

## Community Lunch

Come and join us for a **FREE** lunch. We use rescued and surplus food to make a delicious and healthy feast for everyone to enjoy. This is a great way to get to connect with other members of your local community. All welcome

**Every Friday during the school term 12.30 – 1:30pm**  
**2nd February to 22nd March**



## Food Market & Meals

Come along and fill a bag with groceries and fresh fruit and veggies for \$5. Delicious and healthy take away meals also available for \$5 a meal.

**Wednesdays 12 – 1:30pm**  
**31st January to 27th March**



## Garden Working Bees

Join us for our working bees to lend a hand and gain new skills and knowledge.

**Saturdays 10am - 12.00pm, second Saturday of each month: February 10th, March 9th**  
**Free (Guest facilitators to be confirmed)**



## Monthly Food Swap

Join us to exchange your garden produce, preserves, seeds and seedlings. Share garden tips, ideas and recipes. Meet with neighbours and other gardeners.

**10.30am - 12.30pm, 2nd Saturday of the month:**  
**February 10th, March 9th**

## Community Kitchen

We have a commercial-grade kitchen, complete with everything you might need.

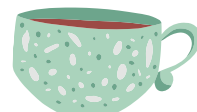
If you're interested in using or hiring our commercial kitchen for workshops or your own cooking needs please give us a call.



## Community Cafe

Did you know we have a cafe? Come and relax in the sensory garden or on the deck. Our volunteers serve up great coffee! Now also serving delicious sweet and savoury treats lovingly prepared by our Community Kitchen.

**10am - 12pm, Monday to Friday**  
**During school terms**



## Community Pantry

Located at the front of RSNH, the pantry is open 7 days a week for community members to donate and / or access free staples and dry goods. Some fresh food is available too. **Give what you can and take what you need.**

If you are experiencing food insecurity and need access to meals, we can connect you with other services in Merri-bek. Please call us or come and chat at reception for more information.

## Venue Hire

We offer venue and meeting room hire for private functions, meetings, workshops and more. For further information, give us a call, send an email or just drop in. We recommend you visit the House before making a booking.



## Volunteer

We have a wide range of volunteering opportunities from gardening to coffee making. If you are interested, have a look at our website or come and have a chat at reception.

## Membership

Show your support and become a member of RSNH. Becoming a member entitles you to nominate and elect members for the Committee of Management. See our website for more information.

## Donations

Contribute to our not-for-profit organisation and help us to continue all the work that we do for our wonderful little community. We gladly accept any donation, big or small. Visit the 'donate' section of our website.

## Enrol

To enrol in any of our activities head to our website, send us an email or give us a call



## Contact Us



104a Reynard St  
Coburg 3058



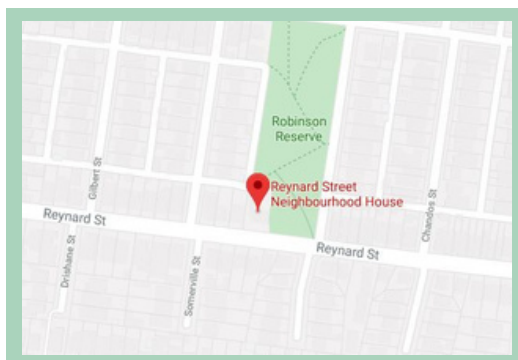
Phone  
(03) 9386 7128



Email  
admin@rsnh.org.au



Website  
rsnh.org.au



Facebook  
ReynardSNH



Instagram  
@ReynardSNH

**Opening hours:**  
**Monday to Friday 9am - 4pm**

## 2024 Program

### Term 1

**January 29th to March 28th**



**Reynard Street**  
**Neighbourhood House**

♥ **A place for everyone to learn, connect & play** ♥



# Children's Programs

## COMMUNITY PLAYGROUPS

Our facilitated community playgroups provide an opportunity for children aged 0-5 years to participate in a range of social and creative activities.  
**Playgroups are paid by Semester**  
**All playgroups run 10am to 12pm**

