

## 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 July to 20th September**



## 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 July to 18th September**



## Gardening Workshops

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

**Second Saturday of each month 11am - 1pm: 13th**

**July, 10th August, and 14th September**

**Free (Guest facilitators to be confirmed)**



## 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/enquiry form 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 kitchen assistant. 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.



## Monthly Food & Garden 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:**

**13th July, 10th August, and 14th September**

## 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



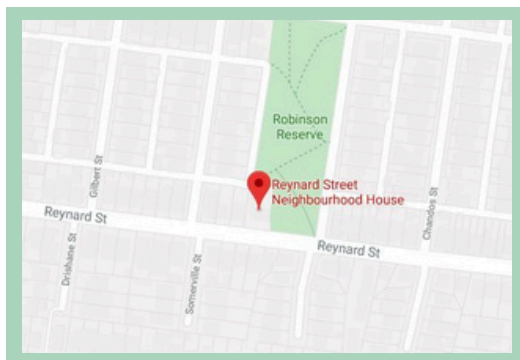
Email  
admin@rsnh.org.au



Phone  
(03) 9386 7128



Website  
rsnh.org.au



Facebook  
ReynardSNH



Instagram  
@ReynardSNH

## 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 9:30am - 12pm,**  
**During school terms**



## 2024 Program

### Term 3

**15th July to 20th September**



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



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



**Opening hours:**

**Monday to Friday 9am - 4pm**



# Children's Programs

## COMMUNITY PLAYGROUPS

Our 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 Term from Term 3 2024

All playgroups run 10am to 12pm

**Mondays (ages 0 to 5)**  
**15th July to 16th September**  
**\$120 / \$60 conc. (10 weeks)**


**Tuesdays (ages 0 to 2)**  
**16th July to 17th September**  
**\$120 / \$60 conc. (10 weeks)**

**Wednesdays (ages 0 to 5)**  
**17th July to 18th September**  
**\$150 / \$70 conc. (10 weeks)**

**Thursdays (ages 0 to 5)**  
**18th July to 19th September**  
**\$150 / \$70 conc. (10 weeks)**

## AFTERNOON PLAYGROUP

**Wednesdays (ages 0 to 5)**  
**17th July to 18th September**  
**\$120 / \$60 conc. (10 weeks)**

 **Please note:**  
**\*\*Tuesday, Wednesday and Thursday Morning Sessions are facilitated by our Playgroup Coordinator.**  
**\*\*Monday Morning and Wednesday Afternoon Sessions are self-led by parents.**

# 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 July to 20th September (10 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**  
**22nd July to 16th September**  
**\$135 (9 weeks)**  
**Thursdays 6 – 6:45pm**  
**25th July to 19th September**  
**\$135 (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**  
**22nd July to 16th September**  
**\$153 (9 weeks)**

 **Important Notice:**  
**\*\*Monday morning Circuit & Monday evening Pilates classes: No classes on 15th July due to instructor's circumstances**  
**\*\*Thursday evening Circuit class: No class on 18th July due to instructor's circumstances**

# 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 July to 20th September (10 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 – 12:30pm**  
**19th July to 20th September (10 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 July to 20th September**  
**\$140 / \$70 conc. (10 weeks)**

## INCLUSIVE COOKING

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 July to 17th September**  
**\$140 / \$70 conc. (10 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 July to 20th September (10 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 July to 17th September**  
**\$140 / \$70 conc. (10 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 July to 19th September**  
**\$123 / \$63 conc. (9 weeks)**

 **Important Notice:**  
**\*\*Thursday Beginners Sewing class: No class on 15th August due to instructor's circumstances**

## 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.  
**Mondays 10:30am - 1pm**   
**15th July to 16th September**  
**\$140 / \$70 conc. (10 weeks)**  
  
**Thursdays 5:30 – 8pm**  
**18th July to 19th September**  
**\$140 / \$70 conc. (10 weeks)**



# Language

## ENGLISH CONVERSATION

Develop speaking and listening skills and gain confidence while getting creative. All levels welcome.  
**Tuesdays 9:30am – 12pm**  
**16th July to 17th September (10 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 July to 18th September (10 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 July to 18th September (10 weeks)**

**\$100 / \$50 conc. for 1 class a week (10 weeks)**  
**10% discount for more than one class.**

# 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 July to 19th September**  
**\$140 / \$50 conc. (10 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**  
**18th July to 19th September**  
**\$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 July to 19th September**  
**\$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 July to 20th September**  
**\$50 for Job Providers, Free for Individuals (10 weeks)**

# Hospitality


## BASIC BARISTA WORKSHOP

Learn the basics of making coffee and operating the coffee machine, as well as latte art, essential front-of-house and money-handling practice.  
**Monday 19th August**  
**10:00am - 3:00pm**  
**\$120 / \$60 ACFE conc. (5-hours workshop)**



## 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 July to 19th September**  
**\$126 / \$63 conc. (9 weeks)**

 **Important Notice:**  
**\*\*Thursday Creative Cooking class: No class on 15th August due to instructor's circumstances**