ROSANNA FIRE STATION COMMUNITY HOUSE

Term 4 Newsletter 2026



















232 LOWER PLENTY ROAD
ROSANNA VIC 3089

(03) 9458 1935
OFFICE@RFSCH.ORG.AU
RFSCH.ORG.AU

Table of Contents

01 & 02	A MESSAGE FROM THE MANAGER
03	WATERCOLOURS ART EXHIBITION
04	GET ONLINE WEEK
05	FLORAL ARRANGEMENT WORKSHOP
06	CANVA FOR BEGINNERS
07	ENGLISH CONVERSATION CLASSES





Table of Contents Cont.

08 & 09	ART CRAFT & CREATIVITY PROGRAMS
10 & 11	MIND BODY & SPIRIT PROGAMS
12	GUITAR LEVEL 1
13 & 14	COMMUNITY CONNECTION PROGAMS
15	PROGRAMS FOR PEOPLE WITH A DISABILITY
16	CHILDCARE
17	WANTED FUN CLUB FACILITATOR
18	CHIP PACKET PROJECT VOLUNTEERS WANTED
19	LETTERBOX DROP VOLUNTEERS WANTED
20	LIKE US ON OUR SOCIALS

A Message from the Manager

As we head into Term 4, we are looking forward to another wonderful term filled with community connection, creativity, learning, friendship and plenty of opportunities to get involved. We have lots happening at the Community House, including our Seniors Week celebrations, with a fantastic range of activities:

🌷 Seniors Week – 5th to 7th October

Monday 5th October

🧵 10.00am – 12.00pm: Crafting Together
☕ 1.00pm – 2.00pm: Monday Social Group
🍰 1.00pm – 3.00pm: The 120-Minute Bake
🧘 2.00pm – 2.45pm: Mindful Movement

Tuesday 6th October

🤖 11.30am – 12.30pm: Curious About AI?
🎨 1.00pm – 3.00pm: Paint & Sip
✏️ 1.00pm – 3.00pm: The Art of Charcoal and Graphite

Wednesday 7th October

🧘 09.30am – 10.30am: Mindful Movement
🍽️ 12.30pm – 1.15pm: Community Lunch
☕ 1.30pm – 2.30pm: Chatty Café
🌿 1.00pm – 3.00pm: Bunnings Make an Herb Basket



GET ONLINE WEEK – STAY SAFE ONLINE & DISCOVER AI - MONDAY 19th OCTOBER

Join us for a session designed to help you feel more confident, informed & safe in the digital world. Our session will focus on Staying Safe Online & Discovering AI, with practical information & tips to help you navigate the online world with greater confidence.

📅 Monday 19 October | ⏰11.00am – 1.00pm | ☕Morning tea included | 🎁Prizes to be won!

Come along, learn something new, enjoy a morning tea and have some fun along the way! Bookings are essential.

🎨 Watercolours Art Exhibition - 11am - 4pm

We are very excited to invite you, your family and friends, to our Watercolours Art Exhibition on Sunday 18th October from 11.00am – 4.00pm. Come along and admire the wonderful artwork created by our talented participants, enjoy a relaxed day and celebrate the creativity of our Community House. Everyone is welcome!

🌸 Floral Arrangements Workshop, Monday 26th October at 10.30am.

🎨 Paint & Sip Night, Wed 9th December, 7.00pm – 9.00pm.

Our regular programs are continuing, from Art & Craft, Guitar, Fitness, Meditation, Community Lunches, Social Groups & our programs for people with disabilities. Our T4 Childcare starts from Monday, 5th October.

We look forward to welcoming everyone back from Monday 5th October and hope you will join us for what promises to be a fun and exciting Term 4.

Enrolments can be made online: https://nhs.clevero.co/rfsch
Contact us at: office@rfsch.org.au or call (03) 9458 1935

Jasdip Singh

YOU'RE INVITED TO OUR WATERCOLOURS ART EXHIBITION



Come & explore the incredible talents of our beautiful display of watercolour artworks created by our talented artists at this year's Watercolours Art Exhibition – showcasing a stunning collection of works.

