



# Courses & Activities



Semester 1 2020 Program

at

## Rosanna Fire Station Community House

ABN: 55460279116

Inc.: A0018654F

232 Lower Plenty Rd. Rosanna 3084

Email: [office@rfsch.org.au](mailto:office@rfsch.org.au)

Ph: 9458 1935



[www.facebook.com/pages/Rosanna-Fire-Station-Community-House/](https://www.facebook.com/pages/Rosanna-Fire-Station-Community-House/)

website: [www.rfsch.org.au](http://www.rfsch.org.au)

Bus: 513 via Lower Plenty Rd.

Train Station: Rosanna (Hurstbridge Line)

Melway Ref: 20 B12

Office hours: 9am – 4pm,

Enrolment hours: 9.30am - 3. 30pm

**GREETINGS :** Rosanna Fire Station Community House offers courses in: Art & Craft; Computers; Health & Wellbeing; Music & Dance; Visual Art; Spiritual Health. We also offer: Classes for All abilities; Children's Activities; Childcare. Our classes are for all people from all cultural backgrounds. If you need an interpreter please call 9867 3788 and ask to be connected to Rosanna Fire Station Community House on 9458 1935.

Το Κοινοτικό Σπίτι του Πυροσβεστικού Σταθμού της Ροζάνα προσφέρει σειρές μαθημάτων σε: Τέχνη και Χειροτεχνία, Ηλεκτρονικούς Υπολογιστές, Υγεία και Ευημερία, Μουσική και Χορό, Πνευματική Υγεία. Επίσης τάξεις για Ειδικές Ανάγκες. Άτομα από όλα τα πολιτιστικά περιβάλλοντα ευπρόσδεκτα. Για κλείσιμο θέσεων τηλ. 9458 1935.

Για υπηρεσία διερμηνέων τηλεφωνήστε στο 9867 3788

La Fire Station Community House (Centro Comunitario Stazione dei Vigili del Fuoco) di Rosanna offre corsi in: Lavori Artigianali; Computer; Salute e Benessere; Musica & Danza; Salute Spirituale. Inoltre offre classi per le persone con Necessità Speciali. Sono benvenute le persone di tutti i retroterra culturali. Per le prenotazioni telefonare al 9458 1935. Per il Servizio Interpreti telefonare al 98673788.

Rosanna Fire Station Community House организира курсеви за: уметност и ракотворби, компјутери, здравје и добросостојба, музика и игри, духовно здравје. Исто така часови за посебни потреби.

Добредојдени се луѓе од сите културни потекла. За пријавување тел. 9458 1935.

Rosanna消防站社區禮堂提供以下課程：藝術和手工藝、計算機、健身、音樂和舞蹈、精神健康。

還有為有特殊需要的人設置的課。歡迎各種文化背景的人參加，預約電話 9458 1935。

需要翻譯服務的話請撥 9867 3788

**AIM:** To provide services to the Banyule and wider communities.

**Mission:** To provide the opportunities for all to learn, teach, make friends and give mutual support in an ethnically diverse, comfortable, accepting and co-operative environment.

**Courses & Workshops:** Art & Craft; Computers; Children's Activities; General Interest; Visual Art; Mind, Body & Spirit and Workshops. programs for people with disabilities. All people, regardless of age, ethnicity, ability, disability or financial status, are welcome.

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

**Thank you:** RFSCH acknowledges the support of Victorian State Government, Banyule City Council, the Department of Health and Human Services and Department of Health.

**Other Services:** photocopying; laminating; volunteers programs, venue and room hire, computer and internet access with an appointment.

Bus: 513 via Lower Plenty Rd.

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Melways Ref: 20 B12

## Art, Craft & Creativity...

### SEW AND CHAT

A friendly patchwork or sewing group meets Monday morning.

