

Autumn Centre Newsletter

October Edition

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Western theme Luncheon



Put on your best Western gear and join us for a rootin'-tootin' good time at our luncheon. Entertainment will be provided by our very own talented Colleen and her line-dancing crew from 11.30am-12pm.

Main: Sticky 'ranch' ribs | Mac-n-cheese | Cowboy beans | 'Saloon' slaw | 'Boot-scootin' potato salad | 'Kickin' cornbread and butter

Dessert: 'Wranglers' apple pie and custard

Date: Wednesday 14 October

Time: Doors open 11am
Lunch served 12pm

Where: Dining room

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

Bookings: At the Admin Office

Melbourne Cup Luncheon



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

outfit and enjoy great entertainment by Chrissy, 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 | 'Galloping' 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 (members only)

Bookings: At the Admin Office starting from 12 October



Social Club events



The trips to the Casino and Kwinana Op Shops have quickly become two of our most popular outings, with places filling fast every time. If you missed out, don't worry, the final Casino trip for the year will be held on 14 December.

Our visit to the Rockingham Historical Museum was a wonderful surprise. The museum was much larger than it appeared from the outside and offered a fascinating glimpse into Rockingham's history through photographs, memorabilia and historic displays. The morning was made even more special with a delicious morning tea that everyone thoroughly enjoyed.

Be sure to book early to avoid missing out on these popular trips.

October

Casino

Date: Monday 26 October

Cost: \$5

Sold out / Waitlist available

November

Fremantle Prison Tour

Date: Monday 2 November

Cost: \$25

Sold out / Waitlist available

Mandurah Op Shops

Date: Monday 23 November

Cost: \$5

December

Casino

Date: Monday 14 December

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 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



Please be mindful 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

A big Thank You to our café and kitchen volunteers

We are incredibly fortunate to have a dedicated team of volunteers who support the Centre in so many ways. Their time, effort and commitment help us provide the services and activities that our members enjoy every day. Simply put, without our volunteers, we could not operate the Centre as successfully as we do.

This month, we would like to give special recognition to our café and kitchen volunteers. Over recent weeks, several volunteers have been away, unwell or unavailable for their usual shifts. Despite these challenges, the team has stepped up and gone above and beyond, taking on extra shifts and helping wherever needed to ensure our food services continued to run smoothly.



With membership continuing to grow, the demand for meals, snacks and refreshments has also increased. This means more preparation in the kitchen, more service in the café and more support throughout the day.



Our volunteers have met these increasing demands with enthusiasm, teamwork and a genuine commitment to providing excellent service to our members.

Their contribution extends beyond the daily café and kitchen operations. They also play an important role in supporting our many special events, themed lunches, celebrations and social activities throughout the year. Whether preparing food behind the scenes, serving meals, assisting with set-up, or helping create a welcoming atmosphere, their efforts help make these events the success that our members have come to love.

Most importantly, our volunteers always greet members with a smile, creating a warm and friendly environment where people can connect, enjoy good food and feel part of the Centre community.



To all our café and kitchen volunteers, thank you for your hard work, flexibility and dedication. Your willingness to go the extra mile does not go unnoticed and we are truly grateful for everything you do. You make a real difference to the lives of our members every day.



From our activity groups

Playbacks Christmas Show

The Playbacks Group is excited to present its annual Christmas Show, bringing festive fun, music, laughter and entertainment to the community.



After months of rehearsals and preparation, the group is looking forward to sharing a wonderful Christmas themed performance that is sure to fill hearts with Christmas cheer. Guests can enjoy an afternoon of entertainment followed by tea, coffee, cakes and biscuits at the conclusion of the show.

Show Date:

- Saturday 7 November

Time:

- Doors open at 1.30pm
- Show starts at 2pm

Cost: \$15 per person

Tickets go on sale from Monday 5 October and are available for purchase on Mondays, Wednesdays and Fridays from 9am-1.30pm.

The Playbacks Group warmly welcomes members, family and friends to come along and support the show. Tickets are always popular, so be sure to secure a seat and enjoy an afternoon of festive entertainment and friendship.

Tai Chi

The Tai Chi group continues to be a popular activity at the Centre, helping members improve balance, flexibility and overall wellbeing while enjoying the company of friends.



Maree would like to remind members that there will be no Tai Chi classes on Friday 16 October as she will be away.

Members are also invited to the group's Christmas Morning Tea on Friday 11 December from 9.30am in the Alfresco Area, following the final class for the year. It will be a wonderful opportunity to celebrate another successful year of Tai Chi, catch up with fellow participants and enjoy some delicious refreshments.

Christmas Closure Dates:

- Last class for 2026: Friday 11 December
- Classes resume: Monday 11 January

Bookings are essential for the Christmas Morning Tea.

Maree looks forward to celebrating the festive season with members before classes return in the New Year.



Morning tea with guest speakers

Cyber Security for Seniors



Sheena and Lynn from Switched on Seniors will cover a range of cyber security topics, including:

- How to recognise scams on your phone, emails or messages before they cause trouble
- What to do if you suspect a scam
- What to do if you have been scammed
- How to protect yourself from future scams
- Should I be worried about AI?
- How scammers use AI to create convincing fake voices, messages and images
- Tips for safe online banking and shopping
- How to create strong passwords and keep your accounts secure
- How to identify fake websites and social media scams
- Where to get help and report scams

Date: Tuesday 27 October

Time: 10am-11am

Where: Dining room

Cost: Free (members only)

Bookings: At the Admin Office

Understanding Diabetes and reducing your risk



Join us for an informative morning tea session presented by Diabetes WA.

