

# Rosanna Fire Station Community House

ABN: 55460279116

INC: A0018654F

Semester 1, 2009 Program

232 Lower Plenty Rd. Rosanna 3084

Office hours : 9am – 4pm

Enrolment hours : 9.30am - 3.30pm



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**COURSES, GROUPS & WORKSHOPS** : Art, Craft & Creativity; Education & Life Skills; Health & Wellbeing; Music & Dance; Visual Art & Support Groups; Workshops. Special Needs programs run for people with a disability. All people, regardless of age, ethnicity, ability, disability or financial status, are welcome.



**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.



Location -----	Greetings -----	Content;----- Pg
<p><b>Bus:</b> 513 via Lwr. Plenty <b>Train Station:</b> Rosanna (Hurstbridge Line)</p> <p><b>No Class or Childcare on 9<sup>th</sup> March, 10 - 13<sup>th</sup> April and 8<sup>th</sup> June 2009</b></p>	<p>Rosanna Fire Station Community House مَقَرَّ محطة إطفاء روزانا الاجتماعي House يقدم دروساً في: الفن والأعمال الحرفية؛ الحاسوب (الكمبيوتر)؛ الصحة والرعاية؛ الموسيقى والرقص؛ الصحة الروحية. وكذلك في صفوف معدة للاحتياجات الخاصة. أشخاص من كافة الخلفيات الثقافية مرحب بهم. للجزر هاتف: 94581935.</p> <p>Το Κοινωνικό Σπίτι του Πυροσβεστικού Σταθμού της Ροζάνας 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.</p> <p>La Fire Station Community House (Centro Comunitario Stazione dei Vigili del Fuoco) di Rosanna offre corsi in: Lavori Artigianali; Computer; Salute e Benessere; Musica &amp; 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</p> <p>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.</p> <p>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。</p>	<p>Art &amp; Craft 2</p> <p>Children's Activities 2</p> <p>First Aid 2</p> <p>Computers 2</p> <p>General Interest 2</p> <p>Health &amp; Wellbeing 2</p> <p>Music &amp; Dance 3</p> <p>Visual Art 3</p> <p>Spiritual Health 3</p> <p>Special Needs Program 4</p> <p>Child Care 4</p> <p>Enrolment Info 4</p> <p><b>Enrol Now for Term 1 &amp; 2</b></p>

## Art, Craft & Creativity...

### JEWELLERY MAKING

Learn to make unique necklaces, bracelets, earrings etc with beads, wire, etc

Term 1: 4 wks from 4 Mar. – 25 Mar.

Term 2: 4 wks from 29 Apr. – 20 May

Times: Wed. 7 – 9 pm Fee: \$36

Kit cost extra & tools provided in class.

### PAPER TOLE ART

Create a three-dimensional picture of your choice using the skills of paper tole.

Term 1: 9 wks:

Tue. 3 Feb. – 31 Mar. from 9.30 -11.30am

Wed. 4 Feb. – 1 Apr. from 7.30 - 9.30pm

Term 2: 9 wks:

Tue. 21 Apr. –16 Jun. from 9.30 -11.30am

Wed. 22 Apr. – 17 Jun. from 7.30 - 9.30pm

Fee: \$165 no conc. Materials extra.

### PATCHWORK & SEWING

Crazy patchwork quilts. Sewing machine required for sewing. Materials extra

Term 1: 6 wks: 16 Feb – 30 Mar. (no class 9/3)

Term 2: 9 wks: 20 Apr - 22 Jun. (no class 8/6)

Times: Mon. 10 – 12 or 7.30 - 9.30pm

Fee: Term 1: \$50 Term 2: \$75

### KNITTING CLUB

Make friends and learn to knit.

Term 1: 8 wks from 3 Feb. – 24 Mar.

Term 2: 8 wks from 21 Apr. – 9 Jun.