Term 1: 7 wks: 03/02 - 23/03 No class on 9/3

Term 2: 9 wks: 20/04 - 22/06 No class on 8/6

Times: Mon. 10.30-12.30 Fee: 50/term

### SEWING FOR BEGINNERS

Become sewing machine friendly, read and cut out patterns and make basic items of clothing. Materials extra

Term 1: 8 wks: 30/01 - 19/03 Fee: \$70

Term 2: 9 wks: 23/04 - 18/06 Fee: \$79

Times: Thur. 10 - 12noon

### WATER COLOURS

Release tension through the magic of watercolour, develop skills in drawing, learn basic watercolour techniques, brushwork and colour mixing.

Term 1: 9 wks: 30/01 - 26/03

Term 2: 9 wks: 16/04 - 11/06

Times: Thurs. 10 - 12noon

Fee: \$171 per term. Materials extra

## Children's Activities ...

### PEER SUPPORT FOR STUDENTS

A supportive safe environment where young children can develop skills e.g. building confidence, socialising, literacy & numeracy skills. Age 8 - 12

Term 1: 8 wks: 04/02 - 24/03

Term 2: 10 wks: 21/04 - 23/06

Times: Tue. 4 - 5pm Fee: \$20 /term

### OPEN PLAY GROUP

Playgroups are the best way to meet new parents, & share ideas. It is a self run group. All are welcome.

Term 1: 8 wks: 03/02 - 23/03 Fee: \$40

Term 2: 9 wks: 20/04 - 22/06

Times: Mon. 2.15 - 3.45pm Fee: \$45

House closed during Public and School Holidays.

Fees on the program are per term

## School holidays program

### CREATE A DISH: 7 - 12yo

Learn food preparation skills while creating delicious dishes. You will be chopping, spreading, mashing, mixing, decorating and baking.

Choose your own ingredients pizza's, bake and decorate your own sweet

treat. A couple of surprise dishes too! Vegetarian options available.

Times: Tue. 07/04 from 10 - 12noon

Fee: \$20pp.

## Zero Waste Workshops\*

In partnership with Transition Warrigal



### BEESWAX WRAPS WITH JO MASSEY

Learn how to make beeswax wraps from scratch using recycled and natural materials. Make 2 of your own wraps to take home. We will discuss ways to keep food fresh without plastic packaging and plastic wraps, how to wash beeswax wraps and refresh them when they crack.

Times: Sat. 15/02 ; 2 - 4pm or 10-12

Fee: \$10pp. Bookings essential.

### GREEN CLEANING WITH JO MASSEY

The basics of DIY green cleaning at home. This workshop will cover green cleaning solutions for the kitchen, bathroom and laundry, as well as creating your very own multipurpose cleaning liquid and a multipurpose cleaning powder to take home.

Times: Sat. 02/05 from 10 - 12noon

Fee: \$10pp. Bookings essential.

### BODY CARE WITH JO MASSEY

A series of 3 workshops which cover a range of body care products. Making your own body care products helps to reduce waste as we buy bulk ingredients and put the products into reusable containers. The products are all made using ingredients that are harm free, pure and natural which limits the amount of chemicals that our bodies need to process and detox.

#### Workshop 1:

**LIP BALM** - Learn how to make your own natural and effective lip balm with the scent of your choice.

**BODY SALVE** - make a salve for extra dry skin or to use as a chest rub.

Times: Sat. 02/05 from 2 - 4pm

Fee: \$10pp. Bookings essential.

#### Workshop 2:

**DEODORANT PASTE** - Learn how to make an easy and effective deodorant paste out of natural ingredients.

**TOOTH POWDER** - Make a natural, tasty & fun tooth powder for replacing your toothpaste. Please bring apron, small containers like recycled jars to put the finished product in.

Times: Sat. 13/06 from 2 - 4pm  
Fee: \$10pp. Bookings essential.

#### Workshop 3:

**MAGNESIUM OIL** - Magnesium chloride is an easy-to-absorb form of magnesium that may be able to raise levels of this nutrient within the body when applied topically to the skin. Learn how to make magnesium oil which is used as a great tool to relax muscles which are tight, tense or cramping. Magnesium oil can also be used as a hair spray.

**ZINC CREAM** - Learn how to make a zinc oxide based zinc cream which can be used as a sunscreen protector, for nappy rash, minor burns, severely chapped skin, or other minor skin irritations. Please bring apron and a small jar to put the finished product in.  
Times: Sat. 12/09 from 2 - 4pm  
Fee: \$10pp. Bookings essential.

