



Rosanna Fire Station Community House

Programs & Activities

Semester 1, 2024 Program



**232 Lower Plenty Road,
Rosanna, Vic 3084**

Hours: Mon - Fri: 09.00am - 4.00pm

Enrolments: 09.30am - 3.30pm



(03) 9458 1935



office@rfsch.org.au



www.rfsch.org.au



<https://rb.gy/33a29>



<http://instagram.com/rfsch3084/>



Rosanna, Hurstbridge Line



513 via Lower Plenty Rd

**Community Bus: Bus Stop No 20
Mon, Wed & Fri**

ABN: 55460279116



NHVic



Victorian Government



Banyule City Council



EVENTS THIS SEMESTER

Further details to be announced soon on these following events:

March:

- Int. Women's Day - 8th
- Easter Workshop 16th
- Cultural Diversity Week 18 - 22
- Harmony Day - 21st
- Trivia Night - 23rd

April:

Mother's Day/Birthday Card 20th

May:

- N/hood House Week 6th - 10th
- WIRE 'Women's Information & Referral Exchange Inc':
Building Capacity in Gender Equity - 17th (followed by lunch)
- Volunteers Week - 20th - 24th
- Biggest M/Tea & Plant Sale - 23rd

June - 21st

WIRE: Self Care, Family Violence & Economic Financial Empowerment (followed by lunch)

***further details provided nearer the date of the above events.**

Chatty Crafters

Join this friendly self-run craft & sewing group who enjoy getting together in a friendly environment.

Term 1: 08 wks: 29/01 - 25/03

Term 2: 10 wks: 15/04 - 24/06

Times: Mon. 10.30am - 12.30pm

Fee: \$50.00 term

Watercolours

Develop skills in drawing, learn basic watercolour techniques, brushwork & colour mixing. BYO equipment: incl. paints, brushes, paper, board, spray bottles, water containers & palettes. Materials extra.

Term 1: 08 wks: 01/02 - 28/03*

Term 2: 10 wks: 18/04 - 27/06

Times: Thur. 10 - 12pm ***No class 21/03**

Fee T1: \$129.60 | Fee T2: \$162.00

Watercolours (Beginners)

BYO equipment: including paints, brushes, paper, board & palettes. (visit our website to download materials required or call the office to be sent a copy). Materials extra.

Term 1: 08 wks: 01/02 - 28/03*

Term 2: 10 wks: 18/04 - 27/06

Times: Thur. 1 - 3pm ***No class 21/03**

Fee T1: \$129.60 | Fee T2: \$162.00

ART, CRAFT & CREATIVITY

Sew What? For Beginners

Have you always wanted to sew but never had the confidence? Learn how to read & cut out patterns, make basic items of clothing. BYO Machine. Materials extra

Time: Thur. 10am - 12pm

Term 1: 08 wks: 01/02 - 21/03 Fee \$72

Term 2: 09 wks: 18/04 - 20/06 Fee \$81

COMMUNITY CONNECTIONS

Charming Chums Men's Group

A group to connect with others in the community, who can have a chat, play cards, board games, go for a walk & more.

Term 1: 08 wks: 29/01 - 25/03

Term 2: 10 wks: 15/04 - 24/06

Times: Mon. 1.30 - 2.30pm

Fee: Gold coin p/w or \$10 p/term

***No classes Mon 11 Mar, Thur 25 Apr & Mon 10 Jun**

Chatty Café

Why not brighten your day at our Chatty Café. have a chat, a cuppa & connect with others in a relaxed & friendly environment.

Term 1: 09 wks: 31/01 - 27/03

Term 2: 11 wks: 17/04 - 26/06

Times: Wed. 1.30 - 2.30pm

Fee: Gold coin p/w or \$10 p/term

Community Lunch

Term 1: 07/02 & 06/03

Term 2: 01/05 & 05/06

Times: Wed. 12.30 - 1.15pm

Bookings only, we cannot cater if no booking has been made. Max 20

Fee: Gold Coin

Golden Girls Friendship Group

A place to meet, have a cuppa, a chat, learn & share skills in a relaxed & friendly setting.

Term 1: 09 wks: 31/01 - 27/03

Term 2: 11 wks: 17/04 - 26/06

Times: Wed. 12.30 - 1.30pm

Fee: Gold coin p/w or \$10 p/term

Wombat Playgroup

A place for families & caregivers to meet in a relaxed & friendly setting.

Term 1: 07 wks: 05/02 - 25/03

Term 2: 10 wks: 15/04 - 24/06

Times: Mon. 9.30 - 11am

Fee Term 1: \$35 | Fee Term 2: \$50

Family Storytime

A Storytime made for children 0 to 5 years of age & development levels. Run by the Rosanna Library Pop-Up.

