

# Autumn Centre Newsletter

## May Edition

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### Celebrating Mothers Luncheon



Join us in a celebration of mothers. Enjoy a wonderful live performance of songs by Chrissy starting at 11am.

#### Luncheon Menu

**Main:** Herb roasted chicken Maryland | Rich gravy | Baked potatoes | Pumpkin, spinach and tomato quiche | Beetroot and feta salad garden salad | Mini croissants filled with ham, cheese and relish.

**Dessert:** Pavlova topped with raspberry cream, chocolate drizzle and crushed pistachios.

**Date:** Thursday 7 May

**Time:** Doors open at 11am  
Luncheon served at 11.45am

**Where:** Dining room

**Cost:** \$18 members | \$27 members' guests

### Australia's Biggest Morning Tea



**Make your morning tea matter**

Let's come together to support those impacted by cancer. Every dollar raised goes to Cancer Council and makes a real difference.

A few wonderful performers will be entertaining us and kindly donating their time to our fundraising efforts. Raffle prizes, lucky numbers, games, items for sale and more, plus plenty of fun.

Enjoy a generous, varied buffet offering both sweet and savoury favourites. Tea, coffee and fruit juices included.

**Date:** Thursday 21 May

**Time:** Doors open at 9am  
Buffet available from 10.15am

**Where:** Main Hall

**Cost:** \$18 members | \$27 members' guests



## Social Club events



### April

The **Perth Mint** tour on 9 April was a great success and all who went thoroughly enjoyed it.

Please check Friends of the Autumn Centre Facebook page for narrative and pictures.

### May

#### Channel 9

**Date:** Tuesday 12 May

**Cost:** \$5

Waitlist available.

#### Guildford Medieval Fayre

**Date:** Sunday 17 May

**Cost:** \$5

Tickets selling now.

Due to changes in the Social Club structure, there will be no events during June and July.

During that time, we will still be organising events for August and September.

Please remember to check the Social Club Notice 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

<b>Monday:</b>	11.30am-1.30pm	<b>Jos</b>
<b>Tuesday:</b>	9.30am-11.30am	<b>Sue</b>
<b>Wednesday:</b>	9.30am-11.30am	<b>Pauline</b>
<b>Thursday:</b>	9.30am-11.30am	<b>Pauline</b>
<b>Friday:</b>	9.30am-11.30am	<b>Cheryl</b>

The Social Club needs members to join their group to help with the planning, execution and continuation of future events. If you are interested, please get in touch with one of the members.



After seven years of dedicated involvement on the Social Committee, Annie has now resigned from her role. We would like to express our

sincere appreciation for everything she has contributed. Her commitment as Treasurer of the Social Club, her support in organising outings for our Centre members, and her willingness to provide information and photos for the monthly outing section of our newsletters, have all been invaluable.

Annie's time, effort and enthusiasm have made a meaningful difference, and we are truly grateful for her contribution to the Centre.



## Volunteer spotlight -Trish



Trish has been a cherished member and volunteer for five years, bringing warmth, professionalism, and a constant smile to everyone she meets.

Whether she is helping in the café, kitchen, greeting members at the front desk, or stepping in wherever support is needed, Trish is known for her reliability, kindness and her willingness to give a hand at any moment.



Her dedication was recently recognised by Mayor Lorna Buchan who proudly presented her with a certificate and a beautifully crafted plaque honouring her

outstanding contribution.

The presentation took place at the Volunteer Sundowner in March, an event held to celebrate the commitment of City volunteers. Trish was acknowledged for reaching her five-year milestone, a meaningful achievement that reflects the consistency and heart she brings to her three shifts each week. The recognition highlighted not only her years of service but also the warmth, reliability, and

genuine care she shares with everyone.

Originally from New Zealand, Trish moved to Australia in 1980 and has now called it home for 46 years.

At 70, Trish looks years younger thanks to her active lifestyle, her love of walking and dancing, and the beautiful energy she brings into every space. Trish enjoys reading, music, travelling, and spending time with her close group of friends, with whom she regularly goes to the movies.

As part of the iPad group, she is always ready to help set up and is becoming impressively tech-savvy, embracing the challenge with enthusiasm.

Life has not always been easy for Trish, and she has faced many difficult moments, but those experiences have shaped her into a stronger and more confident woman.