#### COMPOSTING WITH NINA BISHOP

Nina is passionate about supporting people to send zero organic waste to landfill. In this workshop, learn how to compost all your household organic waste using a variety of methods to suit every situation.

Times: Sat. 28/03 from 1 - 3pm  
Gold coin donation to support the House

#### INSULATIVE COOKING WITH NINA

Insulative cooking can reduce your cooking energy use by as much as 80%. Once this low energy, slow cooking method is understood, people often discover other unexpected benefits - of convenience and wonderful flavours. Patterns will be available to trace for making your own insulative cooker.

Times: Sat. 9/05 from 10.30- 12.30pm  
Fee: \$10pp. Bookings essential.

**PLASTIC FREE JULY:** session in June  
Day & Date: TBA near the time.

#### WICKING BEDS & WORM FARMING

Ravi will demonstrate how to convert an existing garden bed into a waterwise wicking bed and how to make fertiliser for the vegies using a Worm Café. Gold coin donation.

Times: Wed. 12/02 from 10 - 12noon

## **PASSIVE SOLAR DESIGN**

Nina Bishop designed and built her own passive solar home in Northern New South Wales. In this workshop, she teaches the principles of energy efficient house design to enable participants to make wise decisions next time they are repairing, renovating or building a home.

Times: TBA. Gold coin. Bookings essential.

## **CLOTHES MENDING WORKSHOP**

Learn basic skills to repair and alter clothing, including school uniforms from local mum Emily Bieber. Sew on buttons. Mend holes. Alter hems. Some materials provided, bring your machine if possible. Bookings essential.

Term 1: Wed. 12/02 from 6 – 8pm

Term 2: Sat. 18/04 from 1 - 3pm

Fee: Gold coin donation

## **BAGS TO TAKE AWAY**

We have handmade bags that you can take it with you. Gold coin donation.

## **General Interest ...**

### **COMMUNITY LUNCH**

First Wednesday of every month.

Starts from March.

From 12.30 – 1.15pm during the term

Free CHSP supported

Bookings essential for catering purposes.

### **FOODBANK**

The non-perishable food is available for people in need. Please feel free to come in and see the staff or you can just collect from the front of the House. Times: Mon. - Fri from 9.30 – 3.30pm during the school term.

### **GROW FREE – Community shared cart:**

Community herbs grown by the community, for the community. Take what you need, give what you can! Ongoing program join us.

### **FRIENDSHIP GROUP \***

Our friendly friendship group meets fortnightly. It is a comfortable place for local people to meet other community members, learn and share skills.

Term 1: from 05/02: 1.30 to 2.30pm

Term 2: from 15/04: 1.30 to 2.30pm

Free: CHSP supported

### **TAX HELP PROGRAM**

Tax Help support is available between July – Oct to help low income earners with their annual tax returns. Trained volunteer by the ATO.

To Enrol Phone: 9458 1935

## **MINI LIBRARY**

There is a bright red box in our front yard. Please feel free to borrow, swap or donate a book.

## **Computers...**

### **OFFICE 365 - Level 1**

Understand what Office Online is and how to access it. Introduction to Microsoft Office programs i.e. Word, Excel and PowerPoint and Learn about Mail. Prerequisites Microsoft Office Online assumes little or no knowledge of the software. However, it would be beneficial to have a general understanding of personal computers and internet browsers.

Term 1: 6 wks: 10/02 - 23/03

Term 2: 6 wks: 04/05 - 15/06

Times: Mon. 10 – 12.30pm Fee: \$110

### **PHOTO EDITING, OPTIMISING and RESIZING IMAGES**

If you would like to learn how to edit photos, add text, resize and optimise images, crop images, remove backgrounds, change colors and so much more. The course is for real beginners without any experience in digital image and photo editing on a computer or just anyone who is curious about image editing

Thur. 12/03 from 10 – 2pm Fee: \$50

### **HOW TO BUILD A WEBSITE +**

Learn how to build a website from start to finish in a friendly face to face environment. Build your own website or maybe earn an income after you have completed this course. You will be given all the tools necessary to learn how to start a new career in website building. Good computer skills required. BYO Lunch. Wed. 10 - 2pm

Term 1: 5 wks: 04/03 – 01/04

Full fee: \$200 Conc. \$160

+Thanks to Rosanna Rotary Club for their support.