This free community information session will help you better understand diabetes and learn practical ways to reduce your risk. Topics include:

- What diabetes is and the different types of diabetes
- Risk factors and common signs and symptoms
- Healthy lifestyle choices to help prevent or manage diabetes
- Information and support available through the National Diabetes Services Scheme (NDSS)
- Where to find reliable diabetes information and assistance

This session is suitable for anyone interested in learning more about diabetes, including those at risk or currently living with the condition.

Date: Tuesday 20 October

Time: 10am-11am

Where: Dining room

Cost: Free (members only)

Bookings: At the Admin Office



Christmas Arts and Crafts Market and Woodworkers Club 40th Anniversary

Preparations are underway for the Centre's annual Christmas Arts and Crafts Market, to be held on Saturday 21 November.



Members are encouraged to start planning and creating their handmade items for sale. Whether it's artwork, crafts, gifts, Christmas decorations, woodwork or other unique creations, this is a wonderful opportunity to showcase your talents and share them with the community.

This year, we are proud to celebrate alongside our neighbours at the Woodworkers Club as they mark their 40th Anniversary. Their milestone is a testament to four decades of craftsmanship, friendship and community spirit and visitors can look forward to an impressive display of handcrafted work.

Stall bookings are now open. For bookings and further information, please contact the office. We look forward to another wonderful community event celebrating creativity, craftsmanship and the festive season.

Seniors and Carers Expo 2026

The City of Rockingham Seniors and Carers Expo will be held on Friday, 9 October 2026 from 10am-2pm at the Mike Barnett Sports Complex.

The Expo is a free community event featuring local services, support organisations, health providers, community groups and activities for seniors and carers. It is a great opportunity to discover what's available in the local area, gather information and connect with others in the community.

The Autumn Centre will also be attending with a stall, so be sure to stop by, say hello and learn more about the programs, activities and services we offer for older adults in our community.



Redevelopment update



The Autumn Centre redevelopment project continues to progress, with the tender process now underway.

Once complete, the redevelopment will support improved functionality of the Centre through the expansion of existing spaces and the enclosure of the outside alfresco area amongst other works. This will help to better support current operations and services, while also improving overall facility accessibility.



We look forward to keeping members updated as the project moves through the next stages and will share further information as it becomes available.

Expression of Interest: Beauty Therapy services

Centre staff are exploring the opportunity to expand the services offered in our Wellness Room.



We are pleased to introduce Rachel, an experienced beauty therapist and the daughter of long-term member Peter. Rachel is interested in offering her services to Autumn Centre members and brings many years of experience in the beauty industry.

Our Wellness Room currently hosts services including massage, podiatry and Bowen therapy. We are now seeking expressions of interest from members who may be interested in accessing beauty therapy services at the Centre.

If there is sufficient interest, Rachel will be invited to provide her services from the Wellness Room, giving members another convenient wellbeing option at the Centre.

For more details or to register your interest, please contact the Administration Office. Your feedback will help us determine whether this new service will be introduced.



October 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 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.

Thursday 1 October

Homemade quiche Lorraine with wedges and salad \$9

Chocolate mud cake and cream

Friday 2 October

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

Matchsticks

Monday 5 October

Hawaiian burger, chips and salad \$9

Pavlova with fresh cream and fruit

Tuesday 6 October

Irish stew with colcannon \$9

Lemon cheesecake

Wednesday 7 October

Butter chicken, rice and steamed veg \$11

Mandarin jelly and ice cream

Thursday 8 October

Roast vegetable lasagne with garlic bread and salad \$9 (v)

Choc mint brownie

Friday 9 October

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

Creamy rice custard and berry coulis

Monday 12 October

Chicken and leek casserole with mashed potato and vegetables \$11

Fresh fruit salad and cream

Tuesday 13 October

Homemade beef lasagne with chips and garden salad \$12

Biscoff cheesecake

Wednesday 14 October

Western themed luncheon

Thursday 15 October

Grilled chicken Caesar salad with garlic bread \$9

Key lime pie

Friday 16 October

Roast lamb or vegetable pie* with roast vegetables and mint sauce \$12

Apple cake and cream

Monday 19 October

Chicken parmigiana with chips and coleslaw \$11

Mixed berry crumble and ice cream

Tuesday 20 October

Cottage pie or vegetable pie, roast vegetables and gravy \$11

Citrus fruit jelly slice and cream

Wednesday 21 October

Quiche Lorraine with mixed salad

and chips \$9

Carrot cake

Thursday 22 October

Vegetable and lentil korma, rice and naan bread \$9 (v)

Banana and dark chocolate chip slice

Friday 23 October

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

Sticky date pudding, butterscotch sauce and cream

Monday 26 October

Satay chicken casserole rice and vegetables \$11

Sorbet and fresh fruit

Tuesday 27 October

Mince and dumplings with roast vegetables \$11

Brownie slice

Wednesday 28 October

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

Apple pie and custard

Thursday 29 October

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

French vanilla cheesecake

Friday 30 October

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

Pavlova with fresh cream and fruit

Soup \$3.50 Dessert \$6

***Vegetarian option \$9**