DATE: Sunday, 18th October
TIME: 11am – 4pm
VENUE: Rosanna Fire Station Community House,
232 Lower Plenty Road, Rosanna

Bring along your family and friends, wander through the displays, and be inspired by the beauty and talent that flourishes right here in our neighbourhood.

We can't wait to see you there!

Get Online Week

Monday, 19th October - 11am - 1pm

Join us at Rosanna Fire Station Community House for a Get Online Week session designed to help you feel more confident, informed and safe in the digital world.

Our session will focus on Staying Safe Online and Discovering AI, with practical information and tips to help you navigate the online world with greater confidence.

📅 **Monday 19 October**
⏰ **11.00am – 1.00pm**
☕ **Morning tea included**
🎁 **Prizes to be won!**



Come along, learn something new, enjoy a morning tea and have some fun along the way!

Bookings essential: online at
https://nhs.clevero.co/rfsch/view/course/305098447
E: office@rfsch.org.au P: (03) 9458 1935



🌸 FLORAL ARRANGEMENT WORKSHOP 🌸

Monday, 26th October - 10.30am - 12.30pm

Come along and get creative at our Floral Arrangement Workshop. During the workshop, participants will create their own floral arrangement.

Includes: the base with floral foam, lining with floral paper and greenery.

🌸 **Monday 26 October**
🕐 **10.30am – 12.30pm**
💰 **$14 per person**

Please bring:
🧺 An old bath towel
✂️ A pair of secateurs

Come along, learn some new skills and enjoy a relaxing morning of creativity and flowers! 🌷

Bookings essential: online at
https://nhs.clevero.co/rfsch/view/course/305098585
E: office@rfsch.org.au P: (03) 9458 1935



💻🎨 CANVA BEGINNERS 🎨💻

Have you ever wanted to create your own beautiful flyers, cards, invitations or social media posts, but didn't know where to start? Canva is a simple & fun free online design tool, & this course will show you how to use templates, text and images to create your own eye-catching designs.

You'll learn how to create:

🎨 Flyers
💌 Cards & invitations
📱 Social media posts
📸 Photo collages
✨ And much more!

You'll also learn how to save and share your designs. By the end of the course, you'll feel more comfortable using Canva & be ready to bring your own creative ideas to life! 💻✨

Wed 7 Oct – Wed 25 Nov | ⏰9.30am – 11.30am | 💰$150
💻Bring your own laptop



ENGLISH CONVERSATION CLASSES

Would you like to improve your English speaking and listening skills in a friendly, relaxed and informal environment? Our English Conversation Classes are open to adults of all English levels, and the best part is — you can join at any time during Term 4!

What you'll learn:

- Speaking and conversation skills
- Listening skills
- Everyday communication

Meet others and practise your English in a welcoming environment
Term 4: 7 Oct - 9 Dec
Wednesdays: 10.30am – 12.00pm
Fee: FREE!

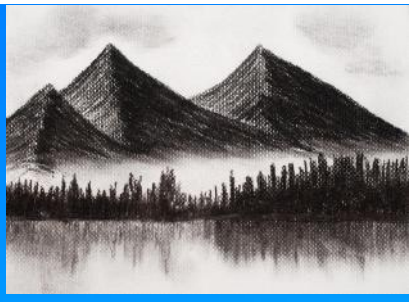
Whether you're just starting out or would simply like more confidence speaking English, everyone is welcome. English skills in a friendly and supportive environment.



🎨 ART, CRAFT & CREATIVITY! 🎨

Looking for a creative way to spend your time this Term? Whether you love painting, drawing, sewing, watercolours, crafting or simply trying something new, we have a wonderful range of Art, Craft & Creativity programs happening at the House!