## **Mind, Body & Spirit.. #**

### **LINE DANCING**

Line dancing is a great fun way to get fit at a slower pace than many other activities. Waltz, cha cha, rumba & lots more by the end of your third lesson!

Term 1: 8 wks: 05/02-25/03 Fee: \$98

Term 2: 10wks: 22/04-24/06 Fee: \$120

Times: Wed. 6.30 – 7.30pm

## **MUMS AND BUBS PILATES**

Bring baby along to this child friendly Pilates class and help your body bounce back! While deepening your abdominal connection and strengthening pelvic floor, this class will provide a full body workout to help you feel confident and keep up with your little one. (No class on 9/3 & 8/6)

Term 1: 7 wks: 03/02 - 23/03 Fee: \$47

Term 2: 9 wks: 20/04 - 22/06 Fee: \$60

Times: Mon. 10 – 10.30am

### **GENTLE EXERCISE for 65+**

Moving your body is so important, but some bodies need a little more care than others! We will focus on gentle, mindful movement to improve function, balance, strength and mobility.

Term 1: 7 wks: 03/02 - 23/03 Fee: \$35

Term 2: 9 wks: 20/04 - 22/06 Fee: \$45

Times: Mon. 11 – 11.45am

### **PILATES MATWORK**

This holistic Pilates class will strengthen, stretch and re-align your whole body. You'll leave each session walking taller, feeling calm, happy and relaxed. Please wear comfortable stretch clothing and bring a mat.

Term 1: 7 wks: 03/02 - 23/03 Fee: \$95

Term 2: 9wks: 20/04 - 22/06 Fee: \$122

Times: Mon. 7 – 8pm (No class on 9/3 & 8/6)

### **TAI CHI - Levels 1 & 2**

The movements develop & strengthen all parts of the body. Practicing Tai Chi quietens the nervous system, promotes relaxation and improves health.

Term 1: 8 wks: 29/01 - 18/03 Fee: \$102

Term 2: 10wks: 15/04 - 17/06 Fee: \$128

Level 1: Wed. 9.45 - 10.45am

Level 2: Wed. 10.45 - 11.45

### **ROSANNA WALKING GROUP**

Join this friendly self-run walking group. Stay healthy, explore new areas and make new friends.

Term 1: 9 wks: 31/01 - 27/03

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

Times: Fri. 10 - 11am Fee: \$7

CHSP supported.

### **YOGA – Tue. Morning**

Learn the basics of posture, breath and alignment to develop strength, flexibility and confidence with the practice. Yoga develops inner strength and stability. Times: Tue. 9.30 - 11am

Term 1: 8wks: 04/02 - 24/03 Fee: \$128

Term 2: 10wks: 21/04-23/06 Fee: \$160

## YOGA – Tue. Afternoon

Yoga is a practice which when included in your lifestyle, heals, protects and strengthens the body.

Term 1: 8 wks: 04/02 - 24/03 Fee: \$96

Term 2: 10wks: 21/04 - 23/06 Fee:\$120

Times: Tue. 1.30 – 2.30pm

## YOGA EVE. – Tue./ Thur.

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

Term 1: 8 wks: 04/02 - 24/03 Fee:\$120

Term 2: 10 wks: 21/04-23/06 Fee:\$150

Times: Tue. 7 – 8.30pm

Term 1: 9 wks 30/01 - 26/03 Fee:\$135

Term 2: 11wks 16/04- 25/06 Fee:\$165

Times: Thur. 7.45 - 9.15pm

## Program for People with Disabilities\*



### AGELESS GRACE



Ageing with Grace is about sensing mobility, activating functions of the brain, in a fun way using physical skills needed for lifelong optimal function, ends with mindful relaxation.