Becoming part of the Centre community has given her a place where she feels supported, valued, and connected, and she gives that same support back to others every day. Her compassion, resilience, and ever-present smile make her a treasured part of the Centre, and her contribution over the past five years has touched countless people. Trish's presence continues to brighten the lives of members and colleagues, leaving a lasting impact on everyone who has the pleasure of knowing her.



## From our activity groups

### China Painting Group – creativity, community and a touch of friendly competition

A lovely initiative recently brought an extra spark of creativity to our China Painting Group, with members taking part in a small and enjoyable competition.

Eight beautiful pieces were presented, each one reflecting the care, skill and unique style of its creator. To add a fun twist, the themes were written on small pieces of paper, and each participant picked one blindly. Themes included native birds, colourful flowers, memory buildings, a monochrome theme and more, inspiring a wonderful variety of creative interpretations. The results were truly impressive.



The judging panel included the Centre Coordinator Tina along with Margaret, one of our valued library volunteers, who brings experience in China painting. After careful consideration, four paintings were selected, with a small symbolic prize awarded to acknowledge the effort and artistry.

Most importantly, the competition was all about having fun and celebrating creativity. It highlighted the wonderful abilities within the group, while

reinforcing that everyone is a winner when it comes to sharing skills and enjoying the process.



The China Painting Group is a warm and welcoming social group that meets every Monday afternoon.

Members come together not only to work on their projects, but also to share ideas, offer advice, and enjoy a friendly chat over a cuppa.



New members are always welcome, so if you're looking to explore your creative side in a relaxed and supportive environment, this could be the perfect group for you.



## Autumn Singers Concert

The Autumn Singers warmly invite all Centre members to join them for an afternoon of music, memories, and community spirit as they present their upcoming concert:

### “A Celebration of Songs from Yesteryears.”

The event will take place in the Main Hall on Saturday 30 May at 1.30pm, doors open at 1pm.

The Autumn Singers will perform a selection of timeless favourites, bringing to life the classic songs many of us know and love.

### Ticket Information

Tickets are \$5 each and can be purchased at the following times:

In the Foyer: Monday, Wednesday, Thursday and Friday mornings from 9.30am to 12pm, starting Monday 11 May.

In the Dining Room: Tuesday afternoons from 1pm to 3pm.

Members are encouraged to secure their tickets early to avoid missing out. Light refreshments will be provided, offering a relaxed opportunity to mingle and enjoy the company of fellow members after the performance.

For enquiries, please contact Marlene, the group leader.

The Autumn Singers look forward to welcoming you to an afternoon of song, friendship and celebration.

## Expression of Interest – Fun Fitness for Seniors



We are seeking expressions of interest from members for a proposed new seniors fitness group led by Colleen. This program is intended for those who wish to stay active in a supportive and enjoyable environment.

The class is designed to focus on balance, strength, coordination, and dual-tasking, key components in maintaining confidence, mobility, and independence as we age.

Participants can expect great music, friendly company, and exercises tailored to all fitness levels, ensuring everyone can participate safely and comfortably.

While most of our fitness programs are held in the morning, this proposed group would offer a later afternoon option to provide greater flexibility. Classes are planned to run every Tuesday from 4.30pm to 6pm in the Main Hall.

If you are interested in joining or would like further information, please contact the Admin Office or speak directly with Colleen, the group leader.

We look forward to hearing from members who may be interested in this energising and inclusive new class.



## Have a Go Day

We are proud to once again take part in this year's **Have a Go Day** held on 22 April, an event proudly supported by LiveLighter.

**Have a Go Day** is an annual free event offering activities and information for over-50s, encouraging people to stay active, connected, and engaged. This year's event brought together a wide range of groups, services, and demonstrations designed to inspire healthy living and community involvement.

Our Indoor Carpet Bowlers Group represented us with great enthusiasm, showcasing their skills and inviting visitors to learn more about the game.



A big Thankyou also goes to our dedicated volunteer ambassadors: Maureen, Trevor and Bill, who generously donated their time, share information, and warmly engage with attendees throughout the day. There was plenty of interest from the community, with many visitors stopping by to ask questions and learn more about the programs and activities we

offer. It was wonderful to see such enthusiasm and curiosity.

Events like this highlight the importance of staying active, social, and involved, and we are proud to continue being part of such a positive initiative each year.