✏️ THE ART OF CHARCOAL & GRAPHITE



Explore the wonderful world of charcoal & graphite & learn a range of drawing techniques in a friendly & welcoming environment. You'll explore techniques including cross-hatching, shading, blending, chiaroscuro, white on black and abstract art, working on a variety of materials including different papers & even plywood.

📅 Tue 6 Oct – Tue 8 Dec | ⏰1.00pm – 3.00pm | 💰$160

🧵 CRAFTING TOGETHER

Love sewing and craft? Come along to our friendly, self-run Crafting Together group. It's a wonderful opportunity to work on your creative projects while enjoying a chat, a cuppa and the company of others.

📅 Mon 5 Oct – Mon 7 Dec | ⏰ 10.00am – 12.00pm | 💰$55

🍾🎨 PAINT & SIP NIGHT (BYOB)

Unleash your inner artist at our fun and relaxed Paint & Sip Night! No previous experience is required. All art supplies are included, along with step-by-step guidance. Bring your own drinks and enjoy a fun creative evening. 🥂🎨

📅 Wednesday 9 Dec | ⏰7.00pm – 9.00pm 💰$60 per person

🪡 SEWING MADE SIMPLE – TUES EVENINGS & SATURDAYS

Want to become more confident with your sewing machine? 🧵
Our Sewing Made Simple classes will help you learn how to sew and understand patterns in a friendly and supportive environment.
Bring your own sewing machine and get creative!
📅 Tue 6 Oct – Tuesday 1 Dec & Sat 10 Oct - 28 Nov*
⏰ 6.30pm – 8.30pm | 💰 $160. *Contact office to confirm Sat times.

🎨 WATERCOLOURS – BEGINNERS (Wednesday)

Have you always wanted to try watercolour painting? 🌸🖌️
Our Beginners Watercolours class is a great way to develop your drawing skills and learn basic watercolour techniques, brushwork and colour mixing.
📅 Term 4: Wed 7 Oct – Wed 2 Dec | ⏰5.00pm – 7.00pm
💰$153.

🎨 WATERCOLOURS – BEGINNERS (Thursday)

📅 Term 4: Thur 8 Oct – Thur 10 Dec | ⏰1.00pm – 3.00pm
💰$170

BYO equipment. A materials list is available online or from the office.

🎨 WATERCOLOURS – ADVANCED (Thursday)

Fully booked please call or email office to go on to the waiting list.



🧘‍♀️✨ MIND, BODY & SPIRIT ✨🧘‍♂️

Looking after yourself is important! We have a wonderful range of Mind, Body & Spirit programs designed to help you move, stretch, relax, reset & connect with yourself. Whether you enjoy Mindful Movement, Yoga, Meditation or Pilates, there's something to suit everyone. 🧘

PILATES MATWORK

Stretch, strengthen and realign your whole body with this holistic Pilates class. You'll leave feeling taller, calm, happy and relaxed.

📅 Mon – 5 Oct to 14 Dec | ⏰ 7.00pm – 8.00pm | 💰 $140

🧘‍♀️ YOGA – TUESDAY MORNING

Learn the basics of posture, breath and alignment while developing strength, flexibility and confidence through regular practice.

📅 Tue – 6 Oct to 15 Dec | ⏰ 9.30am – 11.00am | 💰 $178.50



🧘‍♀️✨ MIND, BODY & SPIRIT (CONTINUED) ✨🧘‍♂️

🧘‍♂️ TUESDAY MEDITATION

Take some time for yourself with this 45-minute guided meditation class, designed to help you slow down, reset & support mental clarity and focus. You'll be gently guided through simple practices in a relaxed environment.

📅 Tue – 6 Oct to 15 Dec | ⏰ 11.15am – 12.00pm | 💰 $144.00

🌿 MINDFUL MOVEMENT

Combine Yoga & Pilates in this flowing movement class designed to help you feel relaxed, centred & strong.

