

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
19h April to 28th June**



Food Market & Meals

Come along and fill a bag with groceries and fresh fruit and veggies for \$5. A free take away meal is also available. BYO container please.

**Wednesdays 12 – 1pm
17th April to 26th June**



Garden Working Bees

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

**Second Saturday of each month 10am - 12pm: 11th May, 8th June
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.

**Second Saturday of the month 10:30am -12:30pm:
11th May, 8th June**

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



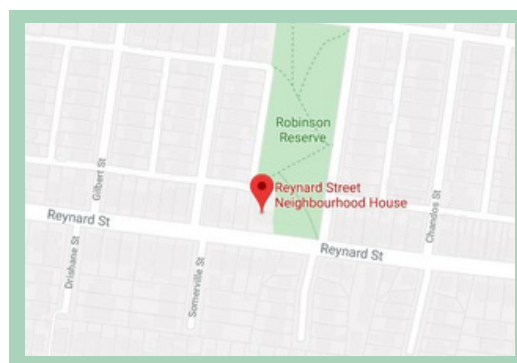
Phone
(03) 9386 7128



Email
admin@rsnh.org.au



Website
rsnh.org.au



Facebook
ReynardSNH

Instagram
@ReynardSNH

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

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.

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



2024 Program

**Term 2
15th April to 28th June**



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.



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

**Reynard Street
Neighbourhood House**

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)

15th April to 24th June (Kings Birthday 10th June)
\$100 / \$50 conc. (10 weeks)

Tuesdays (ages 0 to 2)

16th April to 25th June
\$110 / \$55 conc. (11 weeks)

Wednesdays (ages 0 to 5)

17th April to 26th June
\$110 / \$55 conc. (11 weeks)

Thursdays (ages 0 to 5)

18th April to 27th June (ANZAC Day 25th April)
\$100 / \$50 conc. (10 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

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.

Thursdays 12:30 – 4:30pm

18th April to 27th June
\$50 (10 weeks)

A GLIMPSE INTO PERMACULTURE

This will be a short 45-minute lively outdoor workshop looking into what Permaculture is, running in parallel to the monthly Food and Garden Swap.

Saturday 11th May 11 - 11:45am
\$10 / Free for Conc.

****Free for RSNH Garden Volunteers**

GARDEN FOR FOOD, FIBRE AND WILDLIFE - USING INDIGENOUS AND OTHER NATIVE PLANTS

Join us and Jo Russell again at Reynard St Community Garden to learn more about how to create or integrate more Indigenous and other native plants into your garden with the purpose of increasing habitat for pollinators as well as food and fibre.

Saturday 8th June 11am - 1pm
\$15 / \$7 conc.

****Free for RSNH Garden Volunteers**



Language

ENGLISH CONVERSATION

Develop speaking and listening skills and gain confidence while getting creative. All levels welcome.

Tuesdays 9:30am – 12pm

16th April to 25th June (11 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

17th April to 26th June (11 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

17th April to 26th June (11 weeks)

\$110 / \$55 conc. for 1 class a week (11 weeks)

10% discount for more than one class.

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 Chatty Cafe afterwards at 11am and Community Lunch at 12:30pm. Affiliated with the Heart Foundation.

Fridays 10 – 11am

19th April to 28th June (11 weeks)

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.

First Wednesday of the month 6 - 8pm

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

15th April to 24th June

\$104 (8 weeks) (Kings Birthday 10th June)

Thursdays 6 – 6:45pm

18th April to 27th June

\$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

15th April to 24th June

\$135 (9 weeks) (Kings Birthday 10th June)

SLOW FLOW YOGA BEGINNERS



A gentle movement class which allows you to hold the poses longer. A great way to slow down the body and mind. Please bring your own mat.

Thursdays 7 - 7:45pm

16th May to 20th June

\$90 (6 weeks)



Important Notice:

****Monday morning Circuit classes: No classes on 6th**

May and 24th June due to instructor's circumstances

****Monday evening Pilates classes: No classes on 24th**

June due to instructor's circumstances

****Thursday Circuit and Yoga classes: No classes on**

27th June due to instructor's circumstances

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

18th April to 27th June

\$140 / \$70 conc. (10 weeks)

BEYOND COMPUTER BASICS

Expand your skills through further exploration of Microsoft programs including Word, Excel, PowerPoint as well as using the internet.

Thursdays 12:30 – 3pm

18th April to 27th June

\$140 / \$70 conc. (10 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

19th April to 27th June

\$50 for Job Providers, Free for Individuals (11 weeks)

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

19th April - 28th June (11 weeks)

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

19th April - 28th June (11 weeks)

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

19th April - 28th June (11 weeks)

\$55 (11 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

16th April - 25th June

\$55 (11 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

19th April - 28th June (11 weeks)

Free – registration essential as numbers are limited

Creative

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

16th April to 25th June

\$154 / \$77 conc. (11 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 – 1pm

18th April to 27th June

\$140 / \$70 conc. (10 weeks)

VISUAL ART

Learn the techniques to draw and paint across all mediums such as acrylic, graphite pencil, watercolour, colour pencil and gouache. Come and join us, have some fun, meet some friends and be the artist you always wanted to be.

Thursdays 5:30 – 8pm

18th April to 27th June

\$140 / \$70 conc. (10 weeks)

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.

Thursdays 2 – 4pm

18th April to 27th June

\$140 / \$70 conc. (10 weeks)