

Autumn Centre Newsletter

November Edition

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Melbourne Cup Luncheon



Dress up in your black-tie attire or your best dressed

outfit and enjoy great entertainment by Chrissy. There will be amazing raffles, fun games and plenty of racing excitement. Sweepstakes will be available in the dining room from 9.30am-10.45am.

Main: 'Punting' poached hake with lemon and parsley butter | 'Prancing' peppercorn chicken | 'Pony' express potato bake | 'Champion' coleslaw | 'Gallop' green mixed salad

Dessert: 'Photo finish' pavlova topped with mixed berries, chocolate sauce and fresh mint

Date: Tuesday 3 November

Time: Doors open 9.30am
Cup screening at 12pm
Lunch served 12.15pm

Where: Main Hall

Cost: \$30

Bookings: At the Admin Office

Autumn Centre Christmas Markets

We are pleased to invite you to the Autumn Centre's Annual Christmas Markets, held alongside the Woodworkers Club 40th Anniversary Celebration.



Browse handmade crafts, unique gifts and woodworking displays. Bring your friends along for a festive morning. Food and beverages will be available for purchase from the café.

Please note: Many stallholders accept cash only.

Date: Saturday 21 November

Time: 9am-1pm

Where: Autumn Centre and Woodworkers Workshop

Cost: Free entry (members and visitors)



Social Club events



September

Araluen visit

The Social Club recently organised two trips to the annual Araluen Flower Festival. Both outings were fully booked, blessed with beautiful weather and enjoyed by everyone who attended. A special thank you goes to our volunteer drivers, Ingrid and Martin. Their time and support made these popular trips possible and we are grateful for their contribution.



Upcoming events

November

Fremantle Prison

Date: Monday 2 November

Cost: \$25

Sold out/waitlist available

Mandurah Op shops

Date: Monday 23 November

Cost: \$5

Sold out/waitlist available

December

Fremantle Maritime Museum

Date: Monday 7 December

Cost: \$30

Casino

Date: Monday 14 December

Cost: \$5

Sold out/waitlist available

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 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: 9am-11.30am **Suzanne/Pauline**

Wednesday: 10am-11.30am **Suzanne**

Thursday: 9am-11.30am **Pauline**

Friday: 11am-1.30pm **Pauline**

Please be mindful when travelling on our buses

We care about everyone's wellbeing. Some members or volunteers may be sensitive to strong fragrances due to allergies, asthma or other medical conditions. Please avoid wearing strong perfumes, colognes or scented products when travelling on our buses.

Your consideration helps create a comfortable and inclusive environment for everyone. Thank you for your understanding and cooperation.



Volunteer spotlight - Margaret and Chrissy

This month, we would like to shine a spotlight on sisters Margaret and Chrissy, two very special volunteers who are dedicated members of the Autumn Centre volunteer team. Margaret commenced volunteering with the Centre in April 2017, while Chrissy joined in February 2021. Together, they have contributed over 15 years of volunteer service to the Centre, generously giving their time, skills and support to our members. Their dedication, kindness and commitment help create the welcoming and inclusive environment that makes the Autumn Centre such a special place.

Margaret is a familiar and welcoming face at the front desk two days each week. She loves chatting with members and visitors, takes a genuine interest in their wellbeing, helping to create a warm and friendly atmosphere throughout the Centre.



A wonderful ambassador for the Autumn Centre, Margaret takes great pride in showing prospective members and visitors around the facility, ensuring they feel welcomed and informed. Whether assisting with filing, supporting staff when things get busy, or simply checking if someone needs a cup of tea, Margaret's caring nature is appreciated by all. She also loves music and her singing often brings an extra smile to everyone's day.

Chrissy shares her many talents through her work in the café and kitchen, where she is known for making great coffees and warmly greeting members with terms of endearment such as "flower" and "gorgeous". A talented artist and singer, she regularly performs at Centre events and brings creativity and enthusiasm to everything she does.



Together, the sisters play a major role in decorating and planning special events, including Melbourne Cup celebrations, Christmas functions and themed luncheons. Their creativity, attention to detail and passion help transform these occasions into memorable experiences for our members.

