



Caulfield South Community House

2019 Semester 2

Learning & Development
Health & Wellbeing
Fun & Friendship

Office Hours: Monday to Friday 9.00am – 3.00pm

450-452 Kooyong Road, Caulfield South 3162

(Entry via Jupiter Street)

Ph: 9596 8643 admin@csch.org.au

Caulfield South Community House is a warm and friendly meeting place in the heart of Caulfield South. We provide an approachable space for all people in the community to find ways to enrich their lives.

Please feel free to visit the house and see what activities suit your enjoyment.

We would love to meet you!



EARLY LEARNING CHILD CARE SERVICES

OCCASSIONAL CARE SESSIONS (Minimum age for enrolment is 15 months)

TUESDAY 9.30am – 2.30pm AND/OR WEDNESDAY 9.30am – 2.30pm

Our caring educators provide individual support, care, guidance and education with tailored activities catering for the social and emotional development of our children. Set in a stimulating educational environment, our spacious hall and outdoor play space is the perfect opportunity for your children to explore and establish positive social and interactive qualities.



KINDERGARTEN SESSION (3 Yr– 5 Yr Program)

A quality, affordable Early Learning Child Care program which focuses on Kindergarten and School Readiness. Bachelor and Diploma qualified educators with over 20 years experience. Regular incursions and special events to keep our tailored activities and learning sessions interesting and engaging.

MONDAY, THURSDAY AND/OR FRIDAY 9.30am – 2.30pm

Naomi Goldman is our Bachelor trained Kindergarten Teacher and team leads our Kinder sessions.

We combine the Walker Learning curriculum and a play-based program built on observing and understanding each child's needs. Our program includes:

- Sports Buzz or Child Yoga specialized sessions
- Music & Movement specialized sessions
- Community Garden planting and growing programs

Please note, at certain times of the school year, our child care programs may operate a waiting list, it is advisable to contact our administration office to secure a placement and enquire about fees and charges.

Caulfield South Community Garden



SCOOP Community Garden is open and inviting to all members of the community. Volunteers can assist with garden design, planning, planting, watering, pruning and general garden maintenance. Growing a vast array of fresh fruit, vegetables and herbs. Monthly open days, shared lunches, fun and friendship. Members of the Community Garden pay an annual fee of \$20.00. This membership entitles full access to the garden and all programs and activities in the Community House.



The Community Garden is overseen by a sub-committee and meetings and Open Days are held monthly. Please contact office administration for more information and details of membership.

Or email the Garden Co-ordinator: garden@cscg.org.au to arrange your orientation

Learning and Development - Classroom Activities

ESL – English as Second Language

Looking to improve your English language skills? Intermediate and Advanced Classes are overseen by qualified ESL teacher, providing a structured program in a friendly, relaxed space for learning, conversation and friendship. Beginners classes - \$10.00 per student per 2 hour session
Advanced & Intermediate classes - \$15.00 per student/ 2 hr session
Please see office administration for class times and details



ESL - Private 1:1 tuition is available upon request

Various levels of learning. Reading, writing and conversation.
By appointment - \$10.00 per hour (experienced volunteer based)

Welsh Class

‘Tafod y Cymry’ (The tongue of the Welsh) is a class for experienced Welsh learners and native speakers wishing to reconnect with their mother tongue. Monday classes: 1.00-3.00pm. Please see office administration for payment details

French Basic to Beginner Language Class

Planning to travel to dreamy locations like Paris and Rome? The class will cover an introduction to the French language to help you at restaurants, reading and understanding directions and regular sign postings. Classes will include morning tea of popular cuisines such as croissants. \$112.00 per student per term (8 week program) - Class materials included.
Friday mornings from 9.00am (1 ½ hour classes)

Computer Classes – Drop In Sessions

New to computers, lap tops or I Pads? Having trouble with your mobile phone, connectivity to ipads and laptops? Our experienced volunteer tutors address all Microsoft Office applications and essential elements of the internet, social media etc., \$5.00 per student per session 9.30am – 11.30am Tues & Thursday



Computer Classes – 1:1 tuition available upon request

Having trouble with IPAD or SMART PHONE - Ask questions and work through particular areas of difficulty with an experienced tutor. You have their undivided attention for an entire hour!
\$5.00 per hour – by appointment (please see office for details)