**Mondays (ages 0 to 5)**  
**January 29th to March 25th (Labour Day March 11th)**  
**& April 15th to June 24th (Kings Bday June 10th)**  
**\$180 / \$90 conc. (18 weeks)**

**Tuesdays (ages 0 to 2)**  
**January 30th to March 27th**  
**& April 16th April to June 25th**  
**\$200 / \$100 conc. (20 weeks)**

**Wednesdays (ages 0 to 5)**  
**January 31st to March 27th**  
**& April 17th April to June 26th**  
**\$200 / \$100 conc. (20 weeks)**

**Thursdays (ages 0 to 5)**  
**February 1st to March 28th**  
**& April 17th to June 26th (ANZAC Day April 25th)**  
**\$190 / \$95 conc. (19 weeks)**

## NEW PARENTS' GROUP

Family-run groups for new mums, dads and bubs to share experiences and provide support. Anyone who is a new parent is welcome to join.  
**Dates and times vary**  
**\$72 / \$36 conc. (9 weeks)**

# Language

## ENGLISH CONVERSATION

Develop speaking and listening skills and gain confidence while getting creative. All levels welcome.  
**Tuesdays 9.30am – 12pm**  
**30th January to 26th March (9 weeks)**

## ENGLISH BASICS

Improve your reading, writing, listening and speaking skills in a fun and friendly environment. For beginner-level learners.  
**Wednesdays 9.30am – 12pm**  
**31st January to 27th March (9 weeks)**

## ENGLISH INTERMEDIATE

Develop your English skills and digital literacy. Gain confidence in listening, speaking, reading and writing. For intermediate-level learners.  
**Wednesdays 12.30 – 3pm**  
**31st January to 27th March (9 weeks)**

## ENGLISH IN MELBOURNE

Practical everyday English for life in Melbourne. Join this class to get extra language practice each week, connect with others and go on excursions and outings around town.  
**Thursdays 1 – 3:30pm**  
**1st February to 28th March (9 weeks)**

**\$90 / \$45 conc. for 1 class a week (9 weeks)**  
**10% discount for more than one class.**

# Hospitality

## CREATIVE COOKING

Learn to cook well-balanced, nutritional food on a budget. Get essential tips on wasting less food and using more garden produce. Ideal for anyone wanting to learn more about cooking.  
**Thusdays 2pm – 4pm**  
**1st February to 28th March**  
**\$126 / \$63 conc. (9 weeks)**

## BARISTA TRAINING

Learn the basics of making coffee and operating the coffee machine, as well as essential front-of-house and money-handling practice.  
**9:30am - 12:30pm**  
**Thursday 15th February**  
**\$50 / \$25 conc. (3-hours workshop)**

# Creative

## INTRODUCTION TO VISUAL ART

Connect with others and learn fundamental creative skills across drawing, painting, photography and sculpture. Experiment with different materials and techniques in a fun and supportive environment.  
**Wednesdays 5:30 – 8pm**  
**31st January to 27th March**  
**\$126 / \$63 conc. (9 weeks)**  
**Thursdays 5:30 – 8pm**  
**1st February to 28th March**  
**\$126 / \$63 conc. (9 weeks)**

## SEWING PROJECTS

All levels welcome. Have a sewing project you've started or would like to start? Join this group to receive ongoing support from the instructor in a comfortable, friendly setting.  
**Tuesdays 10am – 1.30pm**  
**30th January to 26th March**  
**\$126 / \$63 conc. (9 weeks)**

## BEGINNERS SEWING

Through the creation and completion of small projects, learn a variety of basic sewing skills in a friendly environment. In the final weeks, make a garment of your choice with ongoing guidance from the instructor.  
**Thursdays 9:30am – 1.00pm**  
**1st February to 28th March**  
**\$126 / \$63 conc. (9 weeks)**

