

FUN & FRIENDSHIP

ART THERAPY - POSITIVE MINDFULNESS

Mondays 10 - 11.30am

This program is not only fun, but research shows it is a proven relaxation therapy to increase self-awareness and provides techniques to assist you in reducing stress and anxiety. You will be guided through painting, drawing, charcoal and water colours to create your own masterpieces. All class materials are provided.

\$3 - \$4 class.

BOOK CLUB

Day & Evening Groups

Contact the office for days & times

In a respectful and friendly setting, readers are actively encouraged to share their views on a range of books. Books are arranged in advance. **Free.**

CANASTA, RUMMIKUB & MAH-JONG

Canasta & Rummikub - Thursdays 1pm - 4pm.

Mah-jong - Fridays 12.45 - 4pm

Join us for an afternoon of games, accompanied by an afternoon tea. A great opportunity to socialise while engaging in some fun and stimulating games. Friendly and knowledgeable program leaders who are there to instruct you. All levels welcome. **\$25 per term.**

COMMUNITY LUNCH

1st & 3rd Wednesdays of the month 11.30am - 1pm

Delivered by a team of volunteers, our clever cooks bring their own specialities and focus on nutrition, wholesome meals, cultural diversity and most important of all - fun & friendship. Join this social group and enjoy a two course lunch. **\$5.**

FUN & FRIENDSHIP AFTERNOON

Thursdays 1pm - 3pm

Would you like a safe, nurturing, friendly space to meet likeminded people? Stimulate your mind while chatting and laughing. All the while enjoying a lovely afternoon tea in a comfortable space. Each week we have something special on offer - Trivia, Bocce, Watercolour painting, Craft & Stitch, Singing. Ask us for our updated schedule. **Gold Coin.**

GARDEN CHATTY CAFE

Tuesdays 11am - 12noon

Set in our beautiful Community Garden (inside if raining). Join us for a cuppa and morning tea. Meet a friend or bring a friend! **Gold Coin.**

CSCH is a
government child
care subsidy
(CCS) approved
centre



CHILD CARE

EARLY LEARNING CHILD CARE

Monday, Tuesday and/or Wednesday

9am - 2pm (5hr) & 9am - 4pm (7hr)

12mth - 5years old

Set in a stimulating, educational environment, our spacious hall and outdoor play space is the perfect opportunity for your child to explore, develop and establish positive social interactions, connections and friendships.

PRE-SCHOOL PROGRAM

Monday, Thursday and/or Friday

9am - 2pm (5hr) & 9am - 4pm (7hr) 3 - 5 years old

A quality, affordable Early Learning Child Care program which focuses on Kindergarten and School Readiness.

Our Bachelor trained Kindergarten Teacher leads our Pre-School programs. We provide an EYLF curriculum and a play based program built on observing and understanding each child's needs. Our program includes:

- Sportz Buzz or Child Yoga specialised sessions
- Music & Movement specialised sessions
- Community Garden "Growing Our World" education program

Enrol or become a member

All activities require participants to join the House and pay \$25.00 annual subscription / \$15 concession. Scan the QR code to access our website



450 - 452 Kooyong Road, Caulfield South, VIC, 3162
9596 8643 admin@csch.org.au www.csch.org.au

Neighbourhood Houses
The Heart of Our Community



**Caulfield South
Community House**



**Creating
Community
so we can Grow**

HEALTH & WELLBEING

CHAIR EXERCISE

Mondays 11.45am & Tuesdays 10am (low impact - chair work for balance)

Low impact exercises that focus on strengthening muscles while improving flexibility & posture! The chair allows you to safely do the exercises & work towards increasing strength & flexibility using bands & balls. **\$9 - \$12**

BODY BLEND

Monday 12.45 - 1.30pm (all levels of fitness)

Gentle aerobics combined with some barre work for strengthening the glutes, back, core and legs. Resistance training and some weights for some full body toning. Guaranteed to get the blood pumping. All levels welcome. **\$9 - \$12**

YOGA (STRETCH & FLEX)

Mondays 1.45 - 2.45pm

A slow and relaxing floor based class working on muscle flexibility and stretching to help improve body functionality and prevent injury. Learn how to activate and control important stabilising muscles while getting supple and energised. **\$9 - \$12**

