



News from Voedsellokaal de Gymzaal # 11, March 2025

Witte de Withstraat 127
2518CS Den Haag
www.degymzaal.org

**(also distributed as a
paper edition)**

Dear visitors of Voedsellokaal de Gymzaal and neighbours,

More and more things are happening in Voedsellokaal de Gymzaal. It is a meeting place where people inspire each other to be more sustainable with food, materials, energy and with each other. Our motto is Sustainable and Neighbourly. There are all kinds of activities you can participate in.

During the New Year meeting on 1 February, we heard from many people about how they want to use the Gymzaal. We have stuck those ideas into a beautiful tree. You can admire it in the hall near the entrance. Feel free to drop by and stick your idea there.

The Dutch version of this newsletter had also been printed on paper to be spread in the neighbourhood of the Gymzaal. This way we ensure that as many people as possible - including and especially in the neighbourhood - know what is going to happen in the Gymzaal in the near future. Below you will find our programme.



Would you like to be informed about what is happening from now on? Then send an e-mail to **info@lokaalvoedseldenhaag.nl** and you will receive the newsletter by e-mail. All newsletter editions can be found here: www.degymzaal.org

We welcome you to
Voedsellokaal de Gymzaal!



EVERY WEEK

Mondays: Start the week QiGong * 9:00 - 10:00 * €12.50 including coffee/tea afterwards * Debbie Collins * in Dutch and English *

<https://www.debbiecollinsshiatsu.com/>

Tuesdays: Open door from *10:00 - 18:00 * come along for a cup of coffee or tea, a chat, garden advice, the giveaway corner and (10:00 - 11:00) 'away from Big Tech' advice.

Wednesdays: Market of Lekkernassûh from * 15:00 - 19:00 *

Thursdays: Volkskeuken join-in * 16:00 - 20:00 (dinner at 18:00) * reservations via www.volkskeuken.org * starting 10 April *

Saturdays: package-free shop of Lekkernassûh * 11:00 - 13:30 *

SINGLE ACTIVITIES (most are free of charge)

Saturday 5 April: Guided tour of renovation and energy-saving measures in the Gymnasium * 12:00 - 12.30 * Marijn Braadbaart * with plenty of opportunity for questions

Thursday 10 April - 8 May: Into the future together - five meetings on how to build an inclusive community in these exciting times * 20:00 - 21:45 * [register](#) via Signal with Liane Lankreijer (06 23 42 70 57) or Janine Koppers (06 28 46 11 19)* €25 or 1.5 TB for five evenings

Sunday 13 April: Fermentation workshop for beginners * 13:00 - 17:00 * organised by Jong Duurzaam Den Haag * dive into the world of vegetable fermentation and get to work yourself * more info/[subscription](#) via calendar of www.duurzaamdenhaag.nl

Saturday 19 April: Guided tour (see above) * 12:00 - 12.30 * Marijn Braadbaart *

Saturday 3 May: Guided tour (see above) * 12:00 - 12.30 * Marijn Braadbaart *

Monday 5 May: Freedom Supper. We celebrate freedom by eating together. Enjoy a 3-course meal made with local seasonal vegetables from Lekkernassûh. It will be vegan and therefore equally halal and kosher. We will also briefly reflect on the meaning of freedom today. You pay what you can spare. * Walk-in from 17.30, dinner at 18:00* Sign up from mid-April via www.4en5mei.nl

Saturday 10 May: Spring market * 10:00 - 15:00 * In addition to the package-free store, there are several market stalls: de Volkskeuken (fermentation products and cake), Migle (cookies and snacks), nursery de Verwondering (plants and seeds), Isabelle (photo prints) and Carolien (Big Macs, English licorice and stone tompons). It is the day before Mother's Day, so a great opportunity to find a nice gift!

Tuesday, May 13: Meeting on sustainability for AoOs how to make a common building more sustainable with all AoO members. With plenty of time to answer questions and dispel misconceptions * 20.00 - 21:30 * René l'Herminez *

Saturday, May 17: Meeting on sustainability for AoOs - as above * 11.00 - 12:30 * René l'Herminez *

Saturday, May 17: Lowering your energy bill! In this workshop (especially for tenants) you'll learn how to get that bill down in a few simple steps. Afterwards you can register for the Direct Save Action, for free energy-saving measures * 15.00 - 16:30 * free walk-in * by energy coaches from www.duurzaamdenhaag.