# Horticulture

## URBAN FOOD GARDENING GROUP

Learn the foundations of growing plants by working in a fun and relaxed environment. A great way to gain and share skills and knowledge with a hands-on approach. This is a continuing program so people can join any time.  
**Wednesdays 12:30 – 4:30pm**  
**31st January to 27th March**  
**\$126 / \$63 conc. (9 weeks )**



# Technology

## COMPUTER BASICS

This beginners course is designed for people new to computers. Learn basic computer functions and begin to use Word and Excel, plus how to send emails and navigate the internet.  
**Thursdays 9.30am – 12pm**  
**1st February to 28th December**  
**\$126/\$63 conc. (9 weeks)**

## COMPUTER INTERMEDIATE

Expand your skills through further exploration of Microsoft programs including Word, Excel, PowerPoint as well as using the internet.  
**Thursdays 12.30 – 3pm**  
**1st February to 28th December**  
**\$126/\$63 conc. (9 weeks)**

## CONNECT CLUB WITH WORK READINESS

This course will prepare you for employment opportunities, provide volunteer work, supportive social networks and activities to connect socially.  
**Fridays 10am – 1pm**  
**2nd February to 22nd March**  
**\$50 (8 weeks)**

To enrol in any of our activities head to our website, send us an email or give us a call

# Health & Wellbeing

## WALKING GROUP

Walking is good for you and it's fun! Join us for a weekly walk around Coburg, starting and ending at the House. Stay for Community Lunch at 12:30pm. Affiliated with the Heart Foundation.  
**Fridays 10am – 11pm**  
**2nd February to 22nd March**  
**Free – please register online before attending**

## DEEP ECOLOGY - FALLING IN LOVE WITH THE WORLD

Join this monthly gathering to connect with others through interactive exercises that offer wider surprising perspectives on climate change.  
**Wednesdays 6pm - 8pm**  
**First Wednesday of the month**  
**Free - register with Pauline on 0421 828 742**

## CARDIO CIRCUIT

Circuit is a form of body conditioning or resistance training targeting cardio, strength and endurance. Please bring a towel, water bottle, and a mat.  
**Mondays 9.30 – 10.15am**  
**29th January to 25th March**  
**\$104 (8 weeks) (Labour Day 11th March)**  
**Thursdays 6.00 – 6.45pm**  
**1st February to 28th March**  
**\$117 (9 weeks)**

## PILATES

Strengthen and tone the body with a focus on core, posture and flexibility. Work on your balance and body awareness through guided floor exercises. Please bring your own mat.  
**Mondays 5.30 – 6.15pm or 6.30 – 7.15pm**  
**29th January to 25th March**  
**\$120 (8 weeks) (Labour Day 11th March)**

# Social

## CHATTY CAFE

Come along and have a cuppa and a chat in this weekly social catch-up. Friendly, relaxed, inclusive and fun! Kids are welcome.  
**Fridays 11am – 12pm**  
**2nd February to 22nd March**  
**Free – please register online or contact us**

## INCLUSIVE GARDENING GROUP

Join this gardening group with a focus on inclusion, relaxation and making friends in the community garden space.  
**Fridays 10am – 12pm**  
**2nd February to 22nd March**  
**Free – please register online or contact us**

## INCLUSIVE GARDEN ART

Come along and get creative making art for our Community Garden. A great way to make new friends & connect with our local community.  
**Fridays 10am – 12pm**  
**2nd February to 22nd March**  
**\$40 (8 weeks)**

## INCLUSIVE COOKING

This weekly community cooking group is designed to help participants develop fundamental cooking skills in an inclusive environment. People living with disabilities and their carers are encouraged to participate. Plan and prepare a new meal each week!  
**Tuesdays 2:30 – 4:30pm**  
**30th January to 26th March**  
**\$45 (9 weeks)**

## SINGING BY DAY

Do you enjoy singing? Do you like to sing with others? This is a relaxed and easy-going group. All welcome – no experience needed, just a willingness to have a go!  
**Fridays 1 – 2pm**  
**2nd February to 22nd March**  
**Free – registration essential as numbers are limited**