Beyond the Centre, they also organise an annual Easter Monday community charity event, raising funds for worthy



causes, including cancer support initiatives. We are truly blessed to have Margaret and Chrissy as part of the Autumn Centre family and thank them for

the kindness, dedication and joy they bring to our Centre every day.



From our activity groups

Darts - Tony's perfect 180

Congratulations to Tony who recently achieved an impressive milestone in darts by scoring a perfect 180, the highest possible score in the game.

Tony has been a member of the Centre for just over 18 months and is a familiar face at the darts sessions held every Wednesday and Thursday afternoon. After a 40-year break from the sport, Tony returned to darts eight years ago at Warnbro Bowling Club and has



continued to enjoy the game ever since. Last month, Tony put his skills on full display. Following the old darts saying, "If you can't hit the nineteenth, go upstairs to the twenties." Tony did

exactly that and, with his second throw, landed the magic number of 180. This was not only the first 180 Tony has ever scored, but also the first 180 recorded in the history of the Autumn Centre darts club.

To celebrate this remarkable achievement, Tony's fellow dart players organised a special surprise. They presented him with a commemorative medal, a congratulatory card and a pin to mark the occasion. It was a wonderful gesture that reflected the friendship and support shared within the Autumn Centre darts community. Congratulations, Tony, on an outstanding achievement.

Snooker competition 2026



Well done to Paul, who defeated Barry in the Autumn Centre Spring 2026 Singles Snooker Competition Final. The two finalists played a closely contested match, with

Paul securing victory by two frames to nil to claim the championship trophy.

The final attracted a strong crowd of snooker members, who enjoyed an entertaining afternoon of competition. Sixteen players participated in the tournament, which ran over three months and commenced in August 2026.

Congratulations to all competitors for their sportsmanship, enthusiastic participation and ongoing support of the event.

Competitions such as these provide valuable opportunities for social connection, friendly competition and member engagement.

Special thanks go to the referees and scorers for their dedication and excellent work throughout the tournament.

Organiser Adrian commented, "The Autumn Centre provides an excellent venue for our snooker club and is highly appreciated and enjoyed by all members."



Dancing, friendship and fun

The New Vogue Dance Group continues to be one of the Centre's most vibrant and popular activities, bringing members together through music, friendship and dance.

Led by Christine, with the valued support of Phil, Barbara and Liz, the group enjoys dance sessions on Monday mornings, Friday evenings and alternate Saturdays.



With a large number of members attending each week, a great deal of planning and organisation takes place behind the scenes to ensure every session runs smoothly.

It is always a pleasure to see our members dancing so elegantly across the floor, keeping active, building friendships and having fun. The beautiful outfits, graceful movements and welcoming atmosphere make each session a joy to watch.

The group is always looking for more men to join and help partner the ladies on the dance floor. New members are warmly welcomed and Christine and the team are happy to help beginners learn the steps. It's a wonderful way to stay active, make new friends and enjoy being part of a welcoming community.

Staying Safe, Staying Informed: Morning Tea with Local Police



Join us for a morning tea and presentation by a local police officer. Topics will include personal safety, recognising concerning behaviours in relationships, available support services and ways to report concerns. The session will provide practical information to help members stay informed and supported.

Date: Thursday 12 November
Time: 10am-11am
Where: Dining room
Cost: Free

Info session

Autumn Centre Redevelopment

We invite you to join an information session with Richard Hardy, the City's Community and Leisure Facilities Manager, who will provide an update on the redevelopment and explain proposed relocation arrangements for centre programs during the construction works.

Date: Thursday 12 November
Time: 2pm-3pm
Where: Dining room
Cost: Free (members and volunteers)



Proud of our people

RESPECT Award for July-September

Congratulations to Colleen, recipient of the Autumn Centre RESPECT Award. This award recognises the outstanding contribution Colleen makes to the Autumn Centre and the positive impact she has on members, volunteers and staff every day.



As a valued member of our kitchen and café team, Colleen brings enthusiasm, positivity and a friendly smile to everything she does. Working alongside Joy, Steph and our volunteers, she

takes great pride in preparing delicious meals for the café, dining services and special Centre events.

Her commitment to quality, service and teamwork is greatly appreciated and helps create a welcoming experience for everyone who visits the Centre.