Times: Tue. 7 - 8pm Fee: \$5 per session

## Children's Activities ...

### AFRICAN PERCUSSION

Learn basic techniques of djembe and dun dun (bass drum) playing through a series of traditional West African rhythms.

Drums provided.

Term 1: 8 wks from 11 Feb. – 1 Apr.

Term 2: 8 wks from 29 Apr. – 17 Jun.

Times: Wed. 4.15pm – 5.15pm Fee: \$70

### COOKING FOR CHILDREN

Make Japanese vegetable pancakes, cookies, veggie pie and muesli slice.

Ingredients extra.

Term 1: 4 wks from 9 Feb. – 2 Mar.

Term 2: 4 wks from 27 Apr. – 18 May

Times: Mon. 4.30 – 5.30 pm Fee: \$30

### YOGA for Age 5 - 10yo.

Yoga is good for strength, flexibility balance.

Term 1: 8 wks from 10 Feb. – 31 Mar.

Term 2: 8 wks from 28 Apr. – 16 Jun.

Times: Tue. 4 – 5pm Fee: \$70 conc.

## First Aid: Certificate Courses

Level 1: Sat. 4 Apr. 9 - 3pm \$120pp

CPR: Sat. 4 Apr. 9 - 11am \$70pp

Reaccreditation Level 1 & 2:

Sat. 4 Apr. 9 - 12noon \$70pp

Certificates & manual included. Provided by Training Unlimited, Nationally Recognised Training, VQA

## Computers...

### COMPUTERS FOR BEGINNERS (Lev. 1)

Gain confidence & learn how to use a computer. Intro to the desktop and icons, using the mouse and keyboard, creating folders, using MS Word to create, edit, spell-check and print basic documents, and a brief introduction to internet and email.

ACFE 

Term 1: 8 wks (no class on 9/3)

Mon. 9.30 -12 or 6.30 - 9pm: 2 Feb–30 Mar

Tue. 9.30 –12noon: 3 Feb – 24 Mar. (Wayne)

Tue. 1 – 3.30 pm: 3 Feb – 24 Mar. (Wayne)

Wed. 9.30 – 12 from 4 Feb. – 25 Mar.

Fee: \$85 or \$75 (\$55 + amenities + Instructions manual provided for the class room use only)

Term 2: 8 wks (no class on 8/6)

Mon. 9.30 -12 or 6.30 - 9pm: 20 Apr –15 Jun

Tue. 9.30 – 12 from 21 Apr – 9 Jun (Wayne)

Tue. 1– 3.30pm from 21 Apr – 9 Jun (Wayne)

Wed. 9.30 – 12 from 22 Apr. – 10 Jun.

Fee: \$85 or \$75 conc. (\$55 + amenities + Instructions manual provided for the class room use only)

### COMPUTERS FOR BEGINNERS (Lev. 2 and 3)

An intermediate combined course for people who have completed level 1 or have equivalent experience. Course includes inserting tables, tabs, columns, indentations and clip art in MS Word and printing envelopes and labels. Intro to MS Excel, Publisher & Power Point. Learn more on folders and saving onto CD and USB.

Pre-requisite: Comp. Lev. 1.

Term 1: 8wks (no class on 9/3)

Mon. 1 - 3pm from 2 Feb. – 30 Mar.

Fri. 10–12 from 6 Feb – 27 Mar Fee: \$100

Term 2: 9 wks (no class on 8/6)

Mon. 1 - 3pm from 20 Apr. – 22 Jun.

Fri. 10–12 from 24 Apr. –19 Jun Fee: \$112

### ENHANCING IMAGES ON THE COMPUTER USING PHOTOSHOP

Our qualified photographer, Wayne, will teach you various things that you can do with pictures on the computer. This wide ranging course gets you going on editing and enhancing your images.

Term 1: 6 wks from 11 Feb. – 18 Mar.

Term 2: 6 wks from 29 Apr. – 3 Jun.