📅 Wed – 7 Oct to 9 Dec | ⏰ 9.30am – 10.30am | 💰 $140

🧘‍♀️ YOGA – THURSDAY EVENING

Wind down at the end of the day with postures, breathing, relaxation & meditation, helping to develop flexibility and create balance.

📅 Thurs – 8 Oct to 10 Dec | ⏰ 7.30pm – 8.30pm | 💰 $140





🎸🎶 GUITAR LESSONS 🎶🎸



Have you always wanted to learn to play guitar but thought it might be too difficult? Or perhaps you already play and would like to continue developing your skills? Our Term 4 Guitar Program is a great place to start! 🎸

Have you been putting off learning guitar because you don't know where to start? Our Guitar Level 1 class is perfect for beginners, with no previous experience necessary. Come along, learn the basics and enjoy making music in a friendly and supportive environment.

📅 Mon – 5 Oct to 14 Dec | ⏰ 5.30pm – 6.30pm | 💰 $180
🎸 BYO Guitar



💕🤝 COMMUNITY CONNECTIONS 🤝💕

Come along, connect & make new friends! Looking for a friendly place to meet people, enjoy a cuppa, have a chat or simply spend some time with others? Our Community Connections programs provide welcoming spaces to socialise, make new friends, share stories & enjoy being part of your local community. 🌸

☕ MONDAY SOCIAL GROUP

Looking to connect, socialise and enjoy good company? Our Monday Social Group is a friendly and welcoming space to meet new people, enjoy meaningful conversations, share some laughter and develop lasting friendships.

📅 Mon – 5 Oct to 7 Dec | ⏰ 1.00pm – 2.00pm | 💰 $15

💕 LADIES CONNECT – FRIENDSHIP GROUP

Come along for a cuppa, great conversation & the chance to make new friendships in a warm & welcoming environment. Whether you come with a friend or on your own, you'll feel right at home. Enjoy sharing stories, learning new skills, having a laugh & connecting with other women. 🌷

📅 Wed – 7 Oct to 9 Dec | ⏰12.30pm – 1.30pm | 💰$10

☕ CHATTY CAFÉ

Come along for a cuppa & a chat at our friendly Chatty Café! It's a relaxed environment where you can meet others, enjoy conversation & be part of our wonderful community.

📅 Wed – 7 Oct to 9 Dec | ⏰1.30pm – 2.30pm | 💰$15 per term

💕🤝 COMMUNITY CONNECTIONS CONT. 🤝💕

COMMUNITY LUNCHES

Our Community Lunches are another great way to connect with others over a meal. Whether you're new to the area or a regular at the House, everyone is welcome! Come along, enjoy some good food and company and make new connections.

📅 Term 4 dates:

Wednesday 7 October - Seniors Week
Wednesday 4 November
Wednesday 2 December
⏰ 12.30pm – 1.15pm | **Bookings are essential.**

FOIL FUSION EVENTS

Be part of a Foil Fusion Event. Chip packets are fused together & backed to make a fully usable blanket. Whether you're a school, business or community group help us turn chip packets into blankets for people in need.
📅 Mon – 28 Sept to 14 Dec | ⏰ 10.00am – 12.00pm

🌿 ROSANNA WALKING GROUP

Why not combine a little exercise with friendship? Our self-run Rosanna Walking Group is a great way to stay active, explore new areas, meet new people and enjoy a cuppa together afterwards. 🚶‍♀️ ☕
📅 Fri – 9 Oct to 18 Dec | ⏰10.00am – 11.00am | 💰$10



💙 PROGRAMS FOR PEOPLE WITH DISABILITIES 💙

At Rosanna Fire Station Community House, we offer a range of friendly and welcoming programs for people with disabilities, providing opportunities to learn new skills, be creative, socialise and have fun! 🌸

🌟 TERM 4 PROGRAMS:

🌱 Wednesday Club	10.00am – 12.30pm
🎨 Creative Art – Wednesday	1.00pm – 3.00pm
👩‍🍳 Daily Living Skills Thursdays	10.00am – 12.30pm
🎨 Creative Art Club – Thursday	1.00pm – 3.00pm
🍳 One to Two Cooking Thursdays	1.00pm – 3.00pm
🎭 Performance Group Thursdays	1.00pm – 3.00pm
🎨 Celebrate Through Art Fridays	10.00am – 12.30pm
🎶 Friday U2 Club Fridays	1.00pm – 3.00pm
🎵 Friday Songbirds Fridays	1.00pm – 3.00pm

One-to-one programs can be organised – please contact us for further discussion.

