

## 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  
11th October to 6th December**



## 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  
9th October to 11th December**



## 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:  
12th October, 9th November and 14th December  
\$25 / \$15 (Free for RSNH Volunteers)**



## 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**



## 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.



## 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:  
12th October, 9th November and 14th December**

## Enrol

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



## 2024 Program

### Term 4

**7th October to 13th December**



## 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.

## Contact Us



104a Reynard St  
Coburg 3058



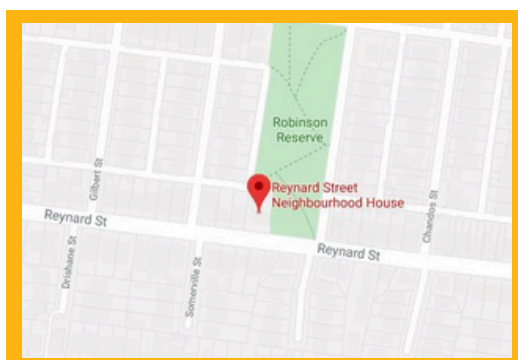
Phone  
(03) 9386 7128



Email  
admin@rsnh.org.au



Website  
rsnh.org.au



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

Reynard Street  
Neighbourhood House

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



## 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.

**All playgroups run 10am to 12pm**

**Mondays (ages 0 to 5): Self-led by parents**

**7th October to 9th December**

**\$108 / \$54 conc. (9 weeks)\***

**\*No Playgroup on 4th November**

**Tuesdays (ages 0 to 2)**

**8th October to 10th December**

**\$108 / \$54 conc. (9 weeks)\***

**\*No Playgroup on 5th November**

**Wednesdays (ages 0 to 5)**

**9th October to 11th December**

**\$150 / \$70 conc. (10 weeks)**

**Thursdays (ages 0 to 5)**

**10th October to 12th December**

**\$150 / \$70 conc. (10 weeks)**



## 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**

**8th October to 10th December**

**\$81 / \$63 for ACFE Eligible Individuals (9 weeks)\***

**\*No class on 5th November**

### 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**

**10th October to 12th December**

**\$90 / \$70 for ACFE Eligible Individuals (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, meet some friends and be the artist you always wanted to be.

**Thursdays 5:30 – 8pm**

**10th October to 12th December**

**\$90 / \$70 for ACFE Eligible Individuals (10 weeks)**

### MIXED MEDIA ART NEW!

This hands-on class offers a diverse range of activities, from 3D clay sculpting and paper mache moulding to the intricate craft of macramé and the vibrant world of mosaics. All materials provided.

**Mondays 5:30 – 8pm**

**7th October to 9th December**

**\$90 / \$70 for ACFE Eligible Individuals (10 weeks)**

## Hospitality

### BASIC BARISTA WORKSHOP NEW!

Learn the basics of making coffee and operating the coffee machine, as well as latte art, essential front-of-house and money-handling practice.

**Saturday 16th November**

**10:00am - 3:00pm**

**\$40**



### 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**

**10th October to 12th December**

**\$90 / \$70 for ACFE Eligible Individuals (10 weeks)**

## 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**

**11th October to 13th December**

**Free (10 weeks)**

### 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**

**7th October to 9th December**

**\$120 (8 weeks)\***

**\*No classes on 18th November and 25th November**

**Thursdays 6 – 6:45pm**

**10th October to 12th December**

**\$150 (10 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**

**7th October to 9th December**

**\$170 (10 weeks)**

NEW! **Thursdays 6:45 - 7:30pm**

**10th October to 12th December**

**\$170 (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**

**11th October to 12th December**

**\$50 / Free for ACFE Eligible Individuals (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**

**11th October to 13th December**

**\$50 / Free for ACFE Eligible Individuals (10 weeks)**

## Language

### ENGLISH BASICS

Improve your reading, writing, listening and speaking skills in a fun and friendly environment. For beginner-level learners.

**Wednesdays 9:30am – 12pm**

**9th October to 11th December**

**\$50 / Free for ACFE Eligible Individuals (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**

**9th October to 11th December**

**\$50 / Free for ACFE Eligible Individuals (10 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.

**Thursdays 12:30 – 4:30pm**

**10th October to 12th December**

**\$80 / \$50 for ACFE Eligible Individuals (10 weeks )**

### Garden Design Group NEW!

Learn to create sustainable, beautiful gardens with our Garden Design Classes, combining permaculture principles and hands-on design. Perfect for all skill levels.

**Saturdays 9:30am - 12:30pm**

**19th October to 14th December**

**\$162 / \$135 for ACFE Eligible Individuals (9 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**

**11th October to 6th December**

**Free (9 weeks)**

### GROWING TOGETHER GARDENING GROUP

Join this gardening group with a focus on inclusion, relaxation and making friends in the community garden space.

**Fridays 10am – 12:30pm**

**11th October to 13th December**

**Free (10 weeks)**

### 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**

**11th October to 13th December**

**\$140 / \$90 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**

**11th October to 6th December**

**\$5 to register (9 weeks)**

### COMMUNITY COOKS

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**

**8th October to 10th December**

**\$81 / \$63 for ACFE Eligible Individuals (9 weeks)\***

**\*No class on 5th November**

## Special Events

**\*RSNH AGM**

**Friday 8th November: 11am - 12pm**

**\*PAJAMA DAY**

**Thursday 21st November: 9am - 4pm**

**\*ART EXHIBITION**

**Friday 29th November: 2 - 4pm**

**\*PLAYGROUP CHRISTMAS PARTY**

**Wednesday 11th December: 10am - 12pm**

**\*RSNH CHRISTMAS PARTY**

**Friday 13th December: 12 - 2pm**

Please register online to join our programs. You can join at any time throughout the term.

Note: classes may not go ahead if we don't have enough participants.