Times: Wed. 7 – 9 pm. Fee: \$94

### BUYING & SELLING ON E-BAY - Wayne

Want to clean out your clutter? Learn how to sell items, upload photos, use PayPal & about fees charged. (Please bring your email address & password, savings/bank account Nos. & credit card details).

Pre-requisite: Internet experience.

Term 1: Sat.14 Feb. Times: 10 – 2 pm

Term 2: Sat.18 Apr. Fee: \$63

## General Interest ...

### PROFESSIONAL DEVELOPMENT IN

#### AUSLAN – Beginner & Intermediate

Learn 250+ Auslan signs with an emphasis on practical activities such as pair and group work.

Term 1: 6 wks from 2 Feb. – 16 Mar. Beg.

Term 2: 6 wks from 27 Apr. – 1 June Inter.

Times: Mon. 6.30 – 8.30pm (no class on 9/3)

Fee: \$160 or \$150 conc.

Ph: Darren 9786 3104 / [Darren@auslan.net.au](mailto:Darren@auslan.net.au)

### BUYING A DIGITAL CAMERA *workshop*

Learn how to choose a digital camera and what to expect from it for the types of photography you want to do.

Term 1: Sat. 7 Feb. Term 2: Sat. 2 May

Times: 10 - 1pm Fee: \$63

### DIGITAL CAMERA USE

For those new to digital photography get the most from your digital camera, creative use of the controls, styles of photography, composition, choosing subjects etc.

Term 1: 6 wks from 21 Feb. – 28 Mar.

Term 2: 6 wks from 9 May – 13 June

Times: Sat. 10 – 12noon Fee: \$90

### RFSCH CAMERA CLUB

Develop your photography in a fun & supportive environment.

Term 1: 6 wks from 21 Feb. – 28 Mar.

Term 2: 6 wks from 9 May - 13 June

Time: Sat. 1 - 3 pm Fee: \$90

## Health and Wellbeing...

### CHANGE YOUR THINKING

#### CHANGE YOUR LIFE

When we change our thinking, we truly change our lives. This program teaches the transformational effects of taking responsibility for our lives, giving us the motivation to set the goals we really want to achieve and the self belief and confidence to achieve them.

Term 1: 6 wks from 12 Feb. – 19 Mar.

Term 2: 6 wks from 30 Apr. – 4 June

Time: Thurs. 7 – 8pm. Fee: \$30

### COOKING FOR ADULTS

Make Japanese vegetable pancakes, cookies, veggie pie and muesli slice. Ingredients extra.

Term 1: 4 wks from 11 Feb. – 4 Mar.

Term 2: 4 wks from 29 Apr. – 20 May

Times: Wed. 6.30 – 7.30 pm Fee: \$30

### ROSANNA WALKING GROUP

Meet other local community members by joining this friendly walking group. First meeting is at the Community House.

Term 1: 8 - 9 wks from 6 Feb.

Term 4: 8 - 9 wks from 24 Apr.

Times: Fri. 10 - 11am Fee: \$6 per term.

**Please note: No Class or Childcare on 9<sup>th</sup> Mar, 10<sup>th</sup> - 13<sup>th</sup> April, & 8<sup>th</sup> June 2009**

## TAI CHI (Morn. & Eve.) - Levels 1 & 2

Tai Chi quietens the nervous system, promotes relaxation & improves health.

### Level one:

Term 1: Lev. 1: 9 wks 4 Feb. – 1 Apr.

Wed. 10.45 - 11.45am or 7.15 – 8.15pm

Term 2: Lev 1: 9 wks 22 Apr. - 17 Jun.

Wed. 10.45 - 11.45am or 7.15 – 8.15pm

### Level two: Fee: \$81 or \$72 conc.

Term 1: Lev. 2: 9 wks

Wed 9.45 - 10.45am 4 Feb.–1 Apr. or

Thurs 6.45 – 8pm 5 Feb. – 2 Apr.