ALL MEMBERS OF THE COMMUNITY HOUSE ARE WELCOME TO USE THE COMPUTERS IN THE CLASS ROOM and WIFI FREE OF CHARGE DURING OFFICE HOURS

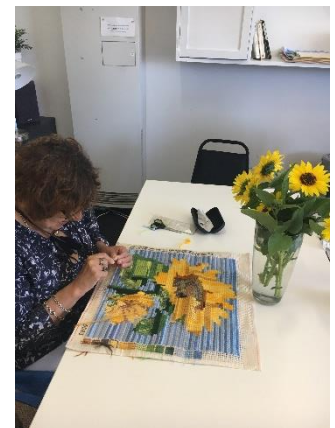
Fun & Friendship Activities

“Sit and Stitch” Handicraft Circle

Share knowledge and skills from needlework to knitting. Participants are encouraged to bring “work in progress” to complete. With the group’s support, it’s amazing how quickly these projects can be completed.
Two Thursday’s a month 12.45pm-2.45pm *Cost: Free – Annual Subscription required*

Book Club (Day and Evening Groups)

In a respectful and friendly setting, readers are actively encouraged to share their views on a range of books. Day and Evening Groups. Contact admin office for days and times
Cost: Free – Annual Subscription required



Health & Wellbeing Activities

Discovering the Community by Foot - Walking Group

Feel like getting to know your local community better? Discover and tour local attractions by foot! Why not join the group where you can meet new friends, enjoy the fresh air and increase your level of fitness. Group size can determine the pace - moderate and advanced walkers are welcomed! All walking group participants must register as Community House members @ \$15.00 annual fee
Tuesday mornings – set off time at 10.00am.

Hatha Yoga by Nicole and Jaime

Classes incorporating the traditional aspects of Hatha yoga - postures, breath, mindfulness and listening to the body while flowing and moving with the breath to strengthen the body, calm the mind and open the heart. Yoga class appropriate for all ages, accommodating beginners through to more experienced yogis. *All Classes: \$13.00 per participant*
Wednesday Evening class at 7.00pm-8.00pm
Saturday Morning class at 9.00am – 10.00am



Rainbow Yoga for Children

For children from kindergarten to Grade 6. Proven to improve levels of relaxation and concentration and reduce anxiety symptoms. Lillian will concentrate on exercises to strengthen and mobilise children's growing muscles. *Thursday afternoon classes commencing from 4.15pm \$13.00 per participant*

Strength & Tone Gentle Pilates Exercise with Leigh

A low impact class including light hand weights, designed to strengthen, tone and stretch the entire body. Join Leigh as she guides you through to improve your fitness, enjoy easy flow moves to motivating music mix.
Tuesday 3.00 – 4.00pm (low impact -chair work for balance) Wednesday 3.00 – 4.00pm (Traditional Pilates- medium impact)

Men's Only Exercise Class – Strength, weights and light cardio – work at your own pace! Tuesday 4.00-5.00pm
\$6.00 per class (no concession rate)

Cooking – ‘Dining In’ at the Community House

Come along to learn cooking skills, increase your knowledge of menu choices, healthy eating recipes to take home and tips for shopping for healthy ingredients. Cook up a storm with a fun group of people, sit down for dinner together. Fun, enthusiastic and experienced cooking instructors will lead the group and they will utilise the fresh ingredients right from the House's own Community Garden! *Every Wednesday lunch from 11.00am Cost: Gold Coin Donation*

Art Therapy – Positive Mindfulness

This program is not only fun, but research shows it is a proven relaxation therapy to increase self-awareness, provides techniques to assist you in reducing stress and anxiety. An opportunity for people of all ages to slow down their day and showcase a hidden talent! Felicity will guide you through painting, drawing, charcoal and water colours to create your own master pieces. All class materials are provided. *Every Monday 10.30am – 12.00noon Cost: Gold coin donation*

MEMBERSHIP

An annual subscription of \$15.00 is requested. This entitles you to have full access of the house facilities and participation in any of the class programs and activities (including any additional program costs). Members are entitled to nominate for the Committee of Management and vote at General Meetings.

VENUE HIRE

Looking for a room to hold a meeting or facilitate your course? CSCH offers a range of equipped room options for small groups for venue hire. Facilities include computer room, classroom (interactive whiteboard) and a large meeting activity room with a board table (seating 8 people).

For more information in relation to venue hire, please call the office during business hours (please note: party hire restrictions are currently in place)