

Autumn Centre Newsletter

September Edition

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Celebrating Fathers

Join us for this special event as we celebrate the fathers and father figures who make a positive difference in our lives and community.



Menu: Roast beef | Vegetable rice bake | Roasted potatoes | Honey glazed carrots | Minted peas | Coleslaw | Onion gravy | Bread rolls with butter

Dessert: Apple and rhubarb crumble with vanilla custard

Date: Thursday 3 September

Time: Doors open 11am
Lunch served 11.45am

Where: Dining room

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

Bookings: At the Admin Office

Morning Melodies

Take a trip down memory lane with a lively morning of music and singalong favourites.

Enjoy classic hits and well-loved tunes from the 60s through to today, performed live by the talented Kathy Carver. With her vibrant energy and



captivating voice, Kathy is sure to lift your spirits and brighten your morning.

Come along, sing along and enjoy a wonderful musical journey through the soundtrack of our lives.

Date: Thursday 24 September

Time: 10am-11am

Where: Dining room

Cost: \$10 members
\$15 member's guest
Morning tea included

Bookings: At the Admin Office



Social Club events



Our July Casino trip was a great success, with everyone having a fantastic time, especially the lucky handful of winners.

The Bullcreek Aviation Museum tour in July was both enjoyable and informative for all members who attended. To top off a wonderful day, everyone enjoyed an excellent roast dinner.

These outings fill up quickly, as they are always a popular and enjoyable day out.

Upcoming events

September and October

Rockingham Historical Museum

Date: Monday 7 September

Cost: \$10

Araluen Botanical Park

Dates: Monday 21 September and
Monday 5 October

Cost: \$25

Casino

Date: Monday 26 October

Cost: \$5

November

Fremantle Prison Tour

Date: Monday 2 November

Cost: \$25

Op Shop Run

Date: Monday 23 November

Cost: \$5

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: 10am-12pm **Sue**

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

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

Friday: 11.30am-1.30pm **Pauline**



We say a sad goodbye to Cheryl after many years as our Committee Secretary. We thank her for her dedication, hard work and valuable knowledge over the years. Cheryl will be greatly missed and we wish her all the

very best for the future. A big thank you, Cheryl.

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.



Info Session with Advocare

Understanding your Aged Care options

Advocare

Empowering older people in WA

We are pleased to be hosting an information session with **Advocare**, Western Australia's aged care advocacy service. This free session will provide valuable information about aged care services, your rights and the support available to help you make informed decisions.

Attendees will learn about:

- Accessing aged care and advocacy assistance
- Understanding elder abuse and available support services
- Planning for the future and staying safe
- Advocare's programs and resources.

Whether you are seeking support for yourself or a loved one, this session is a great opportunity to learn more about navigating the aged care system with confidence.

Presenter: Alessandra - Advocate

Date: Thursday 10 September

Time: 10am-11am

Where: Dining room

Cost: Free (members only)

Bookings: At the Admin Office

Morning tea talk



Join us for an informative presentation by **Clarity West Inc.**, a local not-for-profit organisation dedicated to increasing community awareness of important future planning documents, including Enduring Powers of Attorney (EPA), Enduring Powers of Guardianship (EPG) and Advance Health Directives (AHD).

Drawing on extensive experience within the guardianship system, Clarity West helps everyday people understand the options available to them and the steps they can take to ensure their future health, lifestyle and financial wishes are respected.

This presentation will provide practical information and an opportunity to learn more about these important documents in a friendly and supportive environment.

Presenter: Robyn - Consultant

Date: Thursday 17 September

Time: 10am-11am

Where: Dining room

Cost: Free (members only)

Bookings: At the Admin Office



From our activity groups



Nada, Group Leader of the Autumn Writers Group and a member of the Society of Women Writers WA, arranged a group visit to the Society's meeting in Perth on 21 July.

The day included a train journey, shared morning tea and lively conversations, creating an enjoyable experience for all. The visit was particularly inspiring for the Autumn Writers members, many of whom are writing their personal memories, life stories and novels. Meeting writers from diverse backgrounds encouraged members to continue developing their skills and pursue their writing goals with confidence.

The group was impressed by the Society's diversity, bringing together both aspiring and experienced authors. Some members had published many books, while others had just released their first. It was uplifting to see volunteers supporting writers and fostering a welcoming environment.

