-Shopping

Date: Monday 15 June

Cost: \$5

Upcoming events

July

Casino

Date: Monday 20 July

Cost: \$5

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:	9.30am-11.30am	Pauline
Friday:	9.30am-11.30am	Cheryl

The Social Club Committee visited **Wheelchairs for Kids** in Wangara on 4 May and it was a truly eye-opening experience. Seeing first hand the care, skill and dedication that goes into building specialised wheelchairs for children with disabilities, many living in some of the world's most disadvantaged communities, was both humbling and inspiring.

As part of the visit, the Committee proudly donated two fully funded wheelchairs, helping support the charity's mission to change lives one child at a time. Members also contributed a beautiful collection of knitted and crocheted blankets and toys, each handmade with love to bring comfort and joy to the children who receive them.

What made the day especially meaningful was seeing how strong and generous our community is. We don't just connect socially, we give back, support local initiatives and extend kindness where it's needed most.



Volunteer Spotlight - Molly



Molly joined the Autumn Centre team a couple of months ago and she's already bringing a burst of youthful energy and positivity to our community.

A dedicated university student, she chooses to spend her free time

volunteering because she wants to give back to the community that shaped the generations before her. Molly's decision to volunteer at the Autumn Centre was inspired by her grandpa, Mike, a long-term member and former volunteer who helped with bingo and many other events. Continuing his legacy means a lot to her and it shows in the way she engages with our members.

Molly is currently studying marketing and one of her dream roles is to work with the Marvel creative team in the future. She enjoys being part of our vibrant group of volunteers, describing the atmosphere as lively, welcoming and full of purpose. She loves knowing she's contributing to the wellbeing of the people who helped build this city.

Every Monday, you'll find Molly in the café, serving members with kindness, warmth and her signature big smile.

Outside the Centre, Molly enjoys art and craft, especially sculpting with clay and creating paper-mâché projects. She stays active by walking her three dogs along the foreshore and keeps healthy by eating seasonal fruits and veggies. She's also an avid reader, her

favourite author is S.E. Hinton and she has travelled widely, especially throughout Europe.

We're grateful to have Molly joining our team, along with other new volunteers, bringing fresh energy, creativity and enthusiasm to the Centre.

From our activity groups

Autumn Writers



The group is growing beautifully and the excitement is building week by week. Led by the passionate and dedicated Nada, the group follows a thoughtful program she created from her own experience learning how to write, refine and publish her work. She shares her knowledge openly, giving members practical tools, encouragement and a sense of creative confidence.

The group meets every Friday, creating a friendly space where writers of all levels can learn, practice and support one another.



Snooker Competition

Barry Boulter and Gus Cowan won the Autumn Centre (Autumn 2026) Doubles Snooker Competition.



Ron Law and Charlie Scott fought out a keenly contested and nail-biting final only to lose in the very last frame. The final was very

well attended and watched by a great crowd of snooker members.

Sixteen players took part in the tournament which extended over three months, starting in February 2026. Congratulations to all players for their sporting participation and keen support of the event.

These events provide great social and sporting interaction and are highly enjoyed by members.

Special thanks to Vern Chappells for multiple referee duties and the many scorers who did an excellent job.

Organiser Adrian Daunt stated "the Autumn Centre provides an excellent venue for our snooker club and is highly appreciated and enjoyed by all members."

Let the Music Live Forever - Playbacks Concert

The Playbacks are gearing up to take the stage with their new concert, bringing a completely fresh lineup of songs and performances. After rehearsing for several months, the group is excited to share what they've been working on - a lively mix of music, creativity and fun that promises to brighten your afternoon.



Each performance offers something new, making it a great outing for anyone who enjoys music and community spirit.

This seasons' concerts will be held on Saturday 6 June and Saturday 20 June, with doors opening at 1.30pm and the show beginning at 2pm.

