

## WHAT'S HAPPENING AT COMMUNITY HOUSE

Welcome to Term 2 at Rochester Community House.

**Exciting news** – our brand-new public computers are already installed and ready for you to use. This upgrade was made possible through a grant from the Good Things Foundation, and it brings faster speeds, better accessibility, and a much smoother experience for everyone. Come in and check them out. If you didn't receive a copy of The Big Flood book and you haven't put your name on the waiting list, please contact us so you are sure to receive a copy. There is still opportunity to opt in to receive local SMS alerts, contact us to register.

### WEEKLY ACTIVITIES

#### **Monday**

9am Womens Strength & Balance  
 9am- 1pm Men's Shed  
 10am - Art (byo projects)  
 10am - Crochet  
 1pm Relaxation with Bern

#### **Tuesday**

9am Men's Strength & Balance  
 11am - 12pm FoodShare  
 3.30pm Shedding Sisters

#### **Wednesday**

10am - 12pm Crochet  
 10am - 11.30am Playgroup

#### **Thursday**

Wellbeing with Bern  
 9am Men's Shed (Men)

#### **Friday**

9am - 1pm Men's Shed (Ladies)  
 9am - 11am Pickleball



What is Be Connected?

Be Connected is an Australian government initiative committed to building the confidence, digital skills and online safety of older Australians. Whether you want to pick up new skills or dive into a new topic, you can access our free learning resources online or join one of the thousands of community organisations running free computer classes across Australia.

# Guided Relaxation *With Bern*

**Guided Relaxation with Bern**  
**Mondays @ Community House**  
**1pm - 2pm**  
**\$5 per person**

Bern's guided relaxation sessions offer a safe space for your mind and body to find calm and peace. Please make sure you are set up and ready for the class to begin at 1pm.  
Mats provided, BYO drink, pillow and blanket.

# Carers Support *With Bern*

**Carers Support with Bern**  
**Monthly sessions**

**Thursday 23<sup>rd</sup> April, 28<sup>th</sup> May,**  
**25<sup>th</sup> June**  
**1pm - 3pm @ Community House.**

Gold Coin Donation  
A supportive and welcoming group facilitated by Bern. Whether you are caring for a Parent, Child, Sibling or Partner - everyone is welcome.

## Strength and Balance

**with Chris**  
**Ladies - Monday 9am**  
**Mens - Tuesday 9am**  
**\$5 per person**

A friendly fitness class for mature aged individuals using weights to support strength and healthy aging.

Classes held in the Shire Hall



## Rochester Community Men's Shed

**Community Day - Monday**  
**Mens Day - Thursday**  
**Ladies Day - Friday**  
**Open from 9am**

Our Mens Shed is proud to provide a safe place to learn new skills, share knowledge and create new friendships.

## Rochy Playgroup

**Wednesday's 10am - 11.30am in the Shire Hall \$2 per week or \$20 per term**

A relaxed environment allowing children aged 0 - 5 years to enjoy independent craft and play and giving parents and carers an opportunity to connect .BYO drink bottle. Small morning t provided.



## Cooking for One

**4 Week Program**

**Thursday April 30, May 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup>. 12.30pm - 2.30pm**

Learn to cook healthy meals for one while connecting with others in the community . Held at the 4R's in conjunction with REDHS. Contact Community House to register your interest.

**FREE CLASS**



**ROCHESTER  
FOOD SHARE**

**2026 Foodshare**

**Rochester Shire Hall**

**Tuesdays 11am - 12pm**

Entry via courtyard, gate opens at 10.15am

If you cannot make it on Tuesday, small pre-packed bags of pantry items can be collected from our office.



## Pickleball

**Fridays 9am - 11am in the Shire Hall.**

**\$5 per person**

Bring a friend and enjoy a casual hit of Pickleball and see why its the fastest growing sport right

**now!**



## KEY UPCOMING DATES

### April

- 16<sup>th</sup> Community Chat
- 20<sup>th</sup> Term 2 commences
- 21<sup>st</sup> CWA 1.30pm @ Library room
- 23<sup>rd</sup> Carers Support with Bern
- 25<sup>th</sup> **ANZAC DAY**

### May

- 3<sup>rd</sup> Campaspe Artists Studio Trail
- 10<sup>th</sup> **Mothers Day**
- 19<sup>th</sup> CWA 1.30pm Library room
- 21<sup>st</sup> Community Chat
- 18<sup>th</sup> - 22<sup>nd</sup> National Volunteer Week
- 26<sup>th</sup> Carer's Support Bendigo Health
- 28<sup>th</sup> Carer's Support with Bern

### June

- 2<sup>nd</sup> Shire immunisations in Shire Hall
- 8<sup>th</sup> **Kings Birthday**
- 10<sup>th</sup> Cemetery meeting @ RCH 7pm
- 18<sup>th</sup> Community Chat
- 21<sup>st</sup> CWA 1.30pm @ Library room
- 25<sup>th</sup> Carers Support with Bern

### July

- 2<sup>nd</sup> Term 2 finishes
- 8<sup>th</sup> First Aid Course with 000 Training

What can we help you with?

- Working With Children Check
- Birth & Marriage Certificates
- Basic Tech Support
- Resumes & Cover Letter's\*

Appointments essential,  
please contact Jodi to book.

\*Fees apply

Walk in services include: printing,  
scanning, emailing, laminating &  
computer use

#### Privacy Policy

"Rochester Community House respects your right to information privacy. Information collected and held by us is kept in accordance with information privacy laws. Please contact us if you would like any further information on our privacy policy."

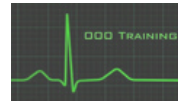
#### First Aid Courses

John from 000 Training will be hosting first aid courses at Community House.

#### Term 2 Dates

July 8<sup>th</sup>

For more information and registration please visit [www.000training.com.au](http://www.000training.com.au)



### Rochester Community House

43 Mackay Street,  
Rochester

Open Monday - Thursday

9am - 4pm

03 54843600

[rochy@communityhouse.org.au](mailto:rochy@communityhouse.org.au)

Rochester Community House acknowledges & responds to the community needs by providing a physical location where it supports individuals to undertake activities or work on projects in the company of others, advancing mental health and preventing social isolation.