A highlight of the visit was hearing from Helen Iles, Chairperson of the Society of Women Writers WA, a respected editor and publisher. Helen shared the Society's 45-year history and

encouraged members to nurture their passion, practise regularly, remain persistent and believe in their ability to succeed as writers.

Helen has kindly agreed to visit the Rockingham Autumn Centre in October as a guest speaker.

Marie, speaking on behalf of the Autumn Writers Group, said members enjoyed connecting with writers at similar stages of their writing journeys. The experience boosted their confidence and encouraged them to keep writing and enjoy the creative process.

During the coffee break, Pauline invited other seniors to join the writing group to further develop their writing skills and suggested continuing the course in 2027 and beyond. Nada agreed, noting that the group has uncovered hidden talents and strengthened members' writing abilities. She added, "Who knows, one day some of them may write a bestseller," emphasising the importance of having a dream.

A major achievement for the group is that Autumn Writers members are on track to have their own book published by the end of this year. This will be a wonderful milestone and a testament to the dedication, creativity and success of the course.

Preparations are underway for the 2027 Autumn Writers Course, commencing on 5 February 2027. Brochures and Expressions of Interest are available from the Members' Front Desk.

For more information, speak with Nada on Fridays from 12.30pm to 2.30pm in the Dry Craft Room.



Indoor Team Carpet Bowlers celebrate ongoing success

For over 20 years, indoor bowls has been a passion for our group leader, Norma and her husband Ralph. The game combines skill, concentration and a little luck as players guide their bowls towards the kitty, creating moments of both challenge and satisfaction.



Wednesday afternoon bowlers have enjoyed outstanding success and won numerous competitions while representing the Centre with

pride. Just as important as the trophies are the friendships formed along the way. Indoor bowls brings together people of all ages and abilities in a welcoming and supportive environment.

Travelling to compete at other clubs adds excitement and new challenges, while sharing afternoon tea and laughter makes every competition memorable. The Centre's indoor bowls group continues to be a wonderful example of teamwork, sportsmanship and community spirit.



Adding to the team spirit is their beloved mascot teddy, proudly dressed in the team colours, lovingly knitted by the team member Linda.

Backgammon group

The Backgammon group has been running for some time and are always looking to welcome new players. Backgammon is a wonderful activity for seniors, offering many benefits, including:



- Keeping the mind active and engaged
- Improving concentration and strategic thinking
- Supporting memory and cognitive health.

Whether you're an experienced player or completely new to the game, you're welcome to join. The friendly Group Leader, Tony, is always happy to assist and teach new players, making it easy for everyone to get involved. The group meets on Tuesdays from 12pm-3pm.

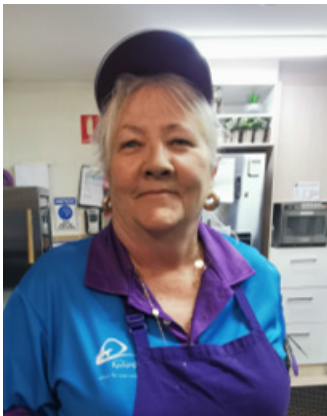
Tai Chi Update

Our Beginners Tai Chi class has been a great success this year, with 14-16 regular attendees now completing Level 1. From 1 September, the class will continue into Level 2, allowing participants to learn more of the Tai Chi form, build their skills and begin integrating with the main Monday and Friday classes. Beginners are still welcome to join Level 2.

Friday Qi Gong class also offers a gentle introduction with slow, easy-to-follow movements that help develop balance, relaxation and body awareness.



Volunteer Spotlight - Chris



Chris has been a valued volunteer at our Centre for six years, generously giving her time across three café and kitchen shifts each week. Last year, she received a

Volunteer Milestone Plaque from the City of Rockingham in recognition of five years of dedicated service.

What inspires us most about Chris is her resilience and positive attitude. After battling cancer last year, she faced every challenge with remarkable strength, grace and determination. Chris never complains and is always ready with a smile for our members, volunteers and staff.

Chris has also worked at the Baldivis Indoor Sports Café and brings a wealth of experience, dedication and care to everything she does. Her calm nature, strong character and willingness to help make her a treasured member of the Autumn Centre family.

Family is incredibly important to Chris and she loves looking after her grandchildren. Chris also enjoys gardening, spending time with her two beloved dogs and passionately supporting the Carlton Football Club.

We are truly blessed to have Chris as part of our team. Her dedication, warmth and unwavering commitment make a real difference to the lives of our members every day.