💙 HACC PYP programs for people with disabilities and non-NDIS. For further information about any of the above disability programs, please contact Anna on:
📧 ndis@rfsch.org.au | 03 9458 1935

We'd love to welcome you to the Community House this Term 4!

🧸🌈 CHILDCARE AT ROSANNA FIRE STATION COMMUNITY HOUSE 🌈🧸

Looking for a welcoming & friendly childcare environment for your little one? Our Registered Class 2 Childcare Centre offers a program based around the interests & needs of the children, with small groups creating a wonderful experience for everyone. We have an attractive outdoor play area as well as a climate-controlled indoor playroom, providing a comfortable environment for children to learn, play & have fun.

🌟 TERM 4: Mon 5 Oct – Wed 16 Dec | 8.30am – 1.00pm
💳Childcare Subsidy approved. Phone the Community House during childcare hours for bookings or information about our School Holiday Programs.
(03) 9458 1935 | rfschoc@gmail.com

🌈 We look forward to welcoming your little ones to our Childcare Centre. 🧸💕



WANted

SOCIAL & FUN CLUB FACILITATOR / ENTERTAINER

Join us at Rosanna Fire Station Community House! Do you love music, singing and bringing people together? We're looking for a singer/guitar player to facilitate our U2 Club, a social and fun sing-along group for people with disabilities.

When: Every Friday afternoon during school terms
Time: 1pm – 3pm | Commencing: Term 1, 2027.
Support worker provided.

The role involves facilitating a lively, engaging group where participants can develop new skills, socialise & enjoy music, singing & entertainment. We're looking for someone with Music skills, particularly guitar & singing. Exp working with people with disabilities. Certificate III or IV in Aged Care or Disability would be an advantage. A Police Check & NDIS Worker Screening Check (required, as RFSCH is a NDIS registered organisation).

To apply: Please forward your Resume, covering letter & details of 2 referees by 16th October 2026 to coordinator@rfsch.org.au.
For position description or further details call: 03 9458 1935. Please spread the word! If you know someone who would be a great fit for this role.



CALLING ALL VOLUNTEERS AND SUPPORTERS!

CHIP PACKET PROJECT MELBOURNE (CPPM)



WE DESPERATELY NEED VOLUNTEERS TO HELP WITH PREPARING & MAKING BLANKETS TO MEET DEMAND TO HAND OUT TO PEOPLE IN NEED.

Come along to our Foil Fusion Events on Mondays 10am - 12pm during school term & help us make blankets. Term 4 commences from 28th Sept.



A chip packet can take 80 years to decompose. Turning this into something useful reduces waste and provides comfort to those in need. Each blanket uses approximately 44 packets - that's 3520 recycling years!

Rosanna Fire Station Community House, 232 Lower Plenty Rd, Rosanna

www.chippacketprojectmelbourne.com **(03) 9458 1935**

info@chippacketprojectmelbourne.com



Can you spare an hour or two to help deliver newsletters, Programs & Flyers to households in your area? If so, we would love to hear from you! Contact us at: office@rfsch.org.au | Phone: 9458 1935



SHARE THE LOVE & LIKE US ON FACEBOOK / INSTAGRAM

We love it when our participants and visitors share their experiences at the House. Check in when you are at the House next or visit our socials now to see our latest news and updates.

Visit our socials at:

Click on the Icons below to visit our socials.

Instagram use #rfsch3084.