Term 1: 07 wks: 05/02 - 25/03

Term 2: 10 wks: 15/04 - 24/06

Times: Mon. 11.15 - 11.45am

Contact: 9459 6171

NorthEast Rescued Food Market

@ the Community House - A wide variety of fresh rescued food items, fruits, veggies, bakery & more.

Term 1: 09 wks: 30/01 - 26/03

Term 2: 12 wks: 09/04 - 25/06

Times: Tue. 1 - 2pm

Fee: \$5 per bag donation upon entry.

One Billion Stars Project

Meet, connect & weave some stars to support a wonderful global project. Help start conversations to raise awareness to end violence.

Term 1: 09 wks: 31/01 - 27/03

Term 2: 11 wks: 17/04 - 26/06

Times: Wed. 10.30 - 11.30am

Fee: Gold Coin

Escabags <https://escabags.org>

We provide free Escape Bags for families & individuals escaping domestic & family abuse. the Bags are not gender-specific, providing 2 variations: 'Parent & Child' & 'Single Adult'. Call in or contact the office.

Volunteering Popup Hub 1st Tue of the month - 10am-2pm

Diamond Valley Volunteers Hub have a popup hub at the House providing info on volunteering. For further info call 9435 8282

volunteershub@dvsupport.org.au

www.dvcsvolunteershub.com.au

Victorian Sick Pay Guarantee

Provides eligible casual & contract workers with up to 38 hours p/a of sick & carer's pay. Speak to us today to make an appointment if you need assistance making a claim.



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WORKSHOPS

Easter Workshop with Margaret NEW!

Step up your Easter gift giving with a selection of boxes. The exploding box is hiding a chocolate bunny. Pop some Easter eggs or any small gift into the Easter basket, & the mini treat bag holds approx 6 mini eggs. Materials provided for this fun class!

Term 1: 1 wk: Sat: 16/03

Times: 10 - 12pm | Fee: \$20

Mother's/Birthday Make a Box Card NEW!

Who wouldn't love to receive a beautiful card to celebrate their Birthday or Mother's Day! This class includes materials to make a card in a box & a co-ordinating gift box.

Term 2: 1 wk: Sat: 20/04

Times: 10 - 12pm | Fee: \$20

MIND, BODY & SPIRIT

Pilates Matwork

This holistic Pilates class will stretch, strengthen & realign your whole body. You'll leave walking taller, feeling calm, happy & relaxed

Term 1: 08 wks: 29/01 - 25/03

Term 2: 10 wks: 15/04 - 24/06

Fee T1: \$97.60 | Fee T2 \$122.00

Times: Mon. 7 - 8pm

Gentle Exercise

Moving your body is important, but some bodies need a little more care! Focus on gentle movement to improve function, balance, strength & mobility.

T 1: 09 wks: 30/01 - 26/03 Fee \$45

T 2: 11 wks: 16/04 - 25/06 Fee \$60

Times: Tue. 11.15 - 12pm

Yoga – Tue. Morning

Learn the basics of posture, breath & alignment to develop strength, flexibility & confidence with practice.

Term 1: 09 wks: 30/01 - 26/03

Term 2: 11 wks: 16/04 - 25/06

Fee T1: \$153.00 | Fee T2 \$187.00

Times: Tue. 9.30 - 11am

Yoga – Thur. Evening

Using postures, breathing, relaxation & meditation, align aspects of yourself to create flexibility in your body

Term 1: 09 wks: 01/02 - 28/03 Fee \$99

Term 2: 10 wks: 18/04 - 27/06 Fee \$110

Times: Thur. 7.30 - 8.30pm

Rosanna Walkie Talkies (WED)

If you love to walk & would like some company, meet up with our walking group, get fit & healthy, & get to know the area.

Term 1: 09 wks: 31/01 - 27/03

Term 2: 11 wks: 17/04 - 26/06

Times: Wed. 10 - 10.30am

Fee: \$10 per term or \$30 p/annum

Rosanna Walking Group (FRI)

A friendly self-run group. Stay healthy, explore new areas & make new friends. (*Meets at the House 1st Fri of each Term*).