Term 2: Lev. 2: 9 wks

Wed. 9.45 - 10.45am 22Apr. – 17Jun or

Thur 6.45 – 8pm 23 Apr. – 18 June

## STAY YOUNG AND FIT

Improve your posture, balance, flexibility and strength. Become active at any age and develop a positive mental attitude!

Term 1: 8 wks 2 Feb – 30 Mar (no class on 9/3)

Term 2: 8 wks 20 Apr –15 Jun (no class on 8/6)

Times: Mon 6 - 7pm Fee: \$70

## YOGA - TUESDAY MORNING

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

Term 1: 9 wks from 3 Feb. – 31 Mar.

Term 2: 9 wks from 21 Apr. – 16 Jun.

Times: Tue. 10 – 11.30am

Fee: \$99 or \$13 per sess.

## YOGA - TUESDAY OR THURSDAY EVE.

Create some time and space for yourself. Using postures, breathing, relaxation and meditation techniques, align aspects of yourself to create flexibility in your body. Beginners to Advanced. Bring blanket & cushion. Wear comfy clothes.

Term 1: 9 wks: Tue. 3 Feb. – 31 Mar. or

Thurs. 5 Feb. – 2 Apr.

Term 2: 9 wks: Tue. 21 Apr. – 16 Jun. or

Thurs. 23 Apr. – 18 Jun.

Times: Tue. 7.45 -9.15pm; Thurs. 8 –9.30pm

Fee: \$99 or \$13 sess.

## Spiritual Health...

### INTRO TO SPIRITUAL DEVELOPMENT

This workshop examines the options for your spiritual growth and development. A wide cross-section of development options are discussed.

Term1: 2 wks: 3 Feb – 10 Feb.

Term 2: 2 wks: 21 Apr. – 28 Apr.

Times: Tues. 6.30 – 9.30pm Fee: \$50

### PSYCHIC PROTECTION

Do some people or places drain all the energy from you? Simple precautions can keep you and your loved ones safe & well.

Term1: 2 wks from 17 Feb. – 24 Feb.

Term 2: 2 wks from 5 May – 12 May

Times: Tues. 6.30 – 9.30pm Fee: \$50

## SPIRITUAL HEALING & MAGICK

This course focuses on spiritual healing and magic including energy healing, chakras, visualization and more.

Term 1: 5 wks from 3 Mar. – 31 Mar.

Term 2: 5 wks from 19 May – 16 June

Times: Tues. 6.30 – 9.30pm Fee \$130

### INTRO TO TAROT READING

Our introductory course in Tarot reading aims to give you the skills and confidence to read effectively for yourself and others.

Term 1: 5 wks from 9 Feb. – 16 Mar.

Term 4: 5 wks from 27 Apr. – 25 May.

Times: Mon. 6.30 – 9.30pm Fee: \$130

### ADVANCED TAROT READING

Want to take your Tarot reading further? This course builds confidence & extends your use of cards, teaching you a completely new approach to Tarot.

Term 1: 5 wks from 12 Feb. – 12 Mar.

Term 2: 5 wks from 30 Apr. – 28 May

Times: Thurs 6.30 – 9.30pm Fee: \$130

## Music & Dance...

### AFRICAN PERCUSSION

Learn basic techniques of djembe and dun dun (bass drum) playing through a series of traditional West African rhythms.

Term 1: 8 wks from 11 Feb. – 1 Apr.

Term 2: 8 wks from 29 Apr. – 17 Jun.

Time:Wed 6.15 –7.15pm Fee:\$80 /\$70conc.

### EGYPTIAN DANCE

Bring mind and body together with this therapeutic dance to enhance well being. No experience required.

Term 1: 9 wks from 4 Feb. – 1 Apr.

Term 2: 9 wks from 22 Apr. – 17 Jun.

Times: Wed. 6–7pm Fee: \$81 or \$10 sess.

### DANCE FOR LIFE

Improve your health and fitness, increase your energy, vitality and reduce tension and stress. Learn to move gracefully and develop flexibility and coordination. It will help you control body weight and shape.