Tickets are \$15 each (cash only) and will be available for purchase on Monday, Wednesday and Friday at the back of the foyer between 9.30am and 2pm. Tickets tend to sell quickly, so getting in early is the best way to secure your seat.

Expect plenty of laughs, clever acting, vibrant costumes and the Playbacks signature sense of humour, all coming together to create a warm, funny and unforgettable atmosphere.



Fun Fitness for Seniors – starting 2 June



We're excited to announce that our new Fun Fitness for Seniors class, led by Colleen, will officially begin on Tuesday, 2 June. This uplifting program focuses on balance, strength, coordination and dual tasking,

helping seniors maintain confidence, mobility and independence.

Sessions are friendly, supportive and tailored to all fitness levels, with great music and a welcoming atmosphere. Classes will run every Tuesday from 4.30pm to 6pm in the Main Hall, offering a convenient late afternoon option for those who prefer something outside the morning schedule. There's no need to register, simply rock up on the day and join in. If you have any questions, feel free to chat directly with Colleen before or after class.

Morning tea talk

Emergency Preparedness - Coffee and chat

The City's emergency management team are dropping in for a chat focused on emergency preparedness.

This talk is a welcoming space to share experiences, ask questions and gain confidence in preparing for future emergencies.

Learn about local priorities and how you can create a plan that ensures you are ready for storms, power outages, heatwaves and more.



Date: Thursday 18 June

Time: 10am-11am

Where: Dining room

Cost: Free (members only)
Morning tea included

Bookings: At the Admin office

Dates to remember

- The Centre will be closed on Monday 1 June for Western Australia Day.
- World Elder Abuse Awareness Day on Monday 15 June.



Proud of our people

City of Rockingham Volunteer Recognition Awards

The event was held during National Volunteer Week, recognising the incredible individuals who give their time, energy and heart to our community.



We are thrilled to share that three of our Autumn Centre volunteers were honoured as finalists this year.

Margaret - Finalist for Senior Volunteer of the Year

Margaret was acknowledged for her dedication, kindness and the positive impact she brings to everyone at the Centre. Margaret has been a committed volunteer for 17 years, supporting seniors across the City of Rockingham with warmth and reliability. Each Monday, she assists in the Centre's library and IT room, helping members with books, computers, printing and photocopying.

Her generosity extends far beyond her weekly role. Margaret donates her beautiful knitted and crocheted creations to Ronald McDonald House, stillborn and angel babies, children who use wheelchairs and the Purple Road elder-abuse awareness project.

She also enriches community events with handmade contributions, including crocheted flowers for ANZAC Day and supports the Cancer Council's Biggest Morning Tea.

Recognised with a 15 year service award in 2024, Margaret continues to give her time and talents without seeking praise. Being named a finalist this year is a well earned reflection of her long-standing service and the difference she makes every day.

Cherie and Scott - Finalists for People Who Make a Difference

Cherie and Scott bring an incredible 10 years of combined volunteering at the Centre in the café.

Their commitment is outstanding, regularly contributing between 65 and 80 volunteer hours each month. They consistently go the extra mile, stepping up to support major Centre events on top of their usual hours, always with hardworking attitudes and smiles.

Known for their matching themed outfits, infectious laughter and exceptional organising, Cherie and Scott light up the Centre. As a dynamic duo, they work seamlessly together and just as well alongside other volunteers, always offering support and encouragement whenever it's needed.

What truly sets them apart is their care for members, remembering individual orders, taking time to listen and adding thoughtful touches that brighten people's days.

We're so proud of these wonderful volunteers, who bring heart, joy and care to our community every day.



Celebrating Natalie's achievement

Our Assistant Coordinator, Natalie, has proudly completed her first Women in Leadership program, a fantastic milestone in her professional journey.



This achievement reflects not only Natalie's dedication to growing her leadership capability, but also the

City of Rockingham's commitment to keeping our staff skilled, supported and empowered. The opportunities provided for ongoing development truly help our employees build meaningful and progressive careers.