Colleen's contribution extends far beyond the kitchen. She is always willing to lend a hand with themed luncheons, performances and special events, helping to make our activities enjoyable, successful and memorable.

Her positive attitude and willingness to assist wherever needed make her a valued and respected member of the Autumn Centre team.

As the leader of CJ Line Dancing and Fun Fitness for Seniors, Colleen also encourages members to stay active, healthy and connected. Her warm, friendly and inclusive nature creates an environment where people feel welcome, supported and encouraged to participate.



We would also like to acknowledge Colleen's commitment during this important period of change. Although she had planned to retire, she chose to remain with the Autumn Centre and continue supporting our members, volunteers and staff through to the Centre's closure for redevelopment. This reflects her genuine care for the Autumn Centre community and her dedication to those around her.

Thank you Colleen, for the kindness, energy and enthusiasm you bring to the Centre each day. Your hard work, generosity and unwavering support make a real difference and we are proud to recognise and celebrate your contribution. Congratulations on this very well-deserved RESPECT Award.



Dates to remember

WA Seniors Week (8-15 November)

WA Seniors Week celebrates the valuable contributions older people make to our community. At the Autumn Centre, we are proud to support people aged 60 and over through programs and activities that promote social connection, wellbeing and active participation.



Remembrance Day

Remembrance Day, observed on 11 November, is a time to honour and remember those who have served and sacrificed in wars, conflicts and peace-keeping operations.



At 11am, Australians pause for a minute's silence in remembrance and gratitude.

Lions Club Christmas Cakes

The Lions Club of Rockingham will be at the Autumn Centre again this year, selling their much-loved Christmas cakes. This is a wonderful opportunity to support the Club and pick up a festive treat (or two) in the lead-up to the holiday season. Gluten free cakes are available too.

Where: Foyer

When: Monday 23 - Friday 28 November

Time: 9am-1pm

Celebrating our long-term members



As a thank you for your loyalty and support over the years, we are pleased to offer a free coffee or alternative beverage to our long-term members.

You may be eligible if your current membership number is between 0 and 2500 and you:

- Joined the Autumn Centre in 2016 or earlier; and
- Have renewed your membership every year since joining.

If both of the above apply, you have been a valued member for 10 years or more.

To claim your voucher, simply bring your current membership card to the office. We will confirm your membership details and, once verified, provide you with your free coffee voucher.

Thank you for being an important part of the Autumn Centre community. We appreciate your continued support and look forward to celebrating this milestone with you.



November 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-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 2 November

Apricot chicken with rice and vegetables \$9
Custard tart

Tuesday 3 November

Melbourne Cup

Wednesday 4 November

Bangers and mash, onion gravy and peas \$9
Apple sponge and custard

Thursday 5 November

Fish burger with chips and coleslaw \$11

Cherry ripe cheesecake

Friday 6 November

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

Jelly trifle

Monday 9 November

Homemade quiche Lorraine with wedges and salad \$9
Pavlova

Tuesday 10 November

Mild chicken korma curry with jasmine rice and vegetables \$9
Key lime pie

Wednesday 11 November

Glazed meatloaf with mash, braised cabbage and veg \$11
Peach cream slice

Thursday 12 November

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

Friday 13 November

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

Rhubarb and apple pie with custard

Monday 16 November

Seafood basket with chips and coleslaw \$12

Fresh fruit salad and ice cream

Tuesday 17 November

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

Wednesday 18 November

Rich beef and onion pie with mashed potato, carrots, peas and gravy \$11

Lemon cheesecake with cream

Thursday 19 November

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

Cinnamon teacake with cream

Friday 20 November

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

Pecan coffee slice

Monday 23 November

Butter chicken, rice and steamed veg \$11

Sorbet and fresh fruit

Tuesday 24 November

Homemade meat pie with mushy peas, chips and gravy \$11

Peach and custard tart

Wednesday 25 November

Lamb hotpot with pumpkin and green beans \$11

Apple strudel and cream

Thursday 26 November

Grilled chicken Caesar salad with garlic bread \$9

Chocolate cheesecake

Friday 27 November

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

Mixed berry and passionfruit pavlova

Soup \$3.50 Dessert \$6

***Vegetarian option \$9**