Term1: 9 wks from 3 Feb. – 31 Mar.

Term 2: 9 wks from 21 Apr. – 16 Jun.

Times: Tue. 6.30 – 7.30pm Fee: \$81

### LINE DANCING for BEG. & INTER.

Line dancing is a great fun way to get fit at a slower pace than many other activities. Waltz, cha cha, rumba and lots more by the end of your third lesson! All ages welcome for this 45min session.

Term 1: 9 wks from 5 Feb. – 2 Apr.

Term 2: 9 wks from 23 Apr. – 18 Jun.

Thur. Beg. 6.30 - 7.15pm; Inter. 7 - 7.45pm

Fee: \$57 no conc.

**Some Free Activities offered during Neighbourhood House Week. For more info phone near the time.**

## GUITAR – Beginner & Intermediate

If you have always wanted to learn the guitar, now is the time in this low cost class.

Term 1: 9wks from 3 Feb. or 5 Feb.

Term 2: 9wks from 21 Apr. or 23 Apr.

Irine's class:Tue. Beg. 8-9pm; Inter. 7- 8pm

Taariq's class:Thur.7–8pm Fee:\$126no conc.

## Visual Art...

### ABSTRACT PAINTING IN ACRYLICS

Awake your expressive capabilities by learning about colour, composition, texture and light. Dare to be different.

Term 1: 8 wks: 2 Feb - 30 Mar. (no class 9/3)

Term 2: 8 wks: 20 Apr - 15 Jun. (no class 8/6)

Times: Mon 1 - 3 Fee: \$64 Materials extra.

### LIFE DRAWING (Saturday) – Beg.

Learn to draw with Max using charcoal and visual concepts of perception, light, shade, colour, proportion and scale.

Term 1: Sat. 31 Jan. 21 Feb. 21 Mar

Term 2: Sat. 25 Apr. 23 May 20 Jun.

Times: 1– 4pm Fee: \$50 or \$18 per sess.

### LIFE DRAWING (Sunday) – Beg.

Term 1: Sun. 1 Feb. 22 Feb. 22 Mar

Term 2: Sun. 26 Apr. 24 May 21 Jun.

Times: 1 – 4 pm Fee: \$50 or \$18 per sess.

### LIFE DRAWING (Sat.) – Adv. with Bob

Term 1: Sat. 28 Feb. 28 Mar. & 18 Apr.

Term 2: Sat 2 May 30 May & 13 Jun.

Times: 1 – 3 pm Fee: \$36 or \$15 per sess.

### OIL PAINTING for Beginners.

Malcolm will introduce you to a variety of skills like colour mixing, sketching, composition, paint application and other fundamental elements of art & oil painting.

Term 1: 9 wks from 3 Feb. – 31 Mar.

Term 2: 9 wks from 21 Apr. – 16 June

Times: Tues. 7.30 – 9.30pm

Fee: \$90 no conc. Materials extra.

### WATER COLOURS – Beg. & Adv.

Develop your individual style with confidence, create compositions and learn to mix colours.

Term 1: 9 wks from 5 Feb. – 2 Apr.

Term 2: 9 wks from 23 Apr. – 18 Jun.

Times: Thurs. Beg. 10 – 12 Adv. 1– 3 pm.

Fee: \$99 no conc. Materials extra.

### Multicultural Music and Dance Evening

A free evening of music, song & dance from various cultures by talented local performers. 2nd Fri. of the month from March to Nov. Time: 7 – 9 pm.

#### Performing

If you are skilled in music, song or dance, contact us to book a performance. Performers from diverse cultural backgrounds welcomed.

## SPECIAL NEEDS PROGRAM....

Rosanna Fire Station Community House values diversity and we encourage inclusiveness within our community. We provide activities and specific classes for people with different types of abilities and the House has full access for people with a disability. Every participant will be assessed individually before beginning a course.