WALKING GROUPS

Tuesdays 10am - 11am (slow/medium & fast pace)

Discover and tour local attractions by foot! Meet new friends, enjoy the fresh air and increase your level of fitness - two groups: moderate to fast pace. **FREE.**

MENS STRENGTH & CARDIO

Tuesdays 11am - 12noon

A full body workout for men! Designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength & cardio endurance. The workout combines aerobic, resistance training and toning with plenty of fun! **\$9 - \$12**

HATHA YOGA

Tuesdays 7pm - 8pm

Classes incorporating the traditional aspects of Hatha yoga - postures, breath, mindfulness & listening to the body to strengthen it, calm the mind & open the heart. Appropriate for all ages. **\$14 - \$17.**

CIRCUIT STRENGTH TRAINING

Wednesdays 1.30 - 2.30pm

Fun, active and high energy workout, combining strength, endurance and cardio training. Resistance exercise, with moderate weights and frequent repetitions, can target a different muscle group, resulting in a total body workout. **\$9 - \$12**

PILATES

Wednesdays 2.30 - 3.30pm (traditional Pilates - medium impact)

Predominantly floor based. Pilates improves posture, better coordination and balance, improved concentration and focus, increased body awareness, stress management, core strengthening and assists with injury prevention. **\$9 - \$12**

CHAIR YOGA & MINDFULNESS

Thursday 10.00 - 10.45am

Asana (practice of yoga poses), pranayama (the breath). Allows yoga to be accessible to those with limited mobility and balance. Reduce stress and improve mental clarity. **\$9 - \$12**



LEARNING & DEVELOPMENT

COMPUTER TUITION

Tuesday & Thursday 9.30am - 11.30am

New to computers, iPads or Laptops? Having trouble with your mobile phone, connectivity to iPads and Laptops? Our experienced tutors can address all IT applications and essential elements of the internet, including social media. **\$5 per session.**

COMPUTER TUITION PERSONALISED

Tuesday & Thursdays 9.30am - 11.30am

Trouble with your iPad or SMART Phone? Ask questions and work through particular areas of difficulty with our tutors. You have their undivided attention for an entire hour! **\$10 per hour.**

FRENCH CLASSES

Wednesday 2 - 3.30pm (Beginners)

Friday 9am - 10.30am (Intermediate)

Friday 10.30 - 12noon (Advanced)

Perfect for those who love all things French. Culture, sites to see, navigating menus, reading directions and signs. Also language learning, from the very basics to some more advanced skills. Enjoy something French with your tea/coffee. **\$150 / term (all class material provided)**

ACRYLICS WITH CHERIE

First Friday of the month 10am - 12pm

Cherie will guide you through this painting experience. Landscapes, portraits and more with acrylics. You'll be immersed in a wonderful atmosphere of music, laughter, knowledge and kindness. All abilities welcome. **\$9 - \$12 per class. All materials provided along with morning tea.**

WELSH CLASSES

Every Monday 1pm - 3pm

'Tafod y Cymry' (The tongue of the Welsh) is a class for experienced Welsh learners and native speakers. **\$150/year**

Please note:

The reduced rate is when you book for the whole term.

The full rate is when you pay as you go.

COMMUNITY GARDEN

CSCH Community Garden is open and inviting to all members of the community. Members can assist with garden design, planning, planting, watering, pruning, organic composting and general garden maintenance. Pop by and visit the garden and meet our team of dedicated green thumb members who would love to meet and share the wonderful garden with you.

GARDENING & SUSTAINABILITY COURSES

Insightful courses where you can learn how to be more sustainable in your garden, enjoy 'Therapeutic Wellness' from your garden and learn the basics of organic gardening. Please ask Admin for details. Classes are 4 - 6 weeks by term.

ENGLISH TUITION

GROUP SESSIONS

Monday (Beginners) & Wednesdays (Intermediate) 9.30 - 11.30am

Group classes are led by experienced ESL tutors. All classes run for a 2 hour duration. A structured learning program, set in a friendly and relaxed setting for conversation and friendship. **\$15 - \$20 per lesson.**

PRIVATE SESSIONS

Private, personalised 1:1 (one on one) English conversation 1 hour sessions with our experienced English tutors. These are booked and arranged in accordance with tutor and room availability. **\$10.**