

## 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 during school terms**  
**9:30am - 12pm**



## Gardening Workshops

Join us for our monthly workshops to develop your gardening skills and knowledge.

**Keep an eye on our website for what is coming...**

**\$25 / \$15 (\$5 for RSNH Volunteers)**



## 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:**  
**10th May and 14th June**

## Food Market & Meals

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

**Wednesdays 12 – 1pm / 30th April to 2nd July**



## 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.

## 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 terms 12:30 – 1:30pm:**  
**2nd May to 4th July**



## 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.



## 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 continue all the work 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



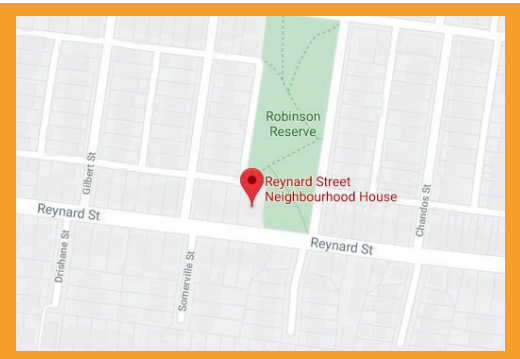
Phone  
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Email  
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Facebook  
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**Opening hours:**  
**Monday to Friday 9am - 4pm**



Reynard Street  
Neighbourhood House

**2025 Program**

**Term 2**

**22nd April to 4th July**



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 12 pm

**Tuesdays (ages 0 to 2) / 22nd April - 1st July**  
**\$132 / \$66 conc. (11 weeks)**

**Wednesdays (ages 0 to 5) / 23rd April to 2nd July**  
**\$165 / \$77 conc. (11 weeks)**

**Thursdays (ages 0 to 5) / 24th April to 3rd July**  
**\$165 / \$77 conc. (11 weeks)**

### NEW PARENT GROUPS

Create or join this friendly and open group of new mums and dads. This is a family-run group which shares experiences, milestones and support while making friends and having fun.

• **Get in touch with us to find out more information about fees, dates & times available.**



## Health & Wellbeing

### HEART FOUNDATION 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 / 2nd May to 4th July**  
**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 6pm - 8pm**  
**7th May, 4th June, 2nd July**  
**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 / 28th April to 30th June**  
**\$135 (9 weeks)\***  
\*No class on 21st April and 9th June

**Thursdays 6 – 6:45pm / 24th April to 3rd July**  
**\$165 (11 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**  
**28th April to 30th June**  
**\$153 (9 weeks)\***  
\*No class on 21st April and 9th June

**Thursdays 6:45 – 7:30pm / 24th April to 3rd July**  
**\$187 (11 weeks)**

## Language

### ENGLISH BEGINNERS

Improve your reading, writing, listening and speaking skills in a fun and friendly environment.

**Wednesdays 9:30am – 12pm / 23rd April to 2nd July**  
**\$55 / Free for ACFE Eligible Individuals (11 weeks)**

### ENGLISH INTERMEDIATE

Develop your English skills and digital literacy. Gain confidence in listening, speaking, reading and writing.

**Wednesdays 12:30 – 3pm / 23rd April to 2nd July**  
**\$55 / Free for ACFE Eligible Individuals (11 weeks)**

## Technology

### 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 May to 4th July**  
**\$50 / Free for ACFE Eligible Individuals (10 weeks)**

## Creative

### ART OF BEING ME - AN EXCITING ART COURSE FOR KIDS 8-12Y.O.

**NEW!**

We are thrilled to partner with artist Olana Janfa on a series of workshops for children aged 8-12 y.o. Join Olana for a fun, hands-on art journey where kids use paint, pastels, and found materials to bring their ideas and emotions to life!

**Tuesdays 4 – 5:30pm / 13th May to 24th June**  
**\$280 (7 workshops)**  
• An exhibition opening for family and friends on 24th June

### INTRO TO 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 / 24th April to 3rd July**  
**\$110 / \$88 for ACFE Eligible Individuals (11 weeks)**

### MIXED MEDIA ART

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 / 28th April to 30th June**  
**\$90 / \$72 for ACFE Eligible Individuals (9 weeks)\***  
\*No class on 21st April and 9th June



### 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 / 22nd April to 1st July**  
**\$110 / \$88 for ACFE Eligible Individuals (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 / 24th April to 3rd July**  
**\$110 / \$88 for ACFE Eligible Individuals (11 weeks)**

## Social

### INCLUSIVE GARDENING - GROWING TOGETHER

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

**Fridays 10am – 12pm / 2nd May to 4th July**  
**Free with registration (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 / 2nd May to 4th July**  
**\$10 to register (10 weeks)**

## Horticulture

### INTRO TO HORTICULTURE

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.

**Tuesdays 9:30 – 12:30pm / 29th April to 1st July**  
**\$80 / \$50 for ACFE Eligible Individuals (10 weeks)**

### URBAN FOOD GARDENING

Learn to grow fresh, sustainable food in any urban space! This hands-on course covers soil health, composting, pruning, natural pest control through permaculture principles, and more. Perfect for backyards, balconies and community spaces.

**Saturdays 9:30 – 12:30pm / 3rd May to 5th July**  
**\$140/ \$120 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 10th May 9:30am - 2:00pm**  
**\$80 / \$55 for ACFE Eligible Individuals**

### 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 / 24th April to 3rd July**  
**\$110 / \$88 for ACFE Eligible Individuals (11 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 / 22nd April to 1st July**  
**\$110 / \$88 for ACFE Eligible Individuals (11 weeks)**

### •ACFE - Adult, Community and Further Education

Subsidised short, low-cost courses to help adults develop core skills for study, work, or life.

**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.

