

Creative

SEWING FOR EVERYONE

Want to learn to sew in a fun, flexible environment? Join our beginner-friendly sewing course where you'll build skills at your own pace through creative projects that suit your style—no experience needed!

Tuesdays 10am – 12pm / 18 Aug – 20 Oct
Casual class rate: \$15 / \$11 for ACFE Subsidised*
Limited spots still available for mid-enrolments.

Thursdays 10am – 12pm / 8 Oct – 10 Dec
\$150 / \$110 for ACFE Subsidised* (10 weeks)

NEW!



EXPERIMENTING WITH ART

Learn fundamental creative skills across drawing, painting, collage making, printmaking and sculpture. Experiment with different materials and techniques in a relaxed and supportive environment. Perfect if you're looking for a creative outlet each week, or want to put a folio together for yourself, or in your studies.

Thursdays 6 – 8pm / 8 Oct – 10 Dec
\$180 / \$120 for ACFE Subsidised* (10 weeks)

ART FOR ALL ABILITIES

Fun and stimulating art-related activities using recycled materials, quality media and individual creativity and insight. This group is designed for adults with an intellectual disability and those living with a mental illness, but is open to all!

Tuesdays 2 – 4pm / 6 Oct – 8 Dec
\$162 / \$108 for ACFE Subsidised* (9 weeks)
 Closed for Melbourne Cup Day

NEW!

Workshops

MISO MAKING WORKSHOP

Experience the art of authentic miso-making using accessible yet high-quality ingredients. Explore the history and health benefits of miso while enjoying delicious umami-infused snacks made with miso.

TBC



POETRY WORKSHOP

Have you got something you'd like to express in a supportive, inspiring and playful space? This workshop is all about finding your poetic, playful, creative voice. You'll surprise yourself with what's actually possible!

Saturday 10 Oct 10am – 12pm
\$45

NEW!

Children's Programs

COMMUNITY PLAYGROUP WEDNESDAY (0-5y.o.)

Join us for a playful, welcoming playgroup! Explore crafts, songs, dancing, indoor/outdoor play in our sensory garden, and connect with other families.

Wednesdays 10am – 12pm / 7 Oct – 9 Dec
\$160 / \$105 conc. (10 weeks)

LITTLE EXPLORERS THURSDAY (0-5y.o.)

A nature-based playgroup where children and their grown-ups connect with the earth through mud play, garden adventures, and creative nature activities.

Thursdays 10am – 12pm / 8 Oct – 10 Dec
\$160 / \$105 conc. (10 weeks)



NEW PARENT GROUP

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

Monday morning available – 2hrs – Contact for rates.

Skills

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 / 6 Oct – 10 Dec
\$110 / \$90 for ACFE Subsidised* (10 weeks)

WORK READINESS

Build your confidence, boost your job skills, and explore new pathways in a supportive, welcoming space. Learn resume writing and interview skills.

Tuesdays 10am-12pm / 6 Oct – 8 Dec
\$60 / \$50 for ACFE Subsidised* (9 weeks)
 Closed for Melbourne Cup Day

NEW!

Social

COMMUNITY LUNCH

Come and join us for a delicious and healthy lunch. We 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.

Wednesdays 12:30 – 1:30pm / 23 Sep – 16 Dec
\$5 contribution welcome!



Wellbeing

CARDIO CIRCUIT – THURSDAY

Circuit is a form of body conditioning or resistance training targeting cardio, strength and endurance. Please bring a towel, a water bottle, and a mat.

Thursdays 6 – 6:45pm / 8 Oct to 17 Dec
\$180 (12 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 / 5 Oct – 14 Dec
6:30 – 7:15pm / 5 Oct – 14 Dec
\$205 (12 weeks)

Free Activities

RSNH MARKET

Join us for a Pop-up Market planned with seedlings, coffee and much more!!

Saturday 24 Oct 10am – 12pm

NEW!

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
7 Oct, 4 Nov, 2 Dec
Free – register with Pauline on 0421 828 742



GARDEN WORKING BEE

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

Third Saturday of the month 10am – 1pm
17 Oct, 21 Nov

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
10 Oct, 14 Nov, 12 Dec

***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.