## Tai Chi Class Schedule Update



Maree, our Tai Chi group leader, has booked a well-deserved holiday and is looking forward to a refreshing break. Please note the temporary class changes during her time away:

### Monday Classes

- No classes: 4 May and 11 May (3pm and 4pm)
- Returning to normal: 18 May

### Wednesday Classes

- All classes will continue as normal
- Ellen will be teaching on 6 May and 13 May

### Friday Classes

- No classes: 8 May and 15 May (7.30am and 8.15am)
- Returning to normal: 22 May

Thank you for your understanding and flexibility. We look forward to welcoming Maree back after her break.



## Proud of our people

### Celebrating Lizzie



We are very proud to announce that Lizzie is the Centre winner of the Respect Values Award for the January–March 2026 quarter.

Lizzie was also recognised as the Community and Leisure Centre Facilities Department winner, receiving a certificate to acknowledge her outstanding contribution. This award recognises and appreciates staff who demonstrate the City's Respect values in their daily work, showing care, professionalism, teamwork, and genuine commitment to our community. Lizzie embodies these values beautifully, consistently going above and beyond in everything she does.

Many of our members know Lizzie for her friendly welcome, her calm and helpful approach, and the way she always makes time for others. This quarter, she has supported a large increase in memberships, assisted new and returning members with patience and positivity, and helped ensure the centre continues to run smoothly during busy periods.

Lizzie has also built strong, positive relationships with our group leaders, maintaining clear communication and ensuring all activity groups run effectively. She plays an important role in supporting new groups as they start up, helping them settle in and feel confident as part of our Centre

community. In addition to her daily responsibilities, Lizzie continues to grow her skills through further study, strengthening the support she provides to both our members and the wider community. Her dedication, initiative, and willingness to go the extra mile make her a valued part of the Centre team. Please join us in congratulating Lizzie on this well-deserved recognition. We are grateful for everything she brings to our Centre.

### Kathy's determination brings a beautiful project to life



We often receive generous yarn donations that our talented members turn into blankets, beanies, and many other items supporting hospitals, charities, homeless services,

nursing homes, and more. Among one recent donation was a partly completed knitted top with an intricate pattern. Many admired it, and no one wanted to undo the beautiful work already done, it felt a shame to unravel someone's effort, yet no one felt confident enough to finish it. Then Kathy stepped forward. With patience, skill, and determination, she spent hours knitting, unpicking, and re-knitting until the piece was complete. The photo shows Kathy wearing the finished top, honouring both the original maker's creativity and her own dedication.

We thank the donor and celebrate Kathy for her remarkable talent, which supports the meaningful work we do.



## May 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.

### Friday 1 May

Roast pork or vegetable pie\* with roast vegetables and apple sauce \$11.50

Raspberry Fool

### Monday 4 May

Butter chicken, rice and steamed veg \$10.50

Sorbet and fresh fruit

### Tuesday 5 May

Zucchini slice with wedges and salad \$8.50

Cinnamon teacake with cream

### Wednesday 6 May

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

Apple crumble and custard

### Thursday 7 May

### Mother's Day Luncheon

### Friday 8 May

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

Lemon delicious pudding

### Monday 11 May

Crispy chicken burger with chips and salad \$8.50

Fresh fruit salad and ice cream

### Tuesday 12 May

Lamb's fry and bacon, mashed potato with vegetables \$8.50

Chocolate cheesecake

### Wednesday 13 May

Pork ribs with potato bake and coleslaw \$10.50

Carrot cake

### Thursday 14 May

Tuna patties with sweet potato chips, peas, corn and tartar sauce \$8.50

Berry cobbler and custard

### Friday 15 May

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

Jelly trifle

### Monday 18 May

Honey soy pork casserole with rice and vegetables \$10.50

Pavlova with fresh cream and fruit

### Tuesday 19 May

Spinach and ricotta cannelloni with mixed salad and garlic bread \$8.50

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Matchsticks

### Wednesday 20 May

Cottage pie or vegetable pie, roast vegetables and gravy \$10.50

Mixed berry crumble and custard

### Thursday 21 May

### Biggest Morning Tea

### Friday 22 May

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

Mandarin jelly and ice cream

### Monday 25 May

Apricot chicken with rice and vegetables \$8.50

Apple sponge and custard

### Tuesday 26 May

Beef stroganoff with mashed potato and vegetables \$10.50

Lemon cheesecake with cream

### Wednesday 27 May

Quiche Lorraine with mixed salad and chips \$8.50

Passionfruit panna cotta

### Thursday 28 May

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

Orange and poppy seed friands with custard

### Friday 29 May

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

Pavlova with fresh cream and fruit

**Soup \$3 Dessert \$6**

**\*Vegetarian option \$8.50**