Term 1: 08 wks: 02/02 - 22/03

Term 2: 11 wks: 19/04 - 28/06

Times: Fri. 10 - 11am

Fee: \$10 per term or \$30 p/annum

Family Storytime



***No classes Mon 11 Mar, Thur 25 Apr & Mon 10 Jun**

MUSIC & DANCE

Guitar Beginners' (BYO GUITAR)

For adults, learn the basics & how to play songs. No experience necessary

Term 1: 07 wks: 05/02 - 25/03

Term 2: 09 wks: 22/04 - 24/06

Fee Term 1: \$126.00

Fee Term 2: \$162.00

Times: Mon. 6 - 7pm

Adult Ballroom Dance (Wed am)

Learn to dance the slow Waltz, Tango, Foxtrot, & Quickstep. Suitable for beginners to intermediate. You do not need a partner to join.

Term 1: 07 wks: 14/02 - 27/03

Term 2: 10 wks: 24/04 - 26/06

Fee Term 1: \$70

Fee Term 2: \$100

Times: Wed. 9.45 - 10.30am

Adult Latin Dance (Wed am)

Learn to dance Latin American dances from the Cha Cha Cha, Samba, Rumba & Jive. For beginners to intermediate. *You do not need a partner to join.*

Term 1: 07 wks: 14/2 - 27/3

Term 2: 10 wks: 24/04 - 26/06

Fee Term 1: \$70

Fee Term 2: \$100

Times: Wed. 10.45 - 11.30am

Adult Latin Dance (Thur Evg.)

Details are the same as for Wed class above.

Term 1: 08 wks: 08/02 - 28/03

Term 2: 08 wks: 02/05 - 20/06

Times Thur: 6 - 6.45pm

Fee: \$80.00

Adult Ballroom Dance (Fri Evg.)

Details are the same as for the Wednesday class.

Term 1: 08 wks: 02/02 - 22/03

Term 2: 08 wks: 03/05 - 21/06

Times Fri: 6.15 - 7pm

Fee: \$80.00

COMPUTERS

Tech for the Terrified

Gain confidence using a computer with like-minded learners, with a supportive trainer learn to navigate the desktop, organise files & folders, web browsing, email, & introduction to word processing. Fee: \$110

Term 1: 08 wks: 08/02 - 28/03

Times: Thur. 9.30 - 11.30am

Create a Cookbook & Gain Computer Skills

If you love food & cooking & would like to improve your computer skills, this program will provide the incentive you need! Search online for recipes, improve your skills in formatting images, creating pdfs & more. The group will receive a copy of the cookbooks created. Prerequisite: Know how to do internet searches & basic Word processing skills. Fee: \$110

Term 2: 05 wks: 30/05 - 27/06

Times: Thurs. 9.30 - 11.30am

Safer Online Shopping

Learn the benefits of shopping safely online & what to look out for.

Term 2 : 01 wk: 09/05

Times: Thur. 9.30am - 11.30am

Fee: Gold Coin.

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SUSTAINABILITY

Mini Book Library

At the front of the House. Please feel free to borrow, swap or donate.

Food Pantry

Give what you can & take what you need. Please ensure items are unopened, sealed, non-perishable & are within the expiry & use by dates. Pantry located at the front of the House. Please feel free to take what you need.

Community Cart

Community cart, herbs grown for the community. Take what you need give what you can.

Program for people with disabilities



***conc. rate available for Non-NDIS clients – conc. card holders**

Wednesday Club *

This friendly group welcomes people of all ages. Activities include craft, fun, games, guest speakers, and health issues. Learn gardening skills.
Term 1: 09 wks: 31/01 - 27/03
Term 2: 11 wks: 17/04 - 26/06
Times: Wed. 10 - 12.30pm
Fee T1: \$663.75 | Fee T 2: \$811.25

One To One Program *

One to one program can be organised. Please contact us for further discussion

Creative Art (Wed) *

For people who like creating & learning new crafts. Come & try a range of art activities in a safe & friendly environment.

Term 1: 09 wks: 31/01 - 27/03

Term 2: 11 wks: 17/04 - 26/06

Times: Wed. 1 – 3pm

Fee T 1: \$531.00 | Fee T 2: \$649.00

Daily Living Skills *

Enhancing, maintaining social awareness & independence in the community relating to health care needs, good nutrition & self-care planning.

Term 1: 09 wks: 01/02 - 28/03

Term 2: 10 wks: 18/04 - 27/06

Fee T1: \$663.75 | Fee T 2: \$737.50

Times: Thur. 10 - 12.30pm

Creative Art Club (Thur) *

For people who like creating & learning new crafts. Come & try a range of art activities in a safe & friendly environment.

Term 1: 09 wks: 01/02 - 28/03

Term 2: 10 wks: 18/04 - 27/06

Fee T 1: \$531.00 | Fee T 2: \$590.00

Times: Thur. 1 – 3pm with Emilee

Performance Group *

Participate in a range of drama activities, build your social networks, increase self-esteem. Performance at the end of the year.