Proud of our people

Celebrating Gina's amazing fundraising effort

We are incredibly proud of our member Gina, who recently donated \$1,000 to the Icon Cancer Research Centre.

Ashley, the Manager from Icon Cancer Research Centre, visited the Autumn Centre to personally receive the donation from Gina. This remarkable



achievement was made possible through Gina's dedication and hard work in selling more than 65 handmade hedgehogs to raise funds for cancer research.

We would like to sincerely thank Gina for her commitment, enthusiasm and generosity. We also extend our gratitude to all the members who supported this fundraising effort. Your encouragement and purchases not only helped raise vital funds for cancer research but also gave Gina a wonderful sense of purpose and achievement.

Together, you have made a meaningful contribution towards supporting important cancer research and we are grateful to everyone involved.



Reminders

R U OK? Day - Thursday 10 September



R U OK? Day is a reminder that a simple conversation can make a difference. Taking a moment to check in with a friend, neighbour, or fellow member can help someone feel supported, valued and connected. If someone has been on your mind, take the time to ask, listen and show you care. Sometimes, the simplest question, "Are you OK?" can mean the most.

Take a stroll down memory lane

A collection of photo albums is available in the Centre's Library, showcasing cherished memories from past events, activities and special moments shared over the years.



If you would like to browse through the albums and revisit some wonderful memories,

simply speak to one of our friendly volunteers at the Library desk. They will be more than happy to assist you.

Public Holiday Closure Reminder

Please note that the Autumn Centre will be closed on **Monday 28 September**. We wish everyone a safe and enjoyable long weekend.

Christmas Arts and Crafts Market and Woodworkers Club 40th Anniversary

The Centre's Christmas Arts and Crafts Market will be held on **Saturday, 21 November**.



Now is the perfect time to start preparing your handmade creations for sale. Whether it's artwork, crafts, gifts, Christmas decorations, woodwork, or other unique handmade items, we encourage members to showcase their talents at this popular community event.

This year, we are delighted to join with our good neighbours, the **Woodworkers Club**, as they celebrate their **40th Anniversary**. The event will be a wonderful opportunity to recognise four decades of craftsmanship, friendship and community spirit while enjoying a fantastic display of handmade creations.

Stall bookings will open in October.



September 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 administration office. Fresh takeaway meals are available by prepaying through the Centre administration 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.

Tuesday 1 September

Honey soy pork casserole with rice and vegetables \$11
Berry cobbler and custard

Wednesday 2 September

Homemade rich beef lasagne with seasoned chips and salad \$11
Lemon drizzle cake and cream

Thursday 3 September

Celebrating Fathers Luncheon

Friday 4 September

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

Pear and chocolate cake

Monday 7 September

Beef burger with cheese, chips and coleslaw \$9

Fresh fruit salad and ice cream

Tuesday 8 September

Chicken tikka masala rice and naan bread \$9

Pecan pie

Wednesday 9 September

Pork ribs with potato bake and coleslaw \$11

Carrot cake

Thursday 10 September

Beef stroganoff with mashed potato and vegetables \$11
Bread and butter pudding with ice cream

Friday 11 September

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

Trifle

Monday 14 September

Creamy chicken carbonara pasta, garlic bread and salad \$9

Custard tart

Tuesday 15 September

Beef sausages with roasted pumpkin, mash, broccoli and gravy \$11

Berry and apple pie with ice cream

Wednesday 16 September

Irish beef stew with steamed vegetables \$11

Passion fruit cheesecake

Thursday 17 September

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

Chocolate mud cake and cream

Friday 18 September

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

Spotted dick and custard

Monday 21 September

Chinese chicken curry and egg fried rice with prawn crackers \$9
Mandarin jelly and ice cream

Tuesday 22 September

Roasted vegetable pasta bake with garlic bread \$9

Lemon delicious pudding

Wednesday 23 September

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

Brownie slice

Thursday 24 September

Quiche Lorraine with mixed salad and chips \$9

Apple crumble and custard

Friday 25 September

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

Pavlova with fresh cream and fruit

Monday 28 September

Public Holiday - Closed

Tuesday 29 September

Chicken massaman coconut mild curry and rice \$9

Lemon curd muffins

Wednesday 30 September

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

Apple strudel and cream

Soup \$3.50 Dessert \$6

***Vegetarian option \$9**