Natalie consistently goes above and beyond in her role and this accomplishment further demonstrates her drive to lead, learn and contribute at the highest level.

Her expanding skill set will be a valuable asset to our Centre, strengthening our team and enhancing the service we provide to our community.

We're excited to see Natalie continue to grow and lead with confidence.

Biggest Morning Tea

The Autumn Centre Biggest Morning Tea was an extraordinary celebration of generosity, community spirit and heartfelt support. Thanks to the kindness and involvement of our members, volunteers, staff and supporters, we are proud to share that we raised \$15,032 for the Cancer Council, far surpassing our goal.

The morning was filled with laughter, delicious food, wonderful entertainment and an overwhelming sense of togetherness. The raffle and lucky dip tables were overflowing thanks to the many donations we received and the room buzzed with excitement from start to finish.



Most importantly, the event reminded us why we gather each year - to raise awareness of those affected by cancer, to support ongoing research and to stand united as a community. Every contribution, big or small, helped make a meaningful difference.

Thank you to everyone who attended, donated, volunteered, or supported the event in any way. Your generosity and kindness helped create a truly unforgettable morning and together we have made a positive impact for a cause that touches so many lives.



June 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 take-away 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 1 June

Public Holiday - Closed

Tuesday 2 June

Chicken parmigiana with chips and coleslaw \$10.50

Pavlova with fresh cream and fruit

Wednesday 3 June

Pumpkin and cauliflower dahl with rice and garlic naan \$8.50 (v)

Hummingbird cake

Thursday 4 June

Homemade meat pie with mushy peas chips and gravy \$10.50

Fruit salad and ice cream

Friday 5 June

Fish and chips or vegetable schnitzel* with coleslaw and tartar sauce \$11.50

Matchsticks

Monday 8 June

Teriyaki crispy skin chicken thighs, jasmine rice and Asian vegetables \$10.50

Custard tart

Tuesday 9 June

Chunky lamb pie with mash, steamed veg and gravy \$10.50

Citrus fruit jelly slice and cream

Wednesday 10 June

Homemade beef lasagne with chips and garden salad \$11.50

Apple cake and cream

Thursday 11 June

Roast vegetable frittata, potato bake and peas \$8.50 (v)

Passionfruit panna cotta

Friday 12 June

Roast beef or vegetable pie* with roast veg and horseradish \$11.50

Lemon and ginger sponge and custard

Monday 15 June

Thick pork sausages with mashed potato, vegetables and onion gravy \$8.50

Strawberry mousse

Tuesday 16 June

Peppercorn chicken roast potato and vegetables \$10.50

Apple strudel and ice cream

Wednesday 17 June

Cottage pie with seasonal vegetables \$10.50

Mandarin jelly and ice cream

Thursday 18 June

Oven baked salmon with lemon basil butter and parsley potato side salad \$10.50

Lemon cheesecake

Friday 19 June

Fish and chips or vegetable schnitzel* with mushy peas and tartar sauce \$11.50

Fruit crumble and custard

Monday 22 June

Chicken stroganoff mashed potato and peas \$8.50

Chocolate mousse

Tuesday 23 June

Roast vegetable lasagne with chips and salad \$8.50 (v)

Carrot cake

Wednesday 24 June

Fisherman's basket with chips and coleslaw \$11.50

Fresh fruit salad and ice cream

Thursday 25 June

Rich beef and onion pie with mashed potato, carrots, peas and gravy \$10.50

Pecan pie

Friday 26 June

Roast chicken Maryland or veg pie* with roast potatoes, pumpkin, cabbage and rich gravy \$11.50

Sticky date pudding and cream

Monday 29 June

Butter chicken, rice and steamed veg \$10.50

Lemon curd muffins

Tuesday 30 June

Roast vegetable lasagne with garlic bread and salad \$8.50 (v)

Apple pie and custard

Soup \$3 Dessert \$6

***Vegetarian option \$8.50**