



# ROCHY

TERM 3 2025  
**NEWS**

## WHAT'S HAPPENING AT COMMUNITY HOUSE

### *Welcome to Term 3!*

There is so much happening as always! Did you know, we now have mass SMS text messaging capability? You can opt in to receive text messages to help you stay up to date with what's happening at Rochester Community House, and also to receive essential information about Rochester during emergencies. You may have seen a flyer in your mailbox, or check the Rochester Community House Facebook page to opt in!

Our Rochy Men's Smoke 'n' Roast is up and happening with the first two dates locked in, and the final two dates to be confirmed. Ash is returning to host sessions teaching our blokes all things meat smokers, seasoning, rubs, roasting, slow cooking and sausage making. Bookings are essential as places are strictly limited and filling quickly so make sure you book today!

Looking to get active? Our "All Welcome" Monday Strength and Balance classes continue to be a big hit. We have also added a new "Men's Only" Strength and Balance class on Tuesday's at 9am which has had a great start!

Don't forget the Men's Shed is open on Mondays (Men's day), Thursdays (Community day) and Fridays (Ladies day). If you have a project that you've been thinking about starting, or you'd like to learn a new skill, head on down and join the friendly and supportive environment.

The Crochet and Knitting group, Community Garden and Foodshare continue to be busy. Everyone is welcome to attend.

Need more information? Contact the team at Rochester Community House. We'd love to see you!

## REGULAR HAPPENINGS

### Monday

Wellbeing with Bern  
9am Strength & Balance  
9am Men's Shed  
6pm Community Dinner

### Tuesday

9am Men's Strength & Balance  
FoodShare (11am-12pm)

### Wednesday

10am Knitting & Crochet

### Thursday

Wellbeing with Bern  
9am Men's Shed  
FoodShare (11am-12pm)

### Friday

9am Men's Shed



Rochester Community House  
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Wellbeing with Bern  
**IT'S OKAY TO ASK FOR HELP**  
Monday's & Thursday's

0354843600 or 0490864075  
rochy@communityhouse.org.au

This poster features a circular photo of Bern, a woman with glasses and a white shirt, smiling. Below the photo is an illustration of two people sitting in chairs and talking. The background is light blue and white with decorative elements.



**COMMUNITY DINNERS**  
**MONDAY NIGHTS 6PM**

\$10 per person - Kids eat Free  
Different venues each week  
Bookings essential through Rochester Community House

This poster shows a variety of fresh vegetables like corn, tomatoes, and asparagus arranged around a central white box with text. The background is a collage of colorful produce.



Receive essential information about Rochester during emergencies.  
Stay up to date with what's happening at Rochester Community House.

**SIGN UP FOR LOCAL SMS ALERTS!**

Rochester Community House  
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This poster features a smartphone displaying a photo of the Rochester Community House building. The background is a gradient of blue and yellow.



Rochester Community House  
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**Rochester Community Men's Shed**

Monday's - Men's Day  
Thursday's - Community Day  
Friday's - Ladies Day  
9am - 1pm

Located at the rear of Rochester & Elmore District Health Service.  
For more information, please contact Rochester Community House.

This poster shows two men working in a workshop. One man is wearing a high-visibility vest and headphones. The other is wearing a blue shirt and headphones. A sign with the Men's Shed logo is hanging from the ceiling. The background is a blurred workshop environment.



## **Community Connections Program**

This term will see the launch of the Community Connection Program, a special partnership between Rochester Community House, Rochester Secondary College and Rochester and Elmore District Health Service.

The program will connect students from Rochester Secondary with Residents at REDHS Yalukang Aged Care.

Students have been matched with a resident and will spend 12 weeks, learning, connecting and creating together.

We know that intergenerational connection is so important and knew that a program like this would have incredible benefits for the participants but also be a wonderful way to welcome back our aged care residents once the facility re-opened earlier this year. This program was only made possible by our Jenna - in memory of her Dad, Stewey, who spent many years in Care. Jenna has been able to form the connections and find the funding to make the program possible. Then, with the incredible support of Anna, Alannah and Kate from Rochester Secondary College and Raquel and her fantastic REDHS Activities team, this dream has now become a reality.

We would like to thank the NAB Foundation for their financial support of this fabulous program and we look forward to sharing regular program updates with the community.



**Rochester Community House**  
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*Cheesemaking*  
**Workshop**

**COMING TO ROCHESTER!**

**October 29<sup>th</sup> 2025**  
**2pm - 3pm**

**REGISTRATIONS OPENING CLOSER TO THE DATE**  
**FOR MORE INFORMATION, CALL ROCHESTER COMMUNITY HOUSE**

### KEY UPCOMING DATES

#### July

25<sup>th</sup> Men's Smoke n Roast  
 31<sup>st</sup> Inform & Empower Parent Information Session

#### August

8<sup>th</sup> Men's Smoke n Roast  
 21<sup>st</sup> Rotary Community Chat Breakfast

#### September

11<sup>th</sup> R U Ok? Day  
 18<sup>th</sup> Rotary Community Chat Breakfast

#### October

18<sup>th</sup> OK Motels Events  
 18<sup>th</sup> Rochester Town Market  
 25<sup>th</sup> Rochester Show & Shine  
 25<sup>th</sup> Rochester Town Market  
 29<sup>th</sup> Cheesemaking Workshop

Are you still experiencing issues with your insurance company after the 2022 Floods?

We want to make sure you have the support you need to navigate these challenges.

Please come in for a confidential chat to learn about the services and help available to you.

### What can we help you with?

- Working with Children Check's
  - Birth Certificates
  - Marriage Certificates
  - Resumes & cover letter's\*
  - Telehealth appointments
- Appointments essential, please contact Jodi to book.
- \*Fees apply
- Walk in services include printing, scanning, emailing, laminating, computer use and access to wi-fi

### Rochester Community House

43 Mackay Street,  
 Rochester

Open Monday - Thursday  
 9am - 4pm

03 54843600

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