### CELEBRATE YOURSELF THROUGH ART

Celebrate your life, nature and special events through visual arts, movement, music, stories & much more. Includes materials. HACC funded.

Term 1: 9 weeks from 6 Feb. – 3 Apr.

Term 2: 9 weeks from 24 Apr. – 19 Jun.

Times: Fri. 10 - 12 noon Fee: \$63conc.

**Some Free Activities offered during Neighbourhood House Week. For more info about these activities phone near the time.**

### FRIDAY U2 SOCIAL & FUN CLUB HACC

This ongoing friendly group of people learn new skills whilst socialising and enjoying lively music, singing, having afternoon tea & playing games. Everyone has loads of fun.

Term 1: 9 weeks from 6 Feb. – 3 Apr.

Term 2: 9 weeks from 24 Apr. – 19 Jun.

Times: Fri. 1 – 3pm Fee: \$63conc.

### WEDNESDAY SOCIAL & FUN CLUB

This companionable group welcomes people of mature age, especially the elderly & disabled, to enjoy morning tea & guest speakers. Activities include craft, cooking, fun, games, outings, local history and health issues. HACC funded.

Term 1: 9 weeks from 4 Feb. – 1 Apr.

Term 2: 9 weeks from 22 Apr. – 17 Jun.

Times: Wed. 10 - 12 noon Fee: \$63conc.

**Please note: No Classes or Childcare during school holidays.  
No Class or Childcare 9th March ,  
10th - 13th April & 10th June 2009.**

### LITERACY, NUMERACY & ORAL COMMUNICATION

ACFE funded. This course helps participants to develop basic literacy, numeracy and communication skills for everyday living. Skills essential to community living are developed and enhanced in an ongoing, friendly group. The course is for students with different learning abilities and educational levels, and suits those who require individually designed learning programs. Classes are innovative and incorporate computers.

Term 1: 9 weeks from 5 Feb. – 2 Apr.

Term 2: 9 weeks from 23 Apr. – 18 Jun.

Times: Thurs. 12.30 – 3pm

Fee: \$75 conc. per sem.

(\$55 tuition fee + amenities).

### Child Care

Term1: 27 Jan. – 3 Apr. (10 wks)

Term 2: 20 Apr. – 26 Jun. (10 wks)

Hours: Mon - Fri: 9.15am – 12.45pm

## General Information & Enrolment Details

- Enrolments must be made with a minimum \$10 deposit. The outstanding balance must be made before classes commence.
- If you have any difficulties with payment, please ask to speak with the House Co-ordinator. Concession rates apply only to healthcare cards holders.
- Payment must be made in full upon enrolment or before attending the first class or childcare. Most classes fees are GST inclusive.
- 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.
- 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 or during the term.
- Privacy: RFSCH respects all personal & confidential information you give in the process of enrolment. Personal information will only be used for the purpose for which it is collected. Further details about privacy are available in our Participant Information brochure, or upon enquiry at our office.

## ROSANNA FIRE STATION COMMUNITY HOUSE INTERIM POSTAL ENROLMENT FORM

- Any person enrolling at RFSCH is bound by policies ratified by the RFSCH Management Committee.
- Full payment is required before commencement of classes. Enrolments are taken in order of receipt of fees.
- Enrol in person, by mail or via the front post box at the House, enclosing cheque or credit card details.
- We have Eftpos and credit card facilities. When enrolling by phone, immediate payment by credit card is required.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Class/es: \_\_\_\_\_ Day & Times: \_\_\_\_\_ Cost: \_\_\_\_\_

Concession No. & type if applicable: \_\_\_\_\_

We accept cheque & credit card through post. Please circle method of payment:

Cheque/Master Card/Visa/Bankcard Credit Card No:

Card Holder Name: \_\_\_\_\_ Expiry Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Make cheques payable to RFSCH and post to: RFSCH, 232 Lower Plenty Road, Rosanna 3084.