

FUN & FRIENDSHIP



A warm and welcoming meeting place

Caulfield South Community House

450 - 452 Kooyong Road, Caulfield South, VIC, 3162

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Monday - Friday 9am - 4pm

Visit our website:



**Caulfield South
Community House**



ART THERAPY - POSITIVE MINDFULNESS

Every Monday 10.30am - 12noon

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.

Cost: \$36per term.

GARDEN CHATTY CAFE GOLD COIN

Every Tuesday 11am - 12noon

We believe having a chat can brighten your day. Come join us for a cuppa and morning tea and perhaps a garden game in the Community Garden (weather dependant). Gold Coin

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 for easy collection. **Cost:** Annual Fee

GARDEN TO PLATE

Wednesday 11.30am - 1pm (Fortnightly)

A social group to share healthy ageing eating choices, recipes and managing your weekly menu and shopping. Dietician tips to improve your whole health and wellbeing. Lunch provided **Cost:** \$5 per class.

LET'S GATHER FOR LUNCH

Wednesday 11.30 - 12.30pm (Cooking class)

12.30 - 2.30pm (Community lunch)

(Monthly, at St. John's Uniting Church)

Learn how to cook delicious meals in a small group in a safe, relaxed and enjoyable setting **Cost:** \$5 per class.

Enjoy the delicious lunch prepared by the cooking group in a comfortable setting with others.. **Cost:** \$5/class.

FUN & FRIENDSHIP AFTERNOON

Thursdays 1pm - 3pm

Join a relaxed, social afternoon with likeminded people with a game of cards (Canasta or Rummy), chess or board game with a yummy afternoon tea. Or simply just come to chat, it's up to you. Each week we have a something special on offer – Crafty Club, Trivia, and Painting. Gold Coin donation.

All activities require participants to join the House and pay an annual subscription of \$20 or \$12 concession