Term 1: 8 wks: 04/02 - 24/03

Term 1 Fee: \$191.50

Times: Tue. 10.30 – 11.30am

Term 2: 10 wks: 21/04 - 23/06

Term 2 Fee: \$239.40

### CELEBRATE THROUGH ART

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

Term 1: 9 wks: 31/01 - 27/03

Fee: \$538.65 Conc. \$295

Times: Fri. 10 – 12.30pm

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

Fee: \$ 658.35 Conc. \$295

### DAILY LIVING SKILLS

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

Term 1: 9 wks: 30/01 - 26/03

Fee: \$538.65 Conc. \$295

Times: Thur. 10 – 12.30pm

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

Fee: \$658.35 Conc. \$295

### ONE TO ONE PROGRAM

One to one program can be organised to tailor the needs of the individual participants. Please feel free to contact us for further discussion.

## FRIDAY SONGBIRDS

It is a very relaxed social group who partake in song, singing along to current and old time tunes. The group also participates in some fun and very easy movement to movement chair activities.

Term 1: 9 wks: 31/01 - 27/03

Fee: \$430.90 Conc. \$200

Times: Fri. 1 - 3pm

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

Fee: \$526.70 Conc. \$200

## FRIDAY U2 CLUB

This ongoing friendly group of people will learn new skills whilst socialising and enjoying lively music and singing.

Term 1: 9 wks: 31/01 - 27/03

Fee: \$430.90 Conc. \$200

Times: Fri. 1 - 3pm

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

Fee: \$526.70 Conc. \$200

## PERFORMANCE GROUP

It is an opportunity to participate in a variety of Drama activities, build your social networks, increase your self esteem and perform at end of year.

Term 1: 9 wks: 30/01 - 26/03

Fee: \$430.90 Conc. \$200

Time: Thur. 1 - 3pm

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

Fee: \$526.70 Conc. \$200

## MOSAIC CLASS

Learn basic mosaic techniques, our tutor will help you create a design, for example plant pot, tiles etc.

Term 1: 9 wks: 29/01 - 25/03

Fee: \$430.90 Conc. \$198

Times: Wed. 1 – 3pm

Term 2: 11 wks: 15/04 - 24/06

Fee: \$526.70 Conc. \$242

## 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: 9 wks: 29/01 - 25/03

Fee: \$538.65 Conc. \$295

Times: Wed. 10 – 12.30pm

Term 2: 11 wks: 15/04 - 24/06

Term 2 Fee: \$658.35 Conc. \$295

\*HACC PYP and CHSP supported programs

## Child Care...

Registered Class 2 Childcare Centre offers a program based on children's interests and needs. Small groups make this a wonderful experience for all. We have an attractive play area outside and a climate controlled play room inside create a comfortable environment for children. Childcare Subsidy Approved.

Term 1: 10 wks: 23/01 – 27/03

Term 2: 10 wks: 14/04 - 26/06

Mon. -Thur.: 9am –1pm

Fri.: 8.30am – 1pm.

Maintenance fee \$50 per semester.

Holiday program available, limited places.

## GENERAL INFORMATION AND ENROLMENT DETAILS

- Full payment is required prior to commencement of a course unless alternative arrangements have been approved by the coordinator. In cases of financial hardship please contact the office to arrange a payment plan. Concession rates apply only to healthcare cards holders.
- Payment must be made in full upon enrolment or before attending the first class or childcare. Casual fee will include additional \$5per class.
- Requirement lists are provided upon enrolment. Most class materials costs are not included in the fees. Computer manuals are additional.
- Classes and childcare are not normally scheduled on public & school holidays. Tutors & participants will negotiate an extra day during term for a make-up session.
- Refund Policy: Fees will be refunded less a \$10 administration fee if a 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 negotiated but not beyond half of the course's duration. All refunds are by cheque.
- 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 and commencement of classes are dependent on the pre payment and commencement of participants so no refunds provided after / during the term.
- Privacy: RFSCCH respects all personal & confidential information you give in the process of enrolment. Personal information (and/or health information) will only be used for the purpose for which it is collected and safeguarded from misuse. Further details about privacy are available in our Participant Information brochure, or enquire at our office.
- Full 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 guideline.