Term 1: 09 wks: 01/02 - 28/03

Term 2: 10 wks: 18/04 - 27/06

Times: Thur. 1 – 3pm

Fee T1: \$531.00 | Fee T2: \$590.00

*** HACC PYP Program for people under 65 with a disability & non-NDIS**

***No classes Mon 11 Mar, Thur 25 Apr & Mon 10 Jun**

Celebrate Through Art HACC PYP

Celebrate your life, nature & special events through visual arts, music & much more.

Term 1: 08 wks: 02/02 - 22/03

Term 2: 11 wks: 19/04 - 28/06

Time: Fri. 10 - 12.30pm

Fee T1: \$472.00 | Fee T2: \$811.25

Friday Songbirds HACC PYP

Relaxed social group who partake in song, singing to current & old-time tunes. The group participates in some fun & very easy movement to movement chair activities.

Term 1: 08 wks: 02/02 - 22/03

Term 2: 11 wks: 19/04 - 28/06

Times: Fri. 1 - 3pm

Fee T1: \$472.00 | Fee T2: \$649.00

Friday U2 Club HACC PYP

Ongoing friendly group will learn new skills whilst socialising, enjoying music and singing

Term 1: 08 wks: 02/02 - 22/03

Term 2: 11 wks: 19/04 - 28/06

Times: Fri. 1 - 3pm

Fee T1: \$472.00 | Fee T2: \$649.00

Not on NDIS?

HACC PYP (under age 65) people with disability phone for bookings.

CHILDCARE

Registered Class 2 Childcare Centre offers a program based on children's interests & needs. Small groups make this a wonderful exp for all. There is an attractive play area outside & a climate-controlled playroom inside creates a comfortable environment

for children. We are Childcare subsidy approved.

Term 1: 09 wks: 29/01 - 28/03

Term 2: 11 wks: 15/04 - 28/06

Mon - Thur 9 - 1pm. Fri 8.30 - 1pm

Please enquire about School holiday programs

No childcare on public holidays

Maintenance fee \$50 per semester

General Info and Enrolment Details

- Full payment required prior to commencement unless alternative arrangements have been approved by the Coordinator. In cases of financial hardship please contact the office to arrange a payment plan. Conc rates only to healthcare card holders.
- Payment must be made in full on enrolment or before attending the 1st class or c/care. A Casual fee when attending less than the full term will be charged at a pro rata rate plus \$8 p/session (min of 5 weeks to be paid). To be paid at the beginning of the term.
- Requirement lists provided upon enrolment. Most class materials costs are not incl in the fees. Manuals additional.
- Classes & childcare are not scheduled on public & school holidays. Tutors will arrange extra sessions during term for make-up if class is cancelled by the House.
Refund Policy: Fees will be refunded less a \$10 admin fee if

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cancellation is received at least 5 days prior to course commencement, subject to the place being filled by another

- **Student:** No refund on any workshops. Pro rata refunds may be negotiable but not beyond half of the course's length.
- **Concession Policy:** Concessions of \$10 may be offered for some courses where the cost to attend the class is over \$80, to holders of a Health Care Card.
- Courses will run subject to enrolment. Enrolment fees are not refundable. Refunds or credits are only given if courses are cancelled by the House. As viability & commencement of classes are dependent on prepayment & commencement of participants no refunds are provided after/during the term.
- **Privacy:** RFSCCH respects all personal & confidential info you give in the process of enrolment. Personal info (and/or health info) will only be used for the purpose for which it is collected & safeguarded from misuse. Further info re privacy available in our Participant Info brochure or enquire at the office.
- A full day fee will be charged if participants with disabilities are attending our centre for the whole day.
- For any course, NDIS participants will be charged according to NDIS price list cost. Prices are

subject to change according to NDIS price.

AIM:

To provide services within the municipality of Banyule and to the wider communities.

MISSION:

To connect people in our local community by providing opportunities for those who participate, including disadvantaged individuals, to learn, teach, reduce social isolation by making friends & give mutual support in an ethnically diverse, comfortable, accepting, co-operative, welcoming, friendly & informal environment.

Drop in & Support:

Please feel free to drop in anytime for a cup of tea or a chat with our friendly staff, volunteers & tutors. Ask about support groups & other community contacts as required.

Thank you:

- RFSCCH acknowledges the support of Victorian State Government, Banyule City Council, the Department of Families, Fairness & Housing.
- In the spirit of respect, RFSCCH acknowledges the Aboriginal peoples of Australia as the traditional custodians of the land on which we reside, work & travel.
- Thank you @socialbrewcoffeebar in Rosanna for providing us with support for our